

Falmouth Track Club

Board of Directors Meeting November 20, 2014

The Board of Directors Meeting of the Falmouth Track Club was held at the Quarter Deck Restaurant on October 21, 2014. Present were Maggi and Bob Yates, Kevin and Gloria Leach, Ken Gartner, Bob and Hindy Richards, Carl Gustafson, Julie Waite, Courtney and Carolyn Bird, Doris Beatty, Jack Carroll, Jim Preisig, Kris Tholke, and Leslie DeAngelis.

President's Report- Kevin Leach -The meeting was called to order at 7:00 pm. Marathon Sports is hosting a Holiday Shopping Spree on December 3 from 6-8 pm which is opened to all FTC members. Appetizers and beverages will be provided. The minutes of the FTC meeting will be posted on line but will be password protected. No financial information will be included.

Vice President's Report – Jack Carroll – No report given

Secretary's Report –Gloria Leach- The minutes from the October 21, 2014 meeting were presented and approved.

Treasurer's Report – Hindy Richards- The Treasurer's Report was presented and approved.

Membership – Doris Beatty- reported 283 paid membership for 2014-2015, 232 memberships expire 2014, 51 memberships expire 2015, 128 Family memberships, 142 Individual memberships, 11 Junior members signed up recently.

Nomination Committee for 2015 Board of Directors-Jack Carroll- Deadline for this is November 25.

Members at Large & Race Reimbursement – John Banner-Two FTC teams did very well in the Cape Cod Invitational Relay Cup but the competition was really tough this year. Thanks to team captains, Steve Vando and Nina Geatrakas. John got positive feedback from the following clubs: Thirsty Irish Runners, Wampanoag Road Runners, Greater Boston Track Club, and Cape Cod Athletic Club. Year to date race reimbursements are \$1483 vs a 2014 budget of \$1400. Race reimbursements are running higher this year due to the above average Boston Marathon reimbursements which are unlikely to occur in the future.

Cape Cod Marathon-Matt Auger- *Expo-*

What went well:

12 vendors were present at the expo with all very pleased with their sales efforts. Marathon Sports was thrilled to have been a part of the Expo and is looking forward to continue working with us towards next year's Expo.

The t-shirt vendor was able to keep up with demand and the quality of their product was elevated from last year.

The Rec center was an excellent venue.

Much less cost to using the Rec vs. Lawrence.

What can be improved:

Power (electricity) for vendors was very limited and needs to be addressed for the future at the Rec.

The expo felt crowded because Marathon Sports wanted to keep the space tight. More vendors in the future would require usage of the whole gymnasium, as opposed to the half that was used this year.

A better banner needed for the outside of the Rec Center

Half Marathon (Helen can add her thoughts at the meeting as needed):

What went well-

The course went very well- No issues reported and runner congestion never impacted runner experience in a negative way.

Falmouth PD had many positive comments with regard to the course and the affect the runners had on the low amount of vehicular traffic.

Improved medical coverage at water stops as well as at the finish.

Food from Dunkin Donuts was plentiful and good.

957 finishers from 1,210 registered runners

What can be improved:

Signage for warning Falmouth residents of the race need to clearly state that the race is on Saturday. New signs need to be made for the course.

No double dipping for prize money

Marathon:

What went well:

Medical coverage was excellent with medical personnel at almost every water stop and an improved medical presence at the finish line.

The use of gallons at the water stops went very smoothly.

There were no issues on the course due to runner congestion or traffic issues.

800 finishers from 989 registered runners

What can be improved:

Very low numbers at the post race meal and there was too much food left over.

No double dipping for prize money

Relay-

What went well:

Russ noted that this was one of the best runnings of the Relay since he's taken control of the Relay.

No issues reported at any of the exchange zones.

What can be improved:

The parking (at the high School) for exchange 3 (at Chappaquoit Grill) was used by very few people resulting in a lot of vehicular traffic around that exchange.

As of now, the marathon should be contributing a minimum of \$25,000 for the Track Club. I expect that number to be higher, but until our final bills are paid, that number won't be known. I would expect that number to be available at the Dec. meeting.

Seagull Six –Mike Norton –No report

Main Street Mile – Tom Davis-No report

Coffee O – Ken Gartner – Going well. Behind in the results. Working on it.

Youth Track-Ken Gartner-Race in NH on Sunday with 20 kids in attendance with a \$100 entry fee, went well. The top 30 kids move to ME and we had 9 kids who moved on to Augusta, ME with 1 full boys team (8-10 yo boys), would need less than \$1000 to pay for the hotel, no gas, no food. Barnstable cross country boys team ran under FTC banner with the kids joining the FTC, looking for approximately \$100 to pay for entry to ME, use 1 reimbursement form and money to go to Ken and he disperses it to families, all paperwork to Ken, documentation needed to show treasurer per Courtney, Steve Vitones impressed with Ken's group, neon t-shirts paid for by the parents.

Track Workouts – Carl Gustafson – 2 crates of food has been collected at the track workouts to give to the service center. 900 turkeys are given out by the service center in Falmouth.

Cape Cod Trail Race-Carl Gustafson- Sign ups are going great, we are over 100 runners including an ultra runner from Arkansas, a runner from Canada and a family from Sweden! The charitable organizations that we will be supporting in 2015 are: Big Brothers/Big Sisters of Cape Cod, Wounded Warrior Project, Cape Wildlife Center, Lyme Awareness of Cape Cod, Jack's Pact, Together We Can, and the Falmouth Bike Lab,

- Please consider a sponsorship for yourself or your company.
- Paul Hartel has sponsored the bibs for the Trail Race. Thanks Paul!
- The race will have chip timing this year. We are looking for sponsors to partially cut our costs on this high value added to the runners
- The race will have sided aid stations at miles 1.5 and 4.5 for volunteer and medical support and comfort. Our own Mike Mueller has sponsored the first one? Thanks Mike!
- Moving closer to a runners gift! Thanks Nina!
- Moving closer to the tech shirt vendor! Thanks Nina and Julie!
- Giving out Platypus water bottles which are collapsible, wash and reuse-\$500 sponsor for this
- The kids fun run is again free this year to children 12 and under; contact schools to get kids involved. Kids can run from one to five loops (each loop is .7 mile) and there will be a Diaper Dash for younger children

Expo-The name was changed to CapeCodExpo.com. Carl met with Chamber and they were very welcoming. Julie took photos and wrote an article for Business After Hours and talked broadly

about FTC. Business cards needed for Carl. Matt Auger to donate one hour consultation this week. Coordinators for each key area are as follows:

Deb Bonvan- restaurant and food booths

Ken Gaynor-Expo sales

Nina Geatrakas-exhibitor coordination-coordinator of participants, LAX, field hockey, soccer, golf, meditation

12pm-4:30 pm

- Indoor and outdoor activities for all ages and demonstrations in a variety of wellness activities and sports Expo booths offering items for sale, providing information about wellness topics and some give-aways.
- A couple of booths include Hanlon Shoes, a full service running store, and Compost With Me, offering information on recycling, reusing and composting.
- A Taste of Wellness which will include 10 free food samplings from local restaurants, with additional food for sale and cooking demonstrations focused on organic and healthy choices

5pm-7:30 pm

- Special pre-race buffet style dinner open to everyone to start with a speaker who will give a short motivational talk on wellness.

We are currently looking for volunteers to help plan and coordinate these events, for restaurants and cooks to offer samples and demonstrations, for vendors to offer items for sale and for presenters to offer wellness events.

- Two booths have been sold
- Two restaurant/food servers have committed
- Ballymeade Golf will participate
- Food permitting figured out by Ira
- We need people to help sign up participants/exhibitors, to help sign up restaurants and food sampling people and places, and do Expo booth sales
- A walkthrough of Ballymeade is very helpful. It will only take 15 minutes
- Community and Runner Awards will be discussed at the next meeting

Other Plans

- Trying to coordinate a Pot Luck Dinner for all volunteers, all sponsors and all charities hopefully in January at the Waquoit Church

Youth Program- Jim Preisig – Progressing, cross country race was well organized, challenging and fun for 140 kids. 2 schools programs are up and running, Mullen Hall has been approved for a track and Morse Pond is in the process of building their track now with CPC (Community Preservation Club) paying for the track. Lawrence School hoping to start Junior High School cross country program but needs \$3,000-\$4,000.

Web Site/On Line Services – Julie Waite – There are 147 registered for the Trail Race, with 13 kids registered. Working on selling clothing on line. FTC office opened on Fridays from 9:30 am-1:00 pm.

Race Timing –Courtney Bird- Jingle Jog at the beginning of December, going to Foxboro in March to time a race put on by Foxboro JC's.

Special Events –Carolyn Bird-Nothing since last meeting, Fun Runs will be starting in January, Hangover Classic on New Years Day.

CCM Race Director Contract/Oversight Committee-Feedback from key people and a report will be given to the Board by the end of November. This will be a special meeting for board members only. There will be a preliminary meeting with John, Jack and Jim who will interview key people and put together a report for the meeting. This meeting is set up for December 11.

Old Business-Questions need to be answered on the FTC insurance for Fun Runs. Grants deadline is Dec 1. We have gotten 2 grant applications to date: Together We Can and The Bourne 5K. Previous applicants/groups should be contacted about the grant deadline

New Business – Carl to sponsor Cross Country in the fall 2015 and possibly use a venue the high school uses. The Trail Race may be ready to accommodate this in 2 years.

We have one request for a Boston Marathon waiver. How many do we have? Courtney to check into this.

Adjournment: The meeting was adjourned at 8:40 pm.