



RRC Board Meeting — September 2026

Date: 09/21/2026 | **Start:** 6:00 PM | **Adjourned:** | **Location:** Centerstone Hotel | **Next:**

Roll Call

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

Absent:

Guests:

Called to order at:

Consent Agenda

- Last month's minutes:  08 2026 RRC Board Meeting Minutes
- Treasurer's report:  2026-9-13 Treasurers Report.pdf

M:

S:

Approved: Yes

Guest Business

(~6:20pm) Levi and Josh from Adapt Rehab & Chiropractic/Thrive Wellness

- Levi (Thrive Wellness) wants to get his face in the running community to establish familiarity and relationships and hopefully customers
- Lot of positive feedback from HHR post-race
- We could list them as in-kind sponsors for providing services at our events
- They're willing to be at just about any race
- Josh seems enthusiastic about the ideas about doing talks or articles for the newsletter
- Levi's office is by Costco and Josh is at 125 Live
- They're down to host runs, particularly at Levi's office
- **ACTION ITEM (Leah): send Levi and Josh stuff**

Race Director Updates

Spring Classic

Women's 4 Mile

Rescheduling in 2027 and Beyond

Healthy Human Race

- 327 registrants this year vs 4xx last year
-

Vote to Authorize Purchase of Awards

Reviewed potential conflict of interest and market value of awards; seeing that the market value matched the invoice vote passes unanimously

Vote to Discount MN Treads HHR Sponsorship Due to Failed Obligations

Vote passes

Feedback

- 3 Hour Cutoff for Half Marathon in the Future
- Bib Indicators for Different Races

Essex

- 16 registrations as of 09/13
- RASC posted about a road 10k

Reggie Oeltjen Douglas Trail Race

General Race Director Items

Board Teams

SMTR

Someone needs to cover 09/26

Mike

- Where are the tables?
- How do we get more people to volunteer?
 - Personal outreach
 - The Bystander Effect
- Perhaps emphasize volunteering as the way to offset payment for SMTR
- We really could use an indoor location
 - But boy is it expensive
- SMTRs at 125 Live?
 - Or at Thrive Wellness

Volunteerism

- There is a need

Sponsorship

- We need other people reaching out and getting sponsors
 - Emailing and filling out spreadsheet
 - We have a form email
- ACTION ITEM (Shannon): send an email to other board members with brief on how to reach out for sponsors
- ACTION ITEM (everyone): reach out to sponsors
- We just recently raised fees so we probably aren't gonna do it again soon

Inclusion

Capture the Segment 2026

Committee (Joseph, Derek, David Jorgenson, and Brian Morgan) met on Monday. Settled on Segment (it's a secret), scoring opportunities, and hashed out duties.

Intend to do \$10 for non-RRC-members and \$5 for members, all proceeds go to RAAA (Rochester Area Autism Association).

Registration available 10/01 through ~10/15, teams announced 10/19, challenge runs 10/25 - 10/31, party on 11/01.

- Nice to have them as an in kind sponsor
 - Laura Brady is reaching out to husband to join committee and coordinate party
 - Leah is on deck

Follow-up on offering membership discount to age 65+ and Age 19 and Below Grand Prix item:

 Discounted RRC Members for Age 65Plus Analysis.pdf

- This could lose >\$700
- Unlikely to gain members
- Banquet Recognition
 - Like a slide in the presentation with how long people have been members
 - Or printed certificates to hand out
- We would have to sit down and think about who would be on the list because we don't have good membership records
- No motion to vote
- ACTION ITEM (Joseph): Put recognition for long-term RRC members on the agenda for next month

Cyberforce

New Merch Order

Rabbit order, ideally through Treads, possibly the map design

- We have two options
 - 1. A store that is always open, through GameOne (Nike, Under Armour, Adidas, etc.)
 - Less customization but much easier logistically and lower cost
 - 2. Quarterly store
 - More customization but higher cost for shipping
- ACTION ITEM (Shannon): Move forward on option 1

New Business

Current and Ongoing Race Director Contract

Discussion had

Banquet

- ACTION ITEM (Leah): Put out a poll for banquet date
- ACTION ITEM (Everyone): Vote on poll
- Committee
 - Leah (head)
 - Shannon
 - Sophia
 - Rick
- Kaylee will make the photo slideshow
- ACTION ITEM (Kaylee): start working on slideshow
- Note: work out the leftover donation logistics well ahead of time

RRCA

- Next conference to be in Austin next year (04/08-11 2027)

Other / Parking Lot

- ACTION ITEM (Joseph): Next agenda: HHR committee and Tonya debrief

Goal is to have a good idea about future contract by the end of the October meeting

Self Defense Class

- RRC will cover \$50/person fee for RRC members, non-members will have to pay the \$50 fee
- Vote passes

Reference

Subcommittees

Cyberforce (Communication) Soldiers:

- Kaylee Arndt
- Joseph!
- Derek Pape
- Laura Brady
- Chris Aakre

Inclusion (Social events/DEI)

- Sergio Gradilone
- Dale Pfrimmer (external)
- Rick Fishbune
- Nate Johnson

Sponsorship

- Shannon Strickland
- Sergio Gradilone
- Laura Brady
- Derek Pape

Volunteerism

- Rylee Kopchak
- Leah Speltz
- Laura Brady

SMTR

- Meaghan Lieburn
- Zach Gascho
- Jeremy McJunkin
- Sophia McDonnel
- Rylee Kopchak