Rochester Running Club Board Meeting Minutes

Date: July 15th, 2024   **Start Time:** 7:00 pm

Location: LTS Brewery

Last Meeting: June 17th, 2024   **Next Meeting**: August 19th, 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	Board Strategic Goals
Call to Order and Roll Call (Kasey)	Called to order at: 7:05 PM Present: Toby, John, Kasey, Henrik, Dale, Leah, Jessie, Dave, Emily Absent: Mike, Rick, Anna, Jill Guests: N/A Board: Toby, John, Kasey, Henrik, Anna, Dale, Leah, Mike, Rick, Jill, Jessie, Dave, Emily	
Review and Approval of (Kasey)	06 2024 RRC Board Meeting Agenda.docx - Google Docs Dale motioned, Leah seconded. All approved.	
Review and Approval of Financials (Rick)	No report from Rick. We will defer to next month. Rick is out of the country. Note: Rick out of town this month (July 14-28). Jessie on accounts as a back-up treasurer (Jessie out of town in Iceland in early July)	
Race Director		

Agenda Prepared By: Dave Fochs, Secretary

Update (Kasey)		Celebration
	Douglas Trail 11 Miler: I believe glass pint glasses have been purchased. Let's confirm and discuss. Jessie - Update on beer/coffee coupons for the pint glasses Brock needs 3-4 volunteers for Douglas Trail 11 Miler. Jessie will put together jot form. Henrik will help with race RochesterFest Mile: How did it go? What went well? What do we need to improve? - Race Start Time last-minute changes(!!) - Rochesterfest mile: $2,000 in donors, $500+ in funding. Very successful. - Only snafu was day-of registration where people went to start line instead of finish line. they also ran out of forms to register day-of. Had a great turnout. We should list more details on where packet pickup is and where to register day of. Put on the online event and on registration link. We should move up the start time. Maybe 1:00? Overall it went really well HHR: : There won't be any RPU interference. No backup course needed. Also, with new pool and even with new gravel, we don't have to re-certifiy. It's not a new distance so we are good. Nearing 300 registrations. Up about 25 compared to last year. Price increase in another week or two and that should boost registrations. We are looking for someone to take photos and videos of the runners during the event. Cindy won't be able to do it this year. We will consider reaching out to Evin to see who does photography for Med City. Potentially Tom Woo. We will use the new finish line and PR Bell. Pepsi refrigerated truck and donation of products - we should reach out to Pepsi. They were quoting $4-$5K and are going to donate it. John will follow up with them to solidify.	

![RRC Rochester Running Club logo]

	<u>Lance Pfrimmer Race</u>
	- 151 registrations so far!
	  - OB nurses will probably be a water stop
	  - Need some experienced course marshalls for the race
	  - Leah working on med tent. Unclear how our insurance policy covers medical. Toby will look at the insurance policy. Will touch base with HHR/Med City about how this works for them.
	
	  - Lance race is up to 309 runners. A lot of things are falling into place. They are getting lots of swag and sponsors and auction and raffle tickets. OB Nurses are going ot be a water stop. We have all the course marshalls needed now. There is a virtual option for those who can't make it that day but still want to run and support the race. Insurance coverage (Toby) will be based on the organization and not event specific to a race). Leah is heading up the medical tent.	

HHR (Kasey)	John Resman willing to certify a back-up route. Cindy is still doing some checking on planned RPU construction. John can certify a new route if needed, likely in July sometime. Approved gift card as a thank you to John Resman for his work on certifying the route. Anna - Should we have someone out front to celebrate all runners?? Finishers Tape has been ordered and has arrived. Lead Cyclist and Sweeper can notify via radio or text of ETA for lead and later runners. Wall-mounted PR Bell? Todd has already built this and it is ready for the race.	Celebration
Board Retreat Debrief and Action Items (Kasey/All)	RRC Retreat Report RRC Strategic Plan	
Team Reports		

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RRC Board Teams (Kasey)	Board Teams: https://docs.google.com/spreadsheets/d/12NGEEHzmnmYMCToSBeYJR6UwgnE9OJwZ9jOQD98Y0h8/edit) All is progressing well.	
Grandma's Marathon Experience	Great group shot. Captured a lot of our RRC runners	
Diversity & Inclusion (Kasey)	Anna will post the guide to non-binary running race inclusivity to Discord. Plan for 2025 Grand Prix for Non-Binary Registration Non-RRC Races: ● Med City Marathon (Evin Haukos) ● Chester Woods 10 Mile (Tom O'Leary) ● Stewartville Summerfest 5 Mile (Kevin Togerson - requested) ● Byron Good Neighbor Days (Tom O'Learly - requested) ● Tour de Essex Trial Run (RRC/John Resman but unsure if Race Roster is used) In the Fall, will send out an email to standards for an RRC included race. Things like timing, non-binary category, etc. RRC will update Grand Prix results to include non-binary results even if the races do not have that as a race category. Will alert DeBoer to be on the look-out for non-binary race results. : No additional comments. Stewartville did include a non-binary category.	DEI/ Inclusivity
SMTR (Jessie/Henrik/Kasey)	Summer season has started! Thank you Kyle! Rick printed/laminated maps for the SMTR Week 4 from Silver Lake. Details to be discussed at this board meeting: - Aid Station Volunteers	Inclusion

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	- Table/Table skirt if available - Aid Station Supplies (gatorade, gels, etc) SMTR and High School Runner Discussion - Anything special we want to do for the high school runners? Do we want to keep the Mayo Friends option available on the registration? If so, I think we need to clarify on the registration form how it's used/who can use it/what the benefit is. Mike (and his wife) will print and laminate pace signs for the summer SMTR (**Updates??**) Jessie has them printed and in her posession. Since Week 4 is not at Terra Loco, we'll have to move supplies (due to women's race). We should make sure we coordinate to have supplies for the race and the SMTR. Jessie will bring supplies to the race. Leah will have Todd bring the bell. Last weekend SMTR was a huge success! New faces and a great turnout! There were German med students, and other individuals from all over the country. High School runner discussion for SMTRS: we should allow all high school runners to run for free. They will still have to do the waiver but won't have to pay. We want to encourage participation in the RRC community.	
Annual Banquet/Meeting (Anna & Kasey)	venue is secure and handled. catering is in progress. They will be meeting soon. Have caterer and location. We have drinks decided. Things are rolling and moving forward. The team is doing a great job. Motion to comp board member annual banquet. Henrik made motion. Dale seconded. All approved. Also: Looking to do a small token of appreciation for board members for all the work they do all year. In the past board members have received quarter zips or sweatshirts. There should be some minor way to show appreciation. We had 9 positions open and only 9 people apply. the board members are a very active and working board and do a lot of work to keep the club going. Leah will look into quarter zips for board members and	Celebration

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	compare prices.	
Social Media/Marketing Team (Jessie)	Facebook (28 new page likes & 50 new followers/5,974 accounts reached) and Instagram (653 followers/3,099 accounts reached) followers/engagement continue to grow

Backseat to print marketing and website updates, pending Derek completing updates. Delay due to death of his father.

: No big updates at this time. We will have more runner highlights coming. Only other note is print marketing and social advertising. | Inclusion, Celebration |
Sponsorship (Mike, Leah, Jessie, John)	(Jessie) People's Food Co-Op donated 3 gift cards to the winners of each category for the HHR (non-binary, male, female) in the half marathon distance. If no non-binary registrants, I vote we give the third gift card to the final finisher.	Inclusion, Celebration
Race Reports		
All Comers' Meets (Dale)	All-Comers's ribbons: Dale to provide quotes at meeting. Only one rain out. The season is going really well. Big lift for all volunteers. Dale is setting up volunteer pizza party on Tuesday July 30th at Pasquale's. Pull the emalis from the signupgenius and send out invitations. Dale working on getting new ribbons for next year. They are starting to run low and it has the old logo. They are missing some events too. The next order will be several thousands of dollars, but they lasted about 5 years. Just got a donation of $2,000. Dale is going to work on getting a quote within the coming months to make a purchase before next season of All Comers'. Last one is 7/16.	
Women's Race (Anna)	Toby and John to assist with timing. Dakota Lindworm poster for the winner.	
Old Business		
RRC Book Club	Join the RRC for our next Book Club on July 23 from 6-	

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(Dale)	8PM at Thesis Beer Project. For our next book, we'll be reading "Running with the Buffaloes" by Chris Lear A bit about this book: "In RUNNING WITH THE BUFFALOES, writer Chris Lear follows the University of Colorado cross-country team through an unforgettable NCAA season. Allowed unparalleled access to team practices, private moments, and the mind of Mark Wetmore--one of the country's most renowned and controversial coaches--Lear provides a riveting look inside the triumphs and heartaches of a perennial national contender and the men who will stop at nothing to achieve excellence. The Buffaloes' 1998 season held great promise, with Olympic hopeful Adam Goucher poised for his first-ever NCAA cross-country title, and the University of Colorado shooting for its first-ever national team title. But in the rigorous world of top-level collegiate sports, blind misfortune can sabotage the dreams of individuals and teams alike. In a season plagued by injury and the tragic loss of a teammate, the Buffaloes were tested as never before. What these men managed to achieve in the face of such adversity is the stuff of legend and glory."	
Rochester Honkers (Dale)	July 18 with Team RED Run at 5:30pm from the stadium Dale will follow-up re: number of sign-ups so far	
New Business		
New Race Director	Anderson Management is new race director going forward. Discuss any action items or updates related to this. Anderson Management will be at Reggie and HHR. They have been in contact with Brock and Cindy. All good so far. They will soft close their thanksgiving run and not run it in 2025.	
Additional Agenda Items		
Transition to Google Dropbox	Henrik waiting for connection to google via Laura. Jessie will work on non-profit status.	

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	Henrik will follow up with Mill City for custom jerseys from Nike. Mill City so far has not been able to get the jerseys Henrik wants. May pivot to New Balance. As soon as it is decided, we will get access to RRC venmo to collect payments. RRC will collect orders and place the group order. 20% discount so the nicest ones would be $80 after discount. Printing will be about $5. Non-profit status with google is in process. Jessie almost has that complete. Henrik has transitioned everything over, we just need information form Laura for the overall google account for RRC.	
Parking Lot		
RRC & Brighter Tomorrows partnership (Kasey)	Mary, Jess & Dan Feda in attendance for August meeting	
Diversity & Inclusion Race Inclusions	For September Meeting - What needs to be in a contract for 2025 races? - Timing, Non-binary category, etc? - (making notes here since I won't be at the meeting - I think per Discord we decided that we don't need to go that formal since all races in 2024 did include a non-binary option - Kevin added it to the Stewartville races, Tom just forgot and said he would add it to Byron GND, John already had it in Essex. -alrs)	Diversity/Equity/ Inclusion
To Keep on the Radar		
2025 Board Elections	Road Running Club of America (Paulette reached out and wants to have a better connection with RRC. They want to attend a meeting and would love for the RRC to attend the national event. We have sent them some dates. We should have a recurring google event calendar with all board member emails. Can do this through google. Kasey will send out these details. Parking Lot: Truck or Treat event? Are we doing that again? Kasey to reach out.	

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	Meeting ajourned at 8:11 pm. Proposed 2025 Timeline: September 9: Beginning of call for nominations November 1: Applications are due November 4: Voting opens December 29: Voting closes January 2: Board elections committee tallies votes January 3: Board election committee notifies candidates January 18: Newly elected board members are announced at the Annual Banquet January 21: Newly elected board members are invited to last meeting with the outgoing board members Board Member Turnover: Up for re-election: - Jessie (will re-run) - Anna (not planning to run again) - David (not planning to run again) - Kasey (will re-run) - Dale (?) - Toby (?) Other: - John thinking of resigning at the end of this year - Henrik may leave early - starting grad school in the cities	

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