



Rochester Running Club Board Meeting Minutes

Date: September 23rd, 2024

Start Time: 7:00 pm

Location: Magnolia Room, Centerstone Hotel

Last Meeting: August 19th, 2024

Next Meeting: October 21st, 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)	<p>Called to order at: 7:06 PM</p> <p>Present: Kasey, Dave, Dale, Leah, Rick, Emily, Anna, Jessie</p> <p>Absent: Toby, Jill, John</p> <p>Guests: Jess Feda, Dan Feda, Andre Oliveira, Mary Hanson, Liz Cannon</p>	
Social Gathering (Kasey)	<p>Running Physiology with Dr. Andre Oliveira.</p> <p>Goal would be to have an educational series and meet-up with potential discussion of a book series. Goal would be to learn from each other and discuss things that we all may be misinformed on. There is a lot of misinformation out there, and if we all have a better understanding on exercise and how the body works. We want to collaborate more and learn from each other. We should post in Discord under social events and see what type of interest there would be in putting these things together.</p> <p>Andre would love to have a tab on the website to essentially house this information. We will explore Discord first. Create polls, tag people, create discussion</p>	

Agenda Prepared By: Dave Fochs, Secretary

	<p>and promote this series in our emails to try to drive engagement.</p> <p>We do need to have more in-person meet-ups to encourage real, human, social interaction and engagement. A relaxed setting to learn from each other, not something truly academic. No tests or exams. We will post on social media and in our email newsblast.</p>	
<p>Brighter Tomorrows (Jess Feda)</p>	<p>Discuss RRC & Brighter Tomorrows collaborating on a new 5k run/3k walk next year.</p> <p>Discussion on Go for the Gold race back in 2010/2011. Very successful race until 2022. Pivoted at that time to a Cornhole tournament with Powers. They are thinking about bringing back the Go for the Gold race or something similar. Event used to bring in \$30k-\$40K to support the families they wanted to support. Was their one and only major fundraiser.</p> <p>Organization has been around for 17 years. Goal is to assist families with children going through cancer treatments. They offer monthly family gatherings and dinners, along with time for parents to connect. Also host larger events to draw in more families. Twins games, Holiday party at Spark, Mom spa day, Dad's days, teens days, and education (bringing in speakers on various topics). A Nonprofit whose main source of funding is the Cornhole tournament at this time. Event is all volunteer-led, mostly mayo professionals who are giving of their time. They have never hired anyone to run the race, always just volunteers. They did do a virtual race but then pivoted to Cornhole which was indoors.</p> <p>They would like to partner with RRC to put their event back together. 5K Run, 3K Walk. The race has been in existence for 31 years. Mission of JM Cross Country encourages runners to volunteer and give back. Usually in late July or early August. They usually looked for a gap in the race schedule.</p>	

	<p>Spirit Run was an RRC race that we currently have a gap for. What sort of commitment are they looking for?</p> <ul style="list-style-type: none"> - They always do their own run sign-up, and could do this themselves. Using Run Sign-Up. - The thought would be that the RRC would be the Race Director and that it would be an RRC event. - Help with race management, advertise the race, set-up a course (or they could). It was a Silver Lake race that is already certified. - Mary would do the advertising and donations. Dan and Jess would coordinate the volunteers and run the kids races as well as bringing in the family events. - They just really want this to be a part of RRC and make it a Grand Prix event. - They would consider adding a 10K to the race because the Grand Prix is lacking that right now. - Dan and Jess would be an ancillary role and their hope is that Mary Anderson would be the RD. - Brett Carrol has done the timing for them in the past. - They would consider doing it at Holy Spirit like the Spirit race was. - Brighter Tomorrows would do the t-shirts, events, sponsorships, donations, etc. - They'd like RRC or Mary Anderson to provide race registration, advertising/promotions/marketing, assisting with the course and certifying it if necessary. - If we were going to partner with them, they'd likely have to partner with Mary Anderson races. 	
<p>Review and Approval of (Kasey)</p>	<p>08 2024 RRC Board Meeting Minutes</p> <p>Mike motioned, Dale seconded. All in favor. Approved.</p>	
<p>Review and Approval of Financials (Rick)</p>	<p>RRC Financial Rpt Sept 16'23.pdf</p> <p>Mike motioned, Dave seconded.</p>	

	All in favor. Approved.	
Google docs / RRC emails (Jessie)	Demonstration on how to use the new Google docs/RRC emails. THANK YOU JESSIE!	
Race Director Update (Kasey)	I'd appreciate a full-board discussion as to what it will look like for ARM to direct RRC races in 2025. The RD Committee will meet with Mary and Tonya before our October board meeting, and I'd like to have a solid plan to present to them. What are your visions, ideas, suggestions, etc.? We will move this discussion to discord for right now to determine a direction. We need to discuss our Wish List of what we want from a Race Director. Registration, Permits, Course SEtup and certification, finding a timer, help determining swag, ordering t-shirts, ordering medals, ordering food, porta potty, garbage, medical tent coordination.	
Board Retreat Debrief and Action Items (Kasey/All)	RRC Retreat Report RRC Strategic Plan	
Team Reports		
RRC Board Teams (Kasey)	Board Teams: https://docs.google.com/spreadsheets/d/12NGEEHzmmYMCToSBeYJR6UwgnE9OJwZ9jOQD98Y0h8/edit	
MN Treads (Kasey & Dave)	Kasey reached out to Brock. Potential to have off-season weekends and/or Wednesday nights. He is going to have flap-jack morning runs from his store. We would like to consider a Wednesday night weekday run partnering with his store.	
Diversity & Inclusion (Kasey)		

<p>SMTR (Jessie/Kasey)</p>	<p>Can we confirm dates and re-confirm TL as the location for the Spring SMTR 2025 (Jessie). We will discuss next meeting. Feb 15th first potential run of Spring SMTR</p>	
<p>Annual Banquet/Meeting (Anna & Kasey)</p>	<p>Discuss Trivia Mafia. Content Only package is \$225 for either 60 or 90 minutes of trivia. \$175 for 45 min package. Are we asking Mike again? Greg Harries with Trivia Mafia is going to reach out to Mike.</p> <p>We will do trivia again for Trivia Mafia and Mike wants to volunteer. We will also promote his coaching and his trivia. We will do the 45 minute session.</p> <p>We will also consider doing a Bingo Card game for people to get to know each other. Some conversation starters. Ex. "Find someone who has" We need to make sure we focus on non-marathon and instead on ALL runners. We should throw out ideas in discord for the bingo card.</p> <p>Beverage catering service agreement note: They are awaiting a liquor license and hope to have it before January.</p> <p>We'll have Derek do the Jot Form and get that set up now.</p>	
<p>Social Media/Marketing Team (Jessie)</p>		
<p>Sponsorship (Mike, Leah, Jessie, Toby, Dale)</p>	<p>Sponsorship updates: We met just prior to this meeting -</p> <p>Sponsorship team will create a menu of sponsorship options showing pricing and structure.</p>	
<p>Race Reports</p>		
<p>All Comers' Meets (Dale)</p>	<p>Dale will get a quote for ribbons. He will also set up registration for next year with QR Code and GLK Orthodontics</p>	

	to partner with them for kids races to get out the word at Med City.	
HHR (Kasey)		
Mayo Invite (Kasey)	Kyle's email. We will push to have appropriate branding and attire for all volunteers and adults volunteering and helping out at the event.	
RRC Book Club (Dale)	Scaling back to Quarterly and will do a Kara Goucher book next. October 22nd.	
Turn-around Penguin (Exec Board)	Turn-around penguin is missing. Was lost after Great Gobble last year. Do we want to replace? Any suggestions? Ideas? We should find something RRC branded. Baby Yoga?	
New Business		
New Race Director	ARM will start attending board meetings. The RD team will meet with ARM late September /early October to start the transition in taking over RRC races in 2025.	
Sponsored Trail Clean Up (Leah)	Todd and I had an idea to do a sponsored trail clean up a few times a year- potentially asking river valley power and sport (or other sponsors) to provide an ATV and we could have volunteers from RRC scoot around and trim trees that are hanging over frequently traversed trails around Rochester. We will ask Todd if he wants to spearhead this idea and reach out to RRC members.	
Trunk or Treat (Toby)	4th Annual Trunk or Treat event on October 26th. It will once again be in the United Way parking lot from 4pm-6pm with set up starting at 3pm. Check out this sign up to host a trunk or help us out with this fun event! Demery Maughan She/Her/Hers Operations Coordinator Family Promise Rochester 913 1st St NW Rochester, MN 55901 https://www.fprochestermn.org/	

	We will see what Toby's thoughts are on this.	
Additional Agenda Items		
Arch Rental (Anna)	<p>Rental of inflatable arch - do we want to consider this?</p> <p>We have decided to not rent out this inflatable arch at this time.</p>	
OKC Run Club idea (Mike)	<p>Ideas to consider that they do:</p> <ul style="list-style-type: none"> - Sponsors for the general year - Water stop sponsors for their SMTRs <ul style="list-style-type: none"> - Business cards, table skirt, name, and pay for materials. - They created a point system for volunteering to encourage people to participate. You can then redeem points for merchandise at the end of the year. Hats/shirts/race fees/etc. - Consider getting rid of the volunteer of the month award and use this point redemption system instead. 	
RRC Shed items	<p>See Jean's email.</p> <p>Jean Email . We could hand out the medals at the Truck or Treat event.</p> <p>We will move this discussion to next meeting.</p> <p>Meeting Adjourned at 9:20 PM.</p>	
Parking Lot		
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To Keep on the Radar		
2025 Board Elections	<p>Proposed 2025 Timeline:</p> <p>September 9: Beginning of call for nominations</p> <p>November 1: Applications are due</p> <p>November 4: Voting opens</p> <p>December 29: Voting closes</p> <p>January 2: Board elections committee tallies votes</p> <p>January 3: Board election committee notifies candidates</p> <p>January 18: Newly elected board members are announced at the Annual Banquet</p> <p>January 21: Newly elected board members are invited to last meeting with the outgoing board members</p>	

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