

## Rochester Running Club Board Meeting Agenda

**Date:** April 28, 2025

**Start Time:** 7:00 pm

**Location:** Google Meet

**Last Meeting:** March 17, 2025

**Next Meeting:** May 19, 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)	<p>Called to order at: 7:02 pm</p> <p>Present: Jessie, Kasey, Rick, Emily, Joseph, Rylee, Leah, Jill, Chris, Sergio, Mike</p> <p>Absent: Dale Pfrimmer</p> <p>Guests:</p> <p>Mike, Kasey, Dale, Leah, Rick, Jill, Emily, Jessie, Chris, Rylee, Joseph, Sergio, Shannon</p>	
Review and Approval of (Kasey)	<p>March minutes: <a href="#">03 2025 RRC Meeting Minutes.docx - Google Docs</a></p> <p>Jessie– motioned; Rylee–seconded. All approved</p> <p>Joseph will now publish minutes after they have been approved the following month</p>	
Review and Approval of Financials (Rick)	<p>Treasurer's Report: <a href="#">2025-4-22 Treasurers Report.pdf</a></p> <p>Jill- motioned, Leah- seconded. All approved.</p>	
Board Teams	<p><a href="#">Board Teams:</a></p> <p><a href="#">Board Team Expectations and Roles</a></p>	
<b>Team Reports</b>		
Diversity, Equity, & Inclusion (Kasey/Jessie/Sergio/Emily)	<p>Survey Update from Mike</p> <p>Jotform received 29 responses. <b>Action item:</b> Jessie will upload results into google doc and share at next meeting.</p> <p><a href="#">Proposal from Sergio</a></p> <p>Plan to begin 12 weeks prior to HHR around May 31, 2025</p>	

**Agenda Prepared By:** Leah Speltz, Secretary

	<p>Plan to advertise, speak about it at SMTR</p> <p><b>Action item:</b> Sergio will create a flyer to share at Med City Expo/Weekend</p> <p>Accomodate to 5k/10k runners as well</p> <p>Do we want to charge for it? Not this year. We will encourage people to become RRC members</p> <p>Kasey moves to approve. Jessie seconded. All approved</p>	
SMTR (Jessie/Kasey/Leah/Mike)	<p>SMTR updates:</p> <p>Cost has been ~\$400/week for nutrition</p> <ul style="list-style-type: none"> <li>-Increase cost of RRC membership?</li> <li>-Increase cost of SMTR participation?</li> <li>-Consider only providing water/gatorade at Fall SMTR, people can buy their own nutrition from MN Treads</li> </ul> <p>- A few ideas - not mutually exclusive (from Jessie)</p> <ol style="list-style-type: none"> <li>1) Only water and gatorade offered at aid stations. When people sign-up for the SMTR, they receive X number of vouchers for energy gels that they can redeem at MN Treads over the course of the season (then they are responsible for purchasing, planning, &amp; carrying their own nutrition, but they DO get water and gatorade provided weekly).</li> <li>2) Buy another run of collapsible RRC cups and each SMTR waiver/sign-up gets you a collapsible cup (<a href="#">something like this</a>)</li> <li>3) As a non-profit, our mission is to support our runners by giving back to the community - maybe this cost that we incur in giving away nutrition products is just par for the course of us fulfilling our mission?</li> <li>4) Many have already pre-paid for the entire year - I'm not sure we should make drastic changes in cost/format until the 2026 season with that in mind.</li> </ol> <p><b>Action item:</b> Plan: Summer season of SMTR will only offer water &amp; gatorade</p> <p>Nutrition only to be offered at external aid station</p> <p>Plan to have cupless aid stations</p> <p><b>Action item:</b> Mike will follow up with Brock: Please ensure external aid station kits have enough gels, gatorade powder, cups</p> <p><b>Action item:</b> Rick will order small paper cups</p> <p><b>Action item:</b> Jessie will follow up with Brock about stocking collapsible cups</p>	
Annual Banquet/Meeting (Everyone)	<p>Chateau venue rebooked (Emily) for January 31st, deposit paid</p> <p>Catering? <b>Action item:</b> Discuss on discord</p>	

Social Media/Marketing Team (Jessie, Chris, Rylee)	Fit Collective Photography/Videography Increase body and pace diversity in future clips Plan to have Evan at a summer session of SMTR to record more content	
RRC Social Events (Dale)	Book club Mon April 14 at 5:30PM at Thesis- how did this go? Two attendees, consider switching up the day of the week/timing/frequency  Honkers Game Thursday July 31, game starts 6:35PM. Registration available via website landing page, email, etc  Detour Athletics April 6th, how did this go? Went well, well attended. Next event date? Matt proposed June 22nd - Grandma's is June 21, so consider deferring to a different meeting. <b>Action item:</b> Kasey will confirm with Matt	
Mike	MN Treads Safety Event w/ RPD on April 30, 2025 at MN Treads (Run at 6, event from 6:45-7:15, raffle to follow)	
Sponsorship (Mike, Leah, Jessie, Shannon, Sergio)	Sponsorship updates  All comers: Offer specific sponsorships like long jump or hurdles. Create signage and announce sponsors  SMTR: Central Bark will sponsor spring season Offer discount for companies willing to sponsor both spring and summer seasons Give promo code to sponsors with future events listed <b>Action item:</b> Leah will create promo code <b>Action item:</b> Shannon will create a document/email	
Volunteerism	* <a href="#">Volunteer point accumulations</a> - Any current/ongoing volunteer needs? - Spring SMTR Races - Are we ready for the Spring Classic or any other race volunteer sign-ups?	
Tech Team	Automating membership sign up to go into constant contact and google sheets Grand Prix Scoring- What is the source of truth for who is a member? (Chris and Joseph will meet with Anna) Consider an automated email reminding people to renew membership or become members if they would score points in the grand prix races  Derek will handle emails Joseph will upload meeting minutes Joseph and Chris can update website	
Race Reports		

Race Director (Kasey/Leah/Jill)	<p>We have ended our working relationship with ARM. Invoices for race permits are paid. Bibs are returned. Contract agreement with Tonya Dunn Met with Tonya and Brock at MN Treads 4/2</p> <p>Looking for: volunteer coordinator for day of events, someone to reach out for food/beverage donations</p> <p>Generator fixed and returned to shed/Sound equipment test?</p>	
Spring Classic Races	<p>registration online!</p> <p>-Volunteer sign up <a href="#">RRC Volunteer Needs</a> -Solicit donations for food/beverages -Purchase AED? (Kasey motions to approve purchase of AED, Sergio seconded, all approved) Leah will look into ordering -We have water bottles, bananas, chocolate milk. Should we purchase additional food for finish line? No</p>	
All Comers' Meets (Dale)		
Lance P 8K (Dale)	Donation from Jimmy's for silent auction (Shannon)	
HHR	<p>Next HHR meetings</p> <ul style="list-style-type: none"> <li>• Wednesday, April 16 - 6:30-7:30 pm</li> <li>• Thursday, May 22 - 6:30-7:30 pm</li> <li>• Thursday, June 12 - 6:30-7:30 pm</li> </ul> <p>At Cindy Morgan's home (will securely share address on discord)</p>	
Womens 4-Mile Race	<ul style="list-style-type: none"> <li>- Course change, permit update with Tonya</li> <li>- Sponsorship/race updates</li> <li>- Offer flash sale for Mother's Day</li> </ul>	
GFTG	<p>course chosen (Cascade Lake &amp; shelter) Will GFTG use our RRC bibs-yes!</p>	
Non-RRC Grand Prix Race updates: Chester Woods Trail Races Oxbow Trail Race Good Neighbor Days	<p><b>From Tom O'Leary:</b> I've recently announced that this is my last year as Race Director for the Chester Woods Trails Races. Mandy &amp; Bill 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> <p>-Chris motions to approve, Kasey seconds, all approved continuing to have these three events continue as Grand Prix events</p> <p><b>Action item:</b> Leah will reply to Tom</p>	
<b>New Business</b>		
Meeting time	\$5 5K rescheduled to Monday, May 19th our next meeting. This is our last meeting at 7 pm. Next meeting will start at 6 pm. We will have all of our meetings at Centerstone	
RRCA National Convention (Dale)	Rick & Leah attended. Reflections? <b>Action item:</b> We will summarize in emails	
RRC/Med City Video filming	Video filming on Tuesday April 29th 5 pm at HyVee South	
ACHLA Walk/Run	Graciela from ACHLA asking about a potential partnership. Never heard back from Graciela.	
RRC Clothing Store	Clothing store is now closed. <b>Action item:</b> Jill will coordinate distribution	
Boy & Girls Club	RRC will be assisting at a Running Camp again for Boys & Girls Club July 14-17 led by Ruth Brennan Morrey. Ruth is asking whether RRC would like to sponsor it again, providing drinks and some treats. She will have RBM Performance Coaching co-sponsor. Mike moves to approve. Leah seconds. All in favor.	
<b>Additional Agenda Items</b>		
<b>Parking Lot</b>		
<b>To Keep on the Radar</b>		
Board Retreat Debrief and Action Items (Kasey/All)	<a href="#">RRC Retreat Report</a>  <a href="#">RRC Strategic Plan</a>	

RRC Board Teams (Kasey)	<a href="#">Board Teams:</a>  Briefly <a href="#">review roles/responsibilities of each team</a> , if time allows. All: Please review board teams. At next month's meeting, we'll sign up for at least 2 teams of interest.	
Please initial when have reviewed the minutes	LS, KNK, JT, JB, JRW, AMD, SR, RF, CA, RK	