



RRC Board Meeting — March 2026

Date: March 16, 2026 | **Start:** 6:00 PM | **Adjourned:** 7:50 PM | **Location:** Centerstone Hotel |
Next: Apr 20, 2026

Roll Call

Present: Derek Pape, Nate Johnson, Chris Aakre, Laura Brady, Leah Speltz, Mike DeBolt, Rick Fishbune, Kaylee Arndt, Sergio Gradilone, Sophia McDonnell, Rylee Kopchak, Joseph Barr

Absent:

Guests: Matt Arnold, Jeffery O'Neill

Called to order at:

Consent Agenda

- Last month's minutes: [W 02 2026 RRC Board Meeting Minutes.docx](#)
- Treasurer's report: [PDF 2026-3-10 Treasurers Report.pdf](#)
 - Paid off the movie night
 - Award jackets have been distributed
 - Need to do tax forms
 - Received \$1000 for All-Comers from Dennis & JoAnn Johnson
 - We're in the plus!

M: Mike

S: Kaylee

Approved: Yes!

Guest Business

Matt Arnold (Detour)

Detour wants to be the center of strength-type training in relation to the RRC
Possibly a 2-4 week block where the Detour Gym has a specific program, repeated and more of a regular thing than what Detour x RRC has done in the past.

Sergio: Think of doing the camp in the marathon off-season

Matt: Different phases to training: 1. Spring: Focus on accessory strength training during marathon ramp-up 2. Summertime: grittier, sled-pull/push functional style training to avoid negatively affecting runners 3. Winter: True periodized strength training

Laura: Probably would be easier to draw more regular clients if they can see progress over a bit more of time rather than one-off sessions

Sergio: A couple step project participants have experienced positive results

Shannon: Provide instructional guides for strength training

Matt: Could still also do a trial/drop-in day to see what it's like

Laura: We could fit in a block in the post-Grandma's offseason

Mike: Guide/education would be huge. A lot of people would benefit just knowing how strength training would help runners

Matt: Needs to know when it's busiest, when it's starting to slow down, what a training season tends to look like, and he can start planning around it

ACTION ITEM (Kaylee): Send Matt RRC calendar and establish contact re: strength training section for newsletter

Matt: HYROX - Detour offers HYROX classes, and are starting a HYROX simulation class, and they'd be interested in having people come and try out - free one this weekend o.o

Mike: We didn't do much mutual, in-kind sponsorship last year.

Matt: Wants to put in a strength training page in the monthly newsletter.

Shannon: We should collaborate with Detour for pre/post race stretch type stuff, esp. At women's race (July 25)

Matt: re: Videos - could we do simple movement explanation videos on RRC social channels?

ACTION ITEM (Leah): Coordinate RRC communication with Detour

Matt: RRC should do an injury poll, what do people have problems with, how confident on 1-5 are you doing strength training on your own

Mike: We (I) would really benefit from a good warmup routine

Matt: As they move more into HYROX, more Detour members are into running, so it makes more sense to advertise runs/races at Detour.

Beer run at local brewery?

Mike: Detour member race discount? Social running events open as well to Detour

Matt: Want a social outing completely unrelated to fitness

Jeffery O'Neill - Sponsoring Step Project participants running Spring Classic

Wants to be an unnamed annual sponsor with just the light blue ribbon as the "logo" - sponsor fellow Step Project participants, and perhaps others, so they can run the Spring Classic for free

ACTION ITEM (Cyberforce): Add the ribbon and ADT (Androgen Deprivation Therapy) to annual sponsorships

Race Director Updates

Spring Classic

Porta potties have been ordered, tailwind will be used for nutrition

Umbrellas have been ordered

Contact at Eau Claire didn't want to lose partnership with TC, so there was some miscommunication

ACTION ITEM (Mike): Discuss with Tonya about to-do list for April

Women's 4 Mile

Healthy Human Race

Essex

Reggie Oeltjen Douglas Trail Race

Go for the Gold

General Race Director Items

ACTION ITEM (Mike): Contact Kevin Torgerson re: Summerfest race

ACTION ITEM (Leah): Discord post about Tiffany hosting packet pickups/other race director items

Board Teams

SMTR

ACTION ITEM (Joseph): Add subcommittee members to agendas

Rylee: Is water stop even necessary anymore?

Laura: Nice to have a central place, also for new runners can make it a lot less intimidating

We haven't had a lot of new people

The routes are a little clunky - lot of stoplights and such

ACTION ITEM (Sophia): Reach out to SMTR committee to make routes smoother and have fewer stops

We should also encourage people to be smart about intersections

ACTION ITEM (Joseph/Kaylee): Get fruit snacks from Costco for SMTR

Joseph/Kaylee will be on deck to take Tailwind to SMTR when it comes

Tailwind will encourage people to use our stuff more - maybe we should have cups at the water stop on days with Tailwind to encourage people to use cups rather than filling up their bottles

ACTION ITEM (Leah): Solicit Banana donations from local stores

Volunteerism

ACTION ITEM (all): Advertise SMTR volunteer signup (Joseph) post on Discord

Make expectations nice and clear

ACTION ITEM (committee): Will need a signup for volunteers for Med City waterstop and expo

Sponsorship

Tailwind (Shannon) - sampling event, Pepsi (Shannon, Women's Run)

Tailwind Nutrition Run/Ride Club Agreement

This agreement is between Tailwind Nutrition ("Tailwind") and the undersigned Run/Ride Club ("Club"). The purpose of this agreement is to build a mutually beneficial partnership that engages athletes, supports local communities, and promotes Tailwind Nutrition products.

Club Engagement Requirements

By participating in the program, the Club agrees to:

- Post at least 4 social media posts per year tagging Tailwind Nutrition. One post per quarter. Focused on organic content with some physical brand presence
 - Post requirements - @tailwindnutrition & #fuelthefurther
 - Optional tag @tailwindeventsguy, for visibility
 - Host at least 1 product sampling event per year. This should be planned in advance and Tailwind will supply specific samples for this stand alone event
 - Participate in and support local Tailwind events and activations when possible
 - If Tailwind is attending an event in your region, we would love to have club members swing by and support our booth
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Tailwind Support Provided

In return, Tailwind will provide support to the Club, including:

- Quarterly Samples for events (mainly Rapid Hydration and Endurance Fuel, Recovery Mix by request).
- Exclusive 15% Club Discount Code.
- Digital Toolkit – social media assets, product education, training/how-to-use guides.
- Onboarding Tools – Program Overview PDF, Club Agreement, Product Sample Request Form, Club Welcome Kit (Product Education).

Shannon: Sampling event can look however we want, but could do it at Reggie

Pepsi is donating Bubblr for Women's Race

Moka plans to have a presence for post-race hydration


Tailwind will be on-course hydration, and we hope to have sample donations from Tailwind for prizes or race packet goodies

Leah: could do this as part of a potluck in the park

Shannon: in process of re-upping with lapsed sponsors
Sophia: potential donation from Asics for Women's Run

Inclusion

Memberships discount for 65+ (or retired), college students or <21 (Sergio)

 Retired and Legacy Service Membership Categories-1.pdf

Leah: there are a lot of legacy board members, and they are generally some of the most loyal paying members

Rick: we don't want to price people out, especially people who have been with the club for a long time

Leah: What if we did a scholarship application? Just send an email to RRC if you need help paying for a membership fee

Would people be discouraged from signing up for this?

Chris: Could we do more advertising at RCTC or UMR? They probably aren't even aware of our club

Mike: we need to come up with numbers as to financial impact of this proposal

Shannon: We should be making a bigger emphasis on the membership benefits

ACTION ITEM (Joseph): Get age demographic data of membership

ACTION ITEM (Joseph): Put a vote at the top of April's agenda

RRC x Team RED Honkers Night

Good news, We're set for the RRC/Team Red Honkers Group Outing on **Thursday July 23rd, 6:35 PM vs. La Crosse Loggers. Promo code RUN.** Please share and promote! Would you also add as a note item on the next RRC agenda. Thanks, Dale

Link: <https://rochester-honkers.nwltickets.com/Buy/Tickets>

ALS Superhero Dash

We received an email from Kameron Artley (kameron.artley@als.org):

The ALS Superhero Dash brings together neighbors, families, and friends on Saturday, May 16, at Harriet Island Park in St. Paul to support those in our community living with ALS. We would love to have Rochester Running Club join the squad this year!

As a thank you for your help, we'd like to provide your running club with a Route Sign to be displayed along the course if at least 5 members sign up and raise \$500 by April 15. We want to make sure the support from Rochester Running Club is visible to everyone out on the track.

*I would be happy to share a flyer for the event and help with the details of forming a team. **Is there a team member I can jump on a call with to discuss getting a team started?***

This would involve heavy promotion on social media.

Cyberforce

New Business

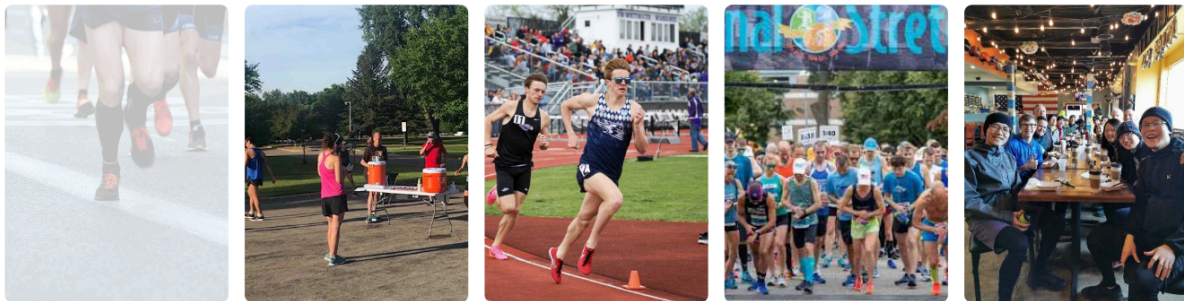
Mayo Clinic Executive Health Program

MCEHP is launching a mobile app for Executive Health patients that serves as a hospitality guide to their visit. They want to highlight local experiences.

They want to know if we own the copyright to these photos, and if not, who does, and if we are interested in allowing them to re-use these photos in the app

Rochester Running Club

Rochester



Images from:

<https://rochesterrunningclub.org/membership/>

<https://unsplash.com/photos/people-running-on-gray-asphalt-road-during-daytime-YOwoUmyxGrw>

ACTION ITEM (Chris): Chris is involved with this group and will communicate with them.

Fine to use these photos

Chamber of Commerce Interest

Context (\$409/1st year, \$374/yr onward)

Biggest benefit would be the ability to get more sponsors - if we get even one sponsor it would pay for itself

Any member would be able to go to a meeting - including people who are members otherwise e.g. David Jorgenson

No obligation to attend

Vote: Passed!

ACTION ITEM (Shannon): Contact Chamber of Commerce to proceed

ACTION ITEM (Mike): Coordinate RRCA event, possibly in coordination with Chamber event

What to do with our RRCA plaque? Put a photo on the website, give it to the mayor's office

Regional Sports Center at RCTC

The City of Rochester is working in partnership with RCTC to continue conversations about the Rochester Regional Sports Center located on the RCTC campus. Current discussions are focused primarily on indoor spaces, including the fieldhouse and dome. The partners have been exploring potential future maintenance needs and possible enhancements to the existing facility.

We are reaching out to ask for your support in both participating in and helping share upcoming community engagement opportunities with your networks. Hearing from a broad range of community voices is especially important in this process!

How to Participate and Share

- Project page with background information and engagement details: <https://arcg.is/1WvKGq>
- Online community survey, open until March 23: <https://polco.us/sfvmhe>

Upcoming In-Person Open Houses (RCTC Fieldhouse)

- March 11 – 4:30-6:30 p.m.
- March 23 – 4:30-6:30 p.m.
- March 24 – 4:30-6:30 p.m.

Virtual Engagement Opportunities

- March 25 – Noon-1:00 p.m.
- March 27 – Noon-1:00 p.m.

If you are willing, we would appreciate you sharing these opportunities with your networks to help ensure broad community participation. If helpful, I am happy to provide additional materials or messaging you can use.

Please feel free to reach out with any questions. Thank you for your partnership and for helping connect community members to this process!

ACTION ITEM (Kaylee/Joseph): Continue getting the word out about this

Limitless Potential Luncheon

We received an email from Brianna Kammel (brianna@gotrmn.org)

I'm writing to let you know about a great opportunity coming up that I think Rochester Running Club might be interested in supporting. The Limitless Potential Luncheon is happening April 30 (1030-1300 at MN State Fairgrounds)! The luncheon benefits an organization making a difference in our community - Girls on the Run Minnesota.

A little about Girls on the Run for your new board members: GOTR uses evidenced-based curriculum to teach girls and gender-expansive youth social-emotional learning while creatively integrating running. Girls spend 8 weeks with trained volunteer coaches learning important life skills like how to choose friends, making decisions, dealing with stress and difficult emotions, all while helping girls make the connection between physical and emotional health. ...

The event itself will be attended by 400+ community and business leaders of all ages and backgrounds. As a sponsor Rochester Running Club would be front and center at the event, and also showcased in GOTR's broader reach, which includes a 22,000 person email list and 10,000 social media followers. Importantly, sponsoring the Limitless Potential Luncheon is a great opportunity to showcase Rochester Running Club's commitment to empowering Minnesota women and girls to be joyful, healthy and confident.

Sponsorship options and more information can be found [here](#).

Sponsorships range from \$2,000 - \$15,000

ACTION ITEM (Laura): Reach back out to see if there's other ways to engage with GotR without eviscerating the RRC bank account

People's Co-op Spring Open House - April 11, 2026 1000-1300

Saturday

Need to know this week

ACTION ITEM (Sergio + Kaylee + Joseph): attend

Board Meetings' Food Cost (Sergio)

Are we spending too much on food?

Perhaps we do a merch item per year instead of food every month?
Could we get food by sponsors?

ACTION ITEM (all): Reach out to restaurants for sponsorship

We're not doing food next month, but if we can get sponsors to pay for it, that's great!

Voted: Pass

We'll talk about swag next time

ACTION ITEM (Joseph): Put swag on the agenda for next month

April Board Meeting

Is anyone running the Boston Marathon? Should we move next month's meeting? Vote: No, it will be in the same slot as usual

Other / Parking Lot

Updates from Tonya

Women's 4 miler - Maddox is working on an updated towel for this year. Same price as last year (\$21 per towel)

Reggie-Hoping to have a sample of the mason jar with a handle and lid for this weekend.

HHR-I've been in contact with Dale about this event gutter offers a 20% discount on orders the size of ours and we can mix a match. We don't just have to do the bright blue or like plain black so I figured we would choose a couple of different styles and then people can choose as they're doing packet pick up and once we're down to whatever's left, you get what you get.

Essex-I ordered a couple of stainless steel pint glasses and figured we could maybe do the Essex logo on that again hoping to have a mock up of that by this weekend.

Go for the gold-The date that has been chosen for this is actually Halloween day so that's Saturday, October 31. Have an upcoming meeting with Dan, Jess and Mary.

Reviewed: CA