



Rochester Running Club Board Meeting Agenda

Date: February 19th, 2024

Start Time: 7:00 pm (New member orientation at 6:30 PM)

Location: Centerstone Hotel

Last Meeting: January 15th, 2024

Next Meeting: March 18th, 2024

The Rochester Running Club (RRC) empowers runners of all ages, abilities, and levels of fitness, through organized group runs, community events and activities, and information to keep runners moving. Whether running for fun, to improve or maintain health, or for the love of competition, RRC helps runners achieve goals from a first 5k to completing a marathon and beyond.

Agenda Item	Action/Discussion
Call to Order and Roll Call (Dale)	Called to order at: Present: Anna, Rick, Dale, Dave, Mike, Jessie, Kasey, Toby, Leah, Emily, Henrik, John Absent: Brock, Jill Guests: Jean
Review and Approval of January Minutes (Dale)	Toby made a motion, John seconded. Unanimous approval.
Review and Approval of Financials (Rick)	https://www.dropbox.com/scl/fi/78jansxf3xw1evymdo7lu/RRC-Financial-Rpt-Feb14-24.pdf?rlkey=51emdrj4731v1mdftbxfkjif3&dl=0 Annual meeting: 68 meals paid for. 5 speaker-only. Purpose is to network and create unity, not create money. We did spend over \$2K to host this event. Necessary to create the community. Toby was glad to wear regular pants around other runners. Dale makes motion. Toby seconded. All in favor. Will not return to LC's going forward. We will look into alternatives.
Social Media Updates (Ann and Jessie)	Facebook: 1,400 followers. Instagram: 462 followers. Increasing every week.

Agenda Prepared By: Dave Fochs, Secretary

	<p>Discord: 80+ people in it. Lots of posts. It's going well! We really need to find a way to spread the fact that we are here. There are a lot of runners in the area that have no idea what we do and who we are. We need to find a way to reach more people. We need to find ways to really hammer this message home with SMTR starting now. Promote the benefits of membership more at races and discuss who we are. We also need to stress that we are for ALL RUNNERS. You don't need to be a Boston qualifier. We should consider having board members at SMTR look to run with new runners at SMTR. Most runners enjoy when they run with other people way more than running alone.</p> <p>Strava: Jessie to provide discussion on Strava competition idea. Running clubs compete against each other. It's called The Circuit. You compete across challenges, as a team from RRC. The competition is: A 16-day period end of March or April. 4 Stage Challenge. 4 Strava segments from .5 mile to 4 miles in length. # times ran each segment will earn you certain points. One of the routes will be Strava Art "RRC". You can also create your own Strava Art. Jessie would like to roll out this program. Pace-based points and non-pace-based points. Hit all sectors.</p> <p>Other ideas: Scavenger hunts for running. Catering a Super Bowl party. Club would pay for the party. Boston Marathon watch party. Olympic Trials watch party. Random pizza runs where it's a 5-mile run and then the club pays for pizza. Everyone BYOB. Have a March Madness bracket. More and more ideas to just connect people in RRC and our community.</p> <p>Also: Emily will assist Jessie going forward with social media posting and assistance.</p>
<p>Race Director Update (Brock)</p>	<p>We have 3 active events currently running on Race Roster.</p> <p>The Rochester Spring Classic: We have 25 current registrants for this race on May 4th. 9 free kids run participants. I sent John Resman an email after my meeting with Dale & Kasey, hoping to get a bid from him to certify the course. If he's unavailable, or cost prohibitive, this year's race will not be certified. The numbers would suggest that it may not be super important, but I'm hopeful to still have it certified. John has not yet responded.</p>

	<p>Mike Nigbur stated that I would be fine to host the event from Soldiers Field again, but with various construction jobs around the park. He stated, "the bridge to 9th Street, on your route, is out and cannot be used and the trail along the east side of Soldiers Field is not finished now and both are not likely to be completed for the may event."</p> <p>The above message from Mike is in regards to using the original certified course. So, again, hoping John can help with certification, but if not, little will be lost. I think a free kids mile will bring in quite a crowd.</p> <p>Douglas Trail: We currently have 9 registrations for this race on August 3rd. If anyone has any unique ideas to get participants to this event, please feel free to reach out to me. We had 0 registered for the same reporting timeframe last year, but I wanna crush 100 total for this race.</p> <p>Healthy Human: We're currently at 53 registrations, and last year we had 12 for the same reporting timeframe. I'll host the first committee meeting in March. If anyone knows anyone that would like to volunteer for this event, and be on a committee, please send them my email. I can definitely use some help.</p> <p>Thank you to those of you who have helped promote the races! Any targeting ads on Facebook will be massively helpful. Especially for Healthy Human! If anyone has experience with this, I could use your guidance.</p> <p>-Brock</p> <p>Side Note: Toby to look into how to certify a course and see if we could get a board member to be able to do this at some point.</p> <p>Healthy Human: Looking for a board member to assist and be on the committee.</p>
<p>Election of 2024 RRC Officers</p>	<p>Last month, it was voted unanimously that Dave Fochs will be secretary, Rick Fishbune will be treasurer, and Jessie Wilburn will be vice president.</p>

	<p>Kasey Kuker was nominated for president, but she was not present to accept or decline the nomination.</p> <p>We decided to vote on the office of the president at the this meeting. Kasey was nominated, accepted, and all approved! Kasey Kuker is the new President of RRC going forward.</p>
Team Reports	
Diversity & Inclusion	No updates at this time.
SMTR	February 17th start. Discuss how the start went. Things to change, etc. First one was a huge success! Great tournament, great weather, sock pickup went well. A great start to the season. The introduction before the event should be from an RRC board member, if they are in attendance.
Annual Banquet/Meeting (Anna & Kasey)	See below and financial section. A great event, lots of great takeaways. Want to consider things to change for next year. We also want to encourage more discussion on why people were nominated for events.
Race Reports	
All Comers' Meets	The dates for the 2024 All Comers' Meets are reserved at Soldier's Field Track: June 4 th , 11 th , 18 th , and July 2 nd , 9 th , and 16 th . Volunteer sign-up is already up. In good shape.
Old Business	
New Business	
2025 RRC Annual Meeting	<p>2 options explored: Willow Creek Golf and Events Center and Four Daughters Winery</p> <p>Willow Creek: Rental rate: \$125 per hour with 3 hour minimum Bar service: \$100 set up fee All food is purchased through the culinary team with a \$500 minimum. Menu options</p>

	<p>Four Daughters: Lots of details, would be happy to forward the email to anyone who would like to review it. For 45-100 people, the rental fee is \$1,00 and the Food and Beverage Minimum is \$1,500. A plated dinner is \$56/plate. Pizza and salad is an option - \$12/person for the pizza and \$6 per person for the salad. Additional apps are also available at a per person rate (fresh fruit \$5, crudite \$6, charcuterie \$12, etc.). We also can bring in a dessert from a bakery and they will serve it for \$1 per person.</p> <p>Trivia was a blast. Very well received. Food was very good. Will look for a Speaker for next meeting but also may consider having more social time rather than a speaker. We want to encourage community. They should have the RRC info meeting during the dinner time, to leave more time for socializing. We should consider a short presentation from an RRC member. Consideration of taking a compilation video by making videos of every race throughout the year.</p> <p>We should ask members if they want to call out any PRs or discuss any fun happenings/compilations throughout the year.</p> <p>We should also consider Empire Event Center. Also should consider Chateau downtown.</p> <p>Kasey will be on the committee. Leah is also interested. Emily will also be on the banquet committee. Anna and John will join as well.</p>
<p>Sock Distribution</p>	<p>RRC Socks will be distributed at the SMTRs for the next several weeks and at the Med City Marathon Expo. We will not track who has picked up socks (honor system). The question remains if we should sell socks or not. TerraLoco is willing to partner with us for sales. Our unit price per pair is \$5.37.</p> <p>We should probably wait until after the Med City Expo to sell socks. Dale will bring the box of socks to SMTR.</p>
<p>Increase in price in storage shed (for awareness only)</p>	<p>The rental rate on unit 79/94SW is increasing from \$143 to \$163 starting on 3/1/24.</p> <p>No action on this end. Jean will be the Shedmeister in 2024.</p>
<p>Purchases</p>	<p>Proposal to purchase RRC table skirt and new All-Comers' Meet banner with RRC logo. All approved this. We will purchase two.</p> <p>Kasey will coordinate. Utilize something like tablecoversnow.com Stretchy table banner that can be washed.</p>

	<p>Other: John finally donated the rest of the shoes to high schoolers. John is proposing that we use the CD interest each month to buy spikes for high schoolers in need. Would consider purchasing these (Scheels and TerraLoco who are partners and sponsors of the club). We would offer it to all schools in Rochester. Would also be for throwing shoes. Up to \$1,000 approved each year.</p>
TerraLoco \$5 5K	<p>RRC will get Monday, April 29th for a \$5 5K at TerraLoco. RRC Responsibilities:</p> <ul style="list-style-type: none"> ● Promote the event ● Provide at least two volunteers during the event, including one person willing to speak about your organization ● Bring promotional materials, volunteer opportunities, upcoming event flyers, etc. ● Provide snacks for approximately 40 people (see Snacks & Beverages, below) ● Provide at least four Prizes ● Assist with clean up
<p>Additional Agenda Items</p>	
RRC Book Club	<p>Dale to discuss his proposal: I propose we start an RRC bookclub. Meet once a month for three months and re-evaluate.</p> <p>I suggest we start with:</p> <p>March Choosing to Run: A Memoir by Des Linden April Let Your Mind Run: A Memoir of Thinking My Way to Victory by Deena Kastor and Michelle Hamilton May Do Hard Things: Why We Get Resilience Wrong and the Surprising Science of Real Toughness by Steve Magness</p> <p>We could set a minimum amount of participants to determine success, I like at least 5 participants. There are plenty of book reviews and author interviews to guide discussion.</p> <p>No cost or financial ask of club other that social media and website support. Suggest 3rd Tuesday of month and perhaps use Thesis as location 6PM (wrap up before Karaoke at 8PM).</p> <p>Won't cost the club any. We will just advertise it in our email posts. Give it a 3-month try. Dale will head up.</p> <p>3rd Tuesday of the month. Starts March 19th.</p>

Parking Lot	
	Board Retreat
	Storage options for the future - Drop box versus Google Drive
To Keep on the Radar	