

**FRC Monthly Meeting Minutes**  
**Zoom Meeting**  
**March 9, 2021**

Called to Order at 6:30pm

Attendees: Jack, Kathy, Mary, Jennifer, Glen, Steve R, Mark, Julianna, Matt, Wendy, L., Chris, Courtney B Dan, Steven, Mark, Lindsey, Nathan, David S, Bill Y

**Acceptance of Previous Meeting Minutes**

Motion made to approve February Special Meeting & January Annual Meeting minutes, motion seconded, third. All Meeting minutes approved.

**Member Open Comments (5 minutes)**

None

**Officer Reports**

Jack – lots of good comments from recent & new members re: name change & logos

Ken -

Chris – finances remain same – comfortable balance – cash reserves <\$100K

Kathy – clarified meeting minutes

**On-going Business**

CCM Update – Jack – Town of Falmouth moved their discussion of Special Events (including the CCM) to 3/22 – registration will open after town okays races – FRC will be receiving new merchandise for CCM & the Club

Does offering a discount for CCM benefit the Club? – in 2019 we offered a 50% discount to FTC members. Should we continue with this – some people join the Club just to get ½ off the race (membership is only \$20) – should we continue??

Chris – What are number of participants that do above? (just join Club for the discount)

Will we get more members as result?

Kathy – Do we need members for volunteerism?

Jack – water/aid stations are supported by volunteer groups, schools, non profits, etc.

Courtney – agrees w/Kathy comments

CCM is a big impact for club but offering a deep discount makes a success of the race only, what about impact for the Club??

Mary – agrees on some level. We should have members volunteer when not running.

Ex: if running half marathon – volunteer at full marathon

Swag is a great offer/perk to run

Steve R – maybe offer a smaller discount. Also, will this be an in-person or virtual race?

Town could approve in person but with restrictions at time of race (October)

Steve M – offer a lesser discount

WRCC 5K Update (*Women Run Cape Cod*) – Mary

Comments via email/social media are full of wonderful feedback

Planning kick-off event for April 7th

What do women want from the Club?

Meet and Greet, track workouts, Walk & Talk (sooner than later), road race?

Falmouth Road Race – Jennifer Edwards offered a donation to FRC for WI. Mighty partnership!

FRR – loves the new ideas, enthusiasm & support with Women’s Fitness program

Office Move Update – Jack

New office walls & ceilings to be done by end of next week.  
Move in = end of April.  
Will be seeking volunteers to help with move.

Club Name Change Update – Steve M.

Big News! the new logo/design is above office thanks to KIWI designs and will be illuminated soon.  
Brett Sanidas, Attorney, is going over the change of the name in bylaws. Making sure to still retain the rights to FTC & it’s races.  
Name has been changed on website.  
Name change on clothing, gear, etc to be done by the Merchandiser.

Membership Update (including donations) – Julianna

86 members joined on website – some memberships still on old web format. Members can send email to Julianna or Jack regarding rejoining.

(SOME OF MEMBERSHIP UPDATE MAY BE INCORRECT DUE TO MEETING MISHAP)

*(some member??s – should not be on this meeting – jack ended meeting & restarted – someone hacked meeting)*

**New Business**

CCM Budget – Jack

Difficult to predict how race will be run this year  
Budget is a wash if numbers of participants are very low & donations still go out, but this is the best option for now.

FRC Budget – Jack

Includes races that are not happening  
2019 was last real budget year – the BOD to review & discuss this matter later.  
Not included: WI (waiting to hear from town)  
WI race this year? Slated for September. If no race this year then next year it will be on Mother’s Day 2022 & every Mother’s Day there forward.

Women’s Fitness – Mary/Kathy

4-7-21 – Kickoff Event – Gus Canty Center 6-7pm – for set up; breakdown will take approx. ½ hr.  
Available to Members only due to Covid restrictions - invite will go out via email (not FB)  
Meet & Greet  
Walk & Talk – Mary & Kathy to start soon  
Track Workouts  
September, 2021 5k?? – hoping to grab interest of the women in Club & hopefully get more women to join the Club  
Lindsay did a great job with logo

**Virtual Seagull Six – Ken**

Virtual version? Run the course, on your time, any time in April - send in time  
Should this be available only to Club members or to all?

Email to Club only and/or add to website – if more runners get involved maybe they will join the Club

Who wants to support – Lindsay to make spreadsheet and post results

Runners to email results to Ken

Lots of clubs are doing these type of ‘races’ now

### **5 x 5k Challenge – Kathy**

Use a month with 5 weekends – May?? – not too hot

Members run a 5k per week on their own course, anytime during the week.

They submit their time via FRC FB post or email Kathy by midnight on each Sunday

Only Compare last weeks time to first weeks time

Prize for best improvement only?

Or prize for all that enter and submit times for ALL 5 weeks

Jack – should we charge small entry fee of \$5 or \$10 – This can be done on RunSignUp – we could get T shirts for all participants which helps spread the word about the Club. BOD agreed it’s a good idea.

Jack/Kathy to hash out details

Can runners use the Friday Night 5 as part of their 5k? Yes, as long as they submit the time of each segment for the 5k.

### **FRC Car Sticker Decision**

BOD members only? BOD did agree to get two versions of the sticker; one with the light background, the other with the dark blue background

### **Other Club Activities**

Future ideas: plogging runs/nips contests?

Tennis/pickleball lessons?

Litter Free Falmouth – does Club want to do a trash pick up with them?

Sweat Studio – is in same building as office – maybe start a partnership?

Mary and Jack will be meeting with the owner next week to start partnership options

### **Membership Form Questions – Julianna**

Should we collect other information on membership form. Ex: Occupation, etc – is this a good idea?

Julianna – would like a better demographic of members. Do members own a local business, what other assets do members offer, could the Club get discounts and promote the business? FRC member discounts to local businesses? Local connections? Race sponsors?, discount programs?, group volunteerism? – all support the club and the community Julianna and Jack will come up with a list of possible questions and submit to the BOD for discussion in next month’s meeting.

### **FTC History – How do we preserve it?**

Jack met with Russ Pelletier – there are many stories of the FTC past. Do we contact older (long time members) re: stories, information, etc and we could post on FB every other month. It’s a great way to engage new members with the “blast from the past”.

Jack reached out to former sports write, Bill Higgins (??), to write our story – would cost \$2k (would include research, interviews, etc)

Other option would be to reach out to older/long time club members? – BOD agreed to keep ‘In House’

Photos/results of past races to be posted somewhere – office and/or website  
New office will have an area dedicated to old Club – a club member offered to set it up  
Courtney will help

#### **FRC Fun Runs – Jack**

Hope to begin partnership with Aquatic Brewing for fun runs from the parking lot

#### **FRC Website –**

Up to date as of now but will continue with updates each week  
Club will reach out to members for volunteer to help with updating website

#### **USATF Insurance**

#### **USATF Membership/BOD members**

#### **Monthly Races w/ FRC Discount – Steve R.**

Hoping to try to attract new members after covid eases  
Pick out a race/month – maybe get club discount?  
Liam's Almost 5 Miler is in October – maybe offer Club a 4.99% discount?  
Start working on revamping the Grand Prix series?

#### **FRC Grant Program Revival**

#### **FRC Member Discounts**

#### **FRC Race Timing**

Keep? Or drop?  
Courtney would do timing, make equipment available.  
Club gets additional income of approximate \$3k  
Positive for club – saves \$600-\$800 per event  
Does require help from volunteers  
BOD to discuss  
Good for races with under 500 participants that don't need chip technology  
Survey to go out to club membership to see if there is enough interest in continuing with race timing

#### **Future of Seagull Six, CC Trail Races, Main St. Mile**

**FRC wishes Doris Beatty (former membership director) a very Happy 86<sup>th</sup> Birthday**

Julianna is new membership director & is doing great job!

Next Meeting set for ?? (was not confirmed during meeting)

Meeting Adjourned at 7:56pm