



## Rochester Running Club Board Meeting Minutes

**Date:** Aug 18th, 2025

**Start Time:** 6 pm

**Location:** Centerstone Hotel

**Last Meeting:** July 21st , 2025

**Next Meeting:** Sept 15th, 2025 at 6 pm

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: 1810  Present: Mike, Kasey, Dale, Leah, Rick, Jill, Emily, Jessie, Chris, Rylee, Joseph, Sergio, Shannon Absent: Guests:	
Review and Approval of (Kasey)	July minutes: <a href="#">07 2025 RRC Board Meeting Minutes.docx</a>  Kasey– motioned; Leah–seconded. All approved	
Review and Approval of Financials (Rick)	Treasurer's Report: <a href="#">2025-8-12 Treasurers Report.pdf</a>  Leah- motioned, Shannon- seconded. All approved.	
Race Director (Tonya/Kasey/Leah/ Jill)	Tonya to give in person updates!  Considering swag sales at Women's Race Water bottle engraved with RRC Incorporate banner for PR Bell instructions and photography (Tonya)  3 deferrals offered for Reggie related to weather Mason jar with lid as a swag option for next year Gatorade at Reggie next year	
Board Teams	<a href="#">Board Teams:</a>  <a href="#">Board Team Expectations and Roles</a>	
<b>Team Reports</b>		

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

<p>Diversity, Equity, &amp; Inclusion (Kasey/Jessie/Sergio/Emily)</p>	<p>Step Project update Succession plan?.</p>	
<p>SMTR (Jessie/Kasey/Leah/Mike)</p>	<p>Generate nutrition ideas (Mike &amp; Kasey) Offer gel at HHR (buy at cost from MN Treads) Punch card/nutrition package as part of SMTR membership? Ensuring that Brock &amp; Carolyn invoices for costs incurred by SMTR Poll our membership to see if they want gels offered at SMTR (IG)</p>	
<p>Annual Banquet/Meeting (Kasey/All)</p>	<p>Do we want trivia again? Kasey will reach out to Mike @ Trivia Mafia Do we want another ice breaker game again like BINGO? (Emily) Prizes: Moka Saturday Jan 31st 2-5 pm @ Chateau</p> <p>Kasey will reach out to Lin about race entry donations</p> <p>Post save the date, shorten the ticket sales time frame (Dec 1) Communicate ahead of time with the food vendors about wanting to donate leftovers</p>	
<p>Social Media/Marketing Team (Jessie, Chris, Rylee)</p>	<p>Kim's interview/runner spotlight - Thank you, Mike! Rylee: Get some live-action media of a Back of the Pack run</p> <p><b>From Jessie:</b></p> <ol style="list-style-type: none"> <li>1. Do any subcommittees need anything advertised in coming weeks? If so - send me an email!             <ol style="list-style-type: none"> <li>a. Book Club</li> </ol> </li> <li>2. Sergio - recommendations/ideas for a member highlight for the Step Project for the September Newsletter? Or some social media highlights? How can I help pull something like that together?</li> <li>3. Out of town August 20-24. Who can cover instagram posts/facebook posts/respond to social media messages &amp; post /HHR event photos etc while I'm out of town? <b>Rylee will</b></li> <li>4. Mayo Fellows Association Email (In conjunction with pricing changes for membership)             <ol style="list-style-type: none"> <li>a. I am reaching out as a member of the Mayo Fellows Association. We are amidst yearly event planning for wellness/physical activities. As a part of this committee we try to fund activities for residents/fellows.Regarding membership, I wanted to inquire about setting something up for a discounted annual membership for residents/fellows that are part of the Mayo Fellows Association. We are working on our budget and wanted to reach out to see if you would be able to offer a small discount on rate for residents/fellows. Our association would also contribute to those interested"                 <ol style="list-style-type: none"> <li>i. <b>Yes, offer \$10 discount on membership. Kasey will follow up</b></li> </ol> </li> </ol> </li> <li>5. Rabbit Custom Orders             <ol style="list-style-type: none"> <li>a. From Rabbit: "The colors and patterning in your logo lend themselves to custom singlets and tees. Let me know which style you're most interested in</li> </ol> </li> </ol>	

	<p>(Race Pace Collection or PR Collection) and we can work on designs when you're ready. Each style has different minimums so that may be a part of the decision making.</p> <p>Production on either style takes 8-10 weeks so I'd recommend getting the design work done ahead of time so that when you're ready to order, we can get that order in right away.</p> <p>Tops, tees and crops can be done through our custom program. Shorts and sweatshirts will get screen printed and can be purchased through discounted bulk team order. If you would like to be connected to the screen printer that rabbit uses, I'm happy to send you their contact information.”</p> <p>b. <a href="#">Rabbit Lookbook</a></p> <p>c. Do we want to go ahead and send out an order form to members for custom attire? Ideally put in orders by end of September/early October for 2026 races</p> <div data-bbox="574 743 1052 1052" style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>FULLY CUSTOM</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Race Pace Collection:</b></p> <p>Race Pace Tank - \$48*</p> <p>Race Pace Tee - \$50*</p> <p>Race Pace LS - \$54*</p> <p>Crusher Crop - \$61*</p> <p>High Country - \$65*</p> <p>Ice RAD-dana - \$14*</p> <p><small>Minimum of 25 units per style and gender ordered. You can order any mix of sizes within that 25+ units.</small></p> <p><small>*Pricing discounts available for items with 50+ units ordered per style/gender</small></p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>PR Collection:</b></p> <p>Speedeez - \$58</p> <p>Runtee SS - \$61</p> <p>Runtee LS - \$64</p> <p>Crop hop built-in - \$53</p> <p><small>4 units per size/gender ordered with a custom order total of 20 or greater. This makes for easy re-ordering when new members join your team.</small></p> </td> </tr> </table> </div>	<p><b>Race Pace Collection:</b></p> <p>Race Pace Tank - \$48*</p> <p>Race Pace Tee - \$50*</p> <p>Race Pace LS - \$54*</p> <p>Crusher Crop - \$61*</p> <p>High Country - \$65*</p> <p>Ice RAD-dana - \$14*</p> <p><small>Minimum of 25 units per style and gender ordered. You can order any mix of sizes within that 25+ units.</small></p> <p><small>*Pricing discounts available for items with 50+ units ordered per style/gender</small></p>	<p><b>PR Collection:</b></p> <p>Speedeez - \$58</p> <p>Runtee SS - \$61</p> <p>Runtee LS - \$64</p> <p>Crop hop built-in - \$53</p> <p><small>4 units per size/gender ordered with a custom order total of 20 or greater. This makes for easy re-ordering when new members join your team.</small></p>	
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<p>RRC Social Events (Dale, Jessie)</p>	<p><b>Capture the Segment (Jessie/Mike/Joseph)</b></p> <p>The next edition will be October 6-11. I think the intended segment is in Kutzky Park. <b>Any suggestions for an organization to support with the October edition?</b> Brighter Tomorrows</p> <p>We'll start finalizing plans for the route and advertising at the end of August.</p> <p>Dates for the next book club? Peter Segal 'The Incomplete Book of Running" September 28, 2025 6pm</p> <p>(Kasey) Detour Athletics Sessions? "Fall Runners Boot Camp" More details from Matt after he returns from vacation (late August). TBD dates- Dec-Feb?</p> <p>(Dale)</p> <ul style="list-style-type: none"> <li>- Any updates or photos from the Honkers Game? <b>Joseph will get some pictures to social media team</b></li> </ul>			
<p>Sponsorship (Mike, Leah, Jessie, Shannon, Sergio)</p>	<p>Sponsorship updates:</p> <p>Tailwind update? Email from Bryce Johnson:</p> <p>"We would love to offer your product at cost. We have \$11 bulk bags that make 5 gallons of Tailwind per bag as well as promotional materials for free and single serves at cost (\$1 per pack of Endurance fuel). We are also now offering our</p>			

	<p>newest electrolyte-only product, rapid hydration, for \$10.50. (one bag also makes five gallons of rapid hydration). If there's any confusion about the differences between endurance fuel and rapid hydration please look at the infographic below. I will be available for any additional questions as well.</p> <p>I can also provide you with social media assets and our logos to help tell folks about Tailwind and your event. If all this sounds good let me know as soon as possible and <b>send your preferred shipping address</b>. Then I can set you up an account to order on our event site as soon as you are ready.”</p> <p>*Thoughts? - SMTR? - brock sells tailwind so not sure if we'd want to purchase from tailwind directly vs. him</p> <p>Tour de essex run? Skip for next year?</p> <p>We will reassess in future years.</p> <p>(Jessie)</p> <ul style="list-style-type: none"> <li>- Let's start sponsor hunting for all races / the overall organization in November this year. <a href="#">Attached is a sponsor form</a>, adapted from Mike's from last year. Let me know if any edits are needed (dates for races are guesses / prices may need updating)</li> <li>- Action item: All members will review sponsorship form, sponsorship committee will begin sponsorship hunting in November</li> <li>- Create cover page of thanks and save the date for banquet</li> </ul>	
Volunteerism	<p><a href="#">*Volunteer point accumulations</a></p> <ul style="list-style-type: none"> <li>- Any current/ongoing volunteer needs?</li> </ul> <p>Volunteer Coordinator for upcoming races <a href="#">Volunteer Coordinator Role/Responsibilities</a></p>	
Tech Team (Joseph/Chris)	<p>Anna S. is “retiring” from managing membership September 1st, Joseph has volunteered to take over</p> <p>Joseph has created a membership database with a system to calculate grand prix standings. <b>Joseph will post in discord for everyone to review.</b></p> <p>As discussed in July, New membership proposal: \$40/per person over 18 years old. 18 and under are free. No family plan. Leah made a motion to approve. Mike seconded. All approved. This will take effect January 1st, 2026 - membership change coming</p>	
Race Reports		

Spring Classic Races	Distances decided: half, 10K, 5K, free kids 1 mile	
All Comers' Meets (Dale)		
Lance P 8K (Dale)	RRC Weather Policy (Mike & Kasey) - committee to form: Kasey, Jessie, Mike, & Tonya Saturday August 8th, 2026 Set race director moving forward?	
Reggie Oeltjen		
HHR	HHR Update from Cindy. Request to celebrate HHR committee (dinner). Board voted down request. HHR committee members will be encourage to log hours to utilize volunteer incentive program. Discussed plans for next year's HHR committee Moving race to September in 2026	
Womens 4-Mile Race	- Tonya, Shannon, & Jessie met prior to this meeting to recap this year's race.	
GFTG	Volunteer Coordinator- Mike Spending/budget discussion Promotion to start after HHR	
<b>New Business</b>		
RRCA champs application	HHR 2026, in partnership with Kahler Hospitality Group  Lisa Rippe, RRCA president would like to attend October meeting to learn more about the RRC and connect with the board	
Quarry Hill 5k	From: Hans Hollander <b>Mike to follow up with Hans.</b>  -Most recently, the race was at the end of September. Previously, it was held earlier in July. Moving forward, I think the date/time of year could be flexible.  -In 2019, it looks like there were 226 participants, including 5k runners and Wild Child runners (a 1k race around the pond). It is fun to have "something different" so I'd be open to discussing something other than a 5k (and kids race).  -My role is flexible as well. Being invested in both the nature center and the running club, I'd love to be as present/helpful as possible.  -If the nature center was utilized, we'd probably have to incorporate staff, which may be a negative. It is something I'm willing to speak to the board about though.  -You recently hosted an event through Oxbow (where proceeds directly support the park), not sure if something like that would make sense?	

<p>Holiday Dazzle Parade 1 mile race</p>	<p>December 6th @ 5:30 pm Shaun Palmer will RD</p> <p>Shaun would like 2-3 board and/or RRC members to get together and plan the details of the race. <b>Kasey, Shannon, &amp; Rylee volunteered to help Shaun plan the event.</b> Have an RRC float in the parade? Runners &amp; kids on float.</p>	
<p>USATF Affiliation (Mike)</p>	<p><a href="https://www.usatf.org/home-normal/top-utility-nav-content/membership/club-organization-membership">https://www.usatf.org/home-normal/top-utility-nav-content/membership/club-organization-membership</a> Plan to affiliate - all approved <b>Rick will complete application.</b></p>	
<p>RRCA Runner Friendly Community (Rick)</p>	<p>Rochester became a Runner Friendly Community in 2021. The designation expires in 2026 unless Local Government/RRC renew: <a href="https://www.rrca.org/programs/runner-friendly-community/official-runner-friendly-communities/">https://www.rrca.org/programs/runner-friendly-community/official-runner-friendly-communities/</a> Connect with Shaun Palmer? <b>Jessie to coordinate and complete application</b></p>	
<p>AED (Rick)</p>	<p>AED Received. We will reach out to Brock to see if he will store it at MN Treads Pick-up by race director (Tonya to coordinate pick-up in conjunction with race packet pick-up) and brought to events Pads to be replaced if used</p> <p><b>Potentially order walkie talkies? Mike to obtain options and post in discord</b></p>	
<p><b>Additional Agenda Items</b></p>		
<p><b>Parking Lot</b></p>		
<p><b>To Keep on the Radar</b></p>		
<p>Food sign up</p>	<p>Board meeting food sign up, starting June 16th <a href="#">RRC Board Meeting Food Sign up</a></p>	
<p>RRC Board Teams (Kasey)</p>	<p><a href="#">Board Teams:</a></p> <p>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.</p>	
<p>Possible Research (Jessie)</p>	<p>Grant submitted. TBD if it is funding. If funded, will discuss further what I'd need from the RRC to facilitate this</p>	
<p>Minutes reviewed by:</p>	<p>LS, KNK, JT, ET, JRW, CA, RMK, SG, JB</p>	