

Rochester Running Club Board Meeting Minutes

Date: March 17, 2025

Start Time: 5:30 pm

Location: Centerstone Hotel

Last Meeting: February 17, 2025

Next Meeting: April 28, 2025

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: 1707 Present: Mike, Kasey, Leah, Jessie, Chris, Rylee, Sergio, Joseph, Shannon, Jill, Emily, Rick Absent: Dale Guests: Matt Arnold, Erin Vasquez	
Review and Approval of (Kasey)	February Meeting Minutes Mike– motioned; Jessie–seconded. All approved	
Review and Approval of Financials (Rick)	Treasurer's Report: 2025-3-10 Treasurers Report.pdf Leah- motioned, Kasey- seconded. All approved.	
Board Teams	Board Teams: Board Team Expectations and Roles	
Guests		

Agenda Prepared By: Leah Speltz, Secretary

Matt from Detour	<p>Detour Athletics 1st Training session Sunday, March 2nd- how did this go? Went over super well, members are excited for next sessions</p> <p>Next Training session: April 6th, 12-1:15 pm</p> <p>Collaboration ideas: Discussed how we can make this a reciprocal partnership. There were several Detour athletes at the SMTR Sweat Fest: Run, Workout, Recovery this Fall at a brewery</p> <p>Increasing community</p> <p>Creating strength program in parallel with SMTR long run build</p> <p>Consulting on individual programming</p> <p>Having a presence at Women's 4 mile race</p> <p>Action items: Continue to communicate via email with Kasey and Leah regarding upcoming training sessions</p> <p>Connect with Women's 4 Mile committee</p>	Growing Community
Erin Vasquez	<p>High School School Drive</p> <p>Note from JMHS on need for running shoes for HS athletes.</p> <p>Is anyone willing to coordinate a gently used shoe collection at a couple locations around town? MN Treads? TerraLoco?</p> <p>Rick met with John Soucheray and Erin Vasquez on March 13th to discuss HS shoe needs. Here are some key points:</p> <ul style="list-style-type: none"> • For shoe drive: include clear social media advertising (photos/graphics) of what shoe wear is acceptable vs. not acceptable. • Collection: Focus first on 2 local running stores, TerraLoco (Tiffany) and MN Treads (Brock) <ul style="list-style-type: none"> ◦ Erin is willing to help with pick up of shoes from these locations ◦ Afterwards, potentially add 1 or 2 more locations, perhaps at the RAC/ActivePT (NW) or ActivePT/Chip Shots (NE). • Hold collections 2x per year: 1st in early Spring during opening of track season, 2nd in early Fall during CC startup • Discussed the need for spikes also. <ul style="list-style-type: none"> ◦ Rick to follow up with Tom O'Leary and Tom Woo to learn about their experience and recommendations ◦ The need for spikes is high, but how can we best focus on those that have spikes and are willing to donate them? • Other items which HS Athletes need: Big demand for shorts. Some demand for shirts/race shirts. School already has a large sock donor. Potentially use RRC Women's Race to collect sports bras for women athletes. <p>Action items: Erin will reach out to Tiffany and Brock to organize drives and let RRC know we can best support this effort through community engagement and advertising</p>	Growing Community Diversity & Inclusion
Team Reports		
Diversity, Equity, & Inclusion	<p>Survey Update from Mike</p> <p>Derek has a draft ready to go, Kasey motioned to approve, Shannon seconded, all approved. Survey sent out 3/19.</p>	Diversity & Inclusion

(Kasey/Jessie/Sergio/ Emily)	<p>Proposal from Sergio from Feb meeting- update? Sergio spoke to Brock who is on board with the idea! Will link up these runs with SMTR and a weekday run.</p> <p>Educational session ideas: Active PT, Nutrition (Branda), Strength training (Matt)</p> <p>Action items: Sergio will continue to plan and engage board members as needed</p>	
SMTR (Jessie/Kasey/ Leah/Mike)	<p>SMTR updates:</p> <p>Discussed damages at MN Treads</p> <p>Increasing numbers at SMTR, discussed budget</p> <p>Offering sponsorship opportunities for SMTR weeks (\$250/season with opportunities for multiple non competing businesses per season)</p> <p>Remind members to fill out waivers and consider the donation</p> <p>Action items: Sponsorship committee will work to find sponsors for SMTR. Social media advertising and word of mouth to encourage runners to utilize gels at SMTR as samples but to continue to bring their own as well</p>	Growing Community
Annual Banquet/Meeting (Kasey/Leah/Jill/ Emily)	<p>Chateau venue rebooked or available dates in January to vote on? (Emily)</p> <p>Action items: Emily will reach out to Chateau contact</p> <p>Update: Jan 31st confirmed in discord vote, Emily will reserve date</p>	Celebration
Social Media/Marketing Team (Jessie, Chris, Rylee)	<p>- Landing Page needs? Update community page</p> <p>-Creating events for our grand prix races on FB so ARM can share</p> <p>-Jessie will reach out to GFTG about making a FB event</p> <p>-Rylee and Chris have access to social media</p> <p>-Fit Collective Photography/Videography</p> <p>– March 29th Evan (\$100/event) will come to SMTR with drone to capture content</p> <p>Action items: Jessie will connect with GFTG about creating a FB event</p>	Growing Community
RRC Social Events (Dale)	<p>Next book club Mon April 14 at 5:30PM at Thesis</p> <p>Movie night (march 9, 6PM, McFarland USA, at Pops Art Theater)- how did this go? Overall great reviews</p> <p>Honkers Game Thursday July 31, game starts 6:35PM.</p> <p>Registration available via website landing page, email, etc</p>	Growing Community
Mike	MN Treads Safety Event w/ RPD	

	<ul style="list-style-type: none"> -Community outreach -Event to discuss safety, self defense -Brock open to hosting at MN Treads -Consider tacking this event onto a weeknight run -Mike will continue to plan -Consider partnering with food <p>Action items: Mike will reach out to Jim Ratelle of RPD and Brock of MN Treads to confirm date/time</p> <p>Update: Jim will come on 4/23 for 30 min presentation/Q&A from 6:45-7:15</p>	
Sponsorship (Mike, Leah, Jessie)	<p>Who will be sponsorship lead?</p> <ul style="list-style-type: none"> - People's Food Co-Op reached out to collaborate. Jessie will follow-up with them -Monthly run from People's Food with discount for OSS -In kind opportunities - David Jorgenson reached out for sponsorship - Wines of the World is a premier tasting event on May 9th at the Rochester Event Center (discuss email request) <p>Action items: Jessie will follow up with Wines of the World Contact</p> <p>Continue Sponsorship efforts</p>	Growing Community
Volunteerism	<p>*Volunteer point accumulations</p> <ul style="list-style-type: none"> - Any current/ongoing volunteer needs? <ul style="list-style-type: none"> - Spring SMTR Races - Are we ready for the Spring Classic or any other race volunteer sign-ups? 	Growing Community
Race Reports		
Race Director (Kasey/Leah/Jill)	<p>Permits obtained for all races.</p> <p>We have received contracts from ARM. Please review, we will vote to approve</p> <p>Spring Classic</p> <p>Women's 4 Mile</p> <p>Reggie Oeltjen</p> <p>Healthy Human Half</p> <p>Action items:</p> <p>Reply to Mary Anderson with edits and then sign contracts</p> <p>Reach out to Carrie about assisting with volunteer coordination</p> <p>Seeking assistance from RRC Members to volunteer to help with race coordination with ARM</p> <p>Looking for: volunteer coordinator for day of events (Carrie interested), someone to reach out for food/beverage donations</p>	Growing Community

	<p>Spring Classic- Emily Women's 4 miles- Shannon Reggie- Healthy Human-</p> <p>Generator-Leah will have Todd look at generator Sound equipment test- Dale has used this sound equipment at All Comers and endorses that it works</p>	
Spring Classic Races	<p>registration online! -Volunteer sign up RRC Volunteer Needs -Timing person specifically *Joseph at Spring Classic, Chris at Spring Classic, John Resman *Women's 4 Mile *Reggie Oeltjen</p> <p>-Create facebook events for races -Contract from ARM -Discuss need for medical, ARM will provide an AED -Solicit donations for food/beverages</p> <p>Action items: Reach out to John Resman about learning Aerotrack at Spring Classic (confirmed) Recruit volunteers for spring classic with email and social media blasts</p>	Growing Community
All Comers' Meets (Dale)	No updates	
Lance P 8K (Dale)	No updates	
HHR	<p>Emily & Jessie met with Cindy Summary of meeting Board members will rotate through attending HHR meetings</p> <p>Action items: Cindy will reach out with meeting info and board members will volunteer to attend</p>	Growing Community Diversity & Inclusion
Womens 4-Mile Race	<p>Committee to plan race is being assembled Logos Updated Committee meeting pending</p>	Growing Community Celebration Diversity & Inclusion
GFTG	<p>course chosen (Cascade Lake & shelter)</p> <p>Will GFTG use our RRC bibs?</p>	Reassess in April
Non-RRC Grand Prix Race updates: Chester Woods Trail Races Oxbow Trail Race Good Neighbor Days	<p>From Tom O'Leary: I've recently announced that this is my last year as Race Director for the Chester Woods Trails Races. Mandy & Bill</p>	Reassess in April

	<p>Hansel of the Storm Trail Race series will work with me this year, and take it over in 2026.</p> <p>If you would like the Chester Woods 10 Mile to continue as a Grand Prix event, I'm happy to put you in contact with them, and I'm confident they will likely be agreeable to that.</p> <p>Additionally, I am transitioning away from the Oxbow Trail Race in 2026, and I believe we have a plan to make sure the event continues, I'll announce that when we've figured it all out.</p> <p>I do plan to continue directing the Good Neighbor Days Races in Byron, so please let me know if you'd like to continue to include the 5K as a Grand Prix event.</p>	
New Business		
Meeting time	<p>Keep at 7PM, or move up start time to 5:30? 6:00?</p> <p>Kasey motioned to move to 6 pm meetings. Rylee seconded. All approved. This excludes April's meeting as we have the All Comers \$5 5k at 6 pm with board meeting at 7 pm to follow at Centerstone</p> <p>Kasey motioned to provide dinner at future meetings. Mike seconded. All approved. (More discord conversation to come)</p> <p>Kasey motioned to keep all meetings at Centerstone. Leah seconded. All approved. (Kasey will reach out to Centerstone about reserving meetings at 6 pm year round.)</p> <p>Action items: Discuss food options on discord, Shannon will reach out to Twigs/Centerstone leadership about a sponsorship opportunity</p>	
RRCA National Convention (Dale)	<p>Rick bought passes</p> <p>4 RRC board members approved to attend, if possible to share passes amongst board members.</p> <p>I propose that the RRC send 1-2 representatives to the RRCA National Convention in Minneapolis April 24-27, https://www.rrca.org/convention/.</p>	
Med City Marathon	<p>Booth at Expo? Now at Peace Plaza, offering 50% off \$150 vendor registration fee</p> <p>Action items: Jill will reach out to Evin about a free booth. Confirmed.</p>	

• ACHLA Walk/Run	Graciela from ACHLA asking about a potential partnership	Reassess in April
RRC Clothing Store	Jill emailed Jason at ProImage to inquire about opening another RRC clothing store - asked about running jacket or vest. Any other items to request? Action item: Jill will continue to communicate with Jason about opening a spring store	
Year of Youth	Mayor Norton wants to post all Kid related activities. Action item: Mike will submit All Comers events (completed)	
Additional Agenda Items		
Parking Lot		
To Keep on the Radar		
Board Retreat Debrief and Action Items (Kasey/All)	RRC Retreat Report RRC Strategic Plan	
RRC Board Teams (Kasey)	Board Teams: Briefly review roles/responsibilities of each team , if time allows. All: Please review board teams. At next month's meeting, we'll sign up for at least 2 teams of interest.	