

Falmouth Running Club
ZOOM May Monthly Meeting Agenda
May 11, 2021

- Called to Order at: 7:07pm

Attendees: Jack Afarian, Kathy MacDonald, Chris Langlais, Julianna Coughlin, Mary Tolland, Steve Morris., Steve Rondeau., Ken Gartner, Matt Auger, Leslie DiAngelis, Lindsay Benson, Wendy Lathrop

- **Acceptance of Previous Meeting Minutes**

Motion made to approve April meeting minutes, motion seconded. Meeting minutes approved.

- **Member Open Comments (5 minutes)**

- **Officer Reports Jack, Ken, Chris, Kathy**

Jack – Club is headed in right direction with positive comments with what the Club is doing. Most think name change is good now. Good momentum going.

Ken – previous High School XC runners and youth program participants had their 6th runner from the program going to run at a D1 school. (Allen then Colin (who did not run high school but ran with FTC, Bobby, Cobie, Arthur?, Conner)

Chris – balance sheet remains strong – \$167k in accounts – only liability is PPP of \$7000. Registration for CCM is going well. Jack is now a signer for bank accounts and got new debit card.

Leslie asked if deferral monies from 2020 race and sweatshirt costs moved forward and does bank account reflect this? Leslie & Chris to discuss offline.

Jack – asked when \$7000 PPP will be forgiven,

Chris – 16 months before it needs to be forgiven – no one has applied for 2nd round of PPP (cannot apply as yet) – no urgency – 1st payment is due in 1 year.

Kathy – I sent Hannah all previous meeting minutes and they have been posted to FRC website. The 5x5k is going well. I'll give all updates below. Definitely getting a lot of positive feedback with the activities the club is now doing.

- **On-Going Business**

Club Name Change Update – Jack

100% complete – attorney is in process of trademarking all races then will invoice us. New merchandise is being designed

5 X 5K Challenge Update – Kathy

Total of 190 participants. We are in Week 3. Proceeds (50%) to go to Tommy's Place. We plan on 2 nights of T shirt pick-up during the 1st week of June. One will be at the new office (Jack to ask Longfellow to have area cleaned up enough for tours. Second night will be at Tommy's Place. Hoping to make both a "parking lot" party with raffles,

tours, music, treats, etc. Income from race is \$ **+\$4,214.66** less T Shirts, gift cards, expenses. We also have in separate donations an amount of \$885. Shirts are on order. Jack reached out to Aquatic Brewing but we may not be in office by June 2. Planned dates are June 2nd & 3rd. Kathy will email Russ to solidify dates. Tommy's Place to receive approx. \$1500. Maybe Ken can get it in 'Enterprise'. (We want to hand Tommy's Place a giant check)

CCM Update – Jack

On May 10th live races in Mass. are given the go with stipulations like staggered starts and limit numbers of participants. Total registrations as of 5/10 in 2019 were 665 participants. In 2021 there are already 1060 (some are defers) participants. Budget speculation is leaning toward goal. We are ahead in all races except the relay, as of now. Jack and Leslie met with Ashworth Awards. They are now offering recycled steel medals at a price similar price to previous year's awards. The relay medal will still come from overseas because the options from Ashworth were limited. T-shirts will be discussed with vendor when 5x5 is over. Jack will choose shirt color & bib color in June. 5k registration is not open yet, still need town approval. Jack to meet with Executive Director of Falmouth Road Race to swap notes. The September/October race calendar is getting busy. Many races are still holding hybrid options & CCM will do the same.

Office Move Update – Jack

No outdoor shower – too much liability. When will office be open????

Women's Fitness Update – Mary

3rd Walk & Talk took place on the bike path with coffee after at Station Grill. 3 Walk & Talk participants joined FRC. There's great feedback on the events. Nutrition seminar is being offered on May 20th via Zoom. 7 people signed up already. Mary & Kathy to talk offline about other WI offerings. Ex: split groups. Maybe offer a running clinic and maybe offer an evening Walk & Talk. Also, maybe offer nutrition information in the future for men of the Club.

New FRC Merchandise Update – Julianna

Had a merchandise meeting. There are lots of options. We want to create our own customized (USA Racing) singlet. Working to get singlet and shorts available at the Office shop. Things like jackets, mugs, tumblers, glasses, bumpah stickahs, and other types of T shirts to be worked on in future. Lindsay & Julianna will decide what we will get.

Youth Running Update – Ken

High School scholarships decided on earlier (see Executive Session below). Caleb Gartner & Brandon Pokraka? will each get a \$1000 scholarship. Not many applicants this year. Activities will pick up more in the summer. Merchandise will include youth sizes.

CC Trail Race Refund/Donation Update – Jack

Refunds were offered to 45 deferrals from last year for a total of \$1940. 18 participants opted to donate it to FRC for a total of \$765. 6 participants requested a refund for a total of \$235. Still have not heard from remaining participants for a total of \$948. FRC will wait until a response is given before action is taken.

BAA Bib Number Application – Jack

FRC received 3 invites from the BAA. In an earlier BOD decision (see Executive Session below) it was decided that last year acceptees will be allowed to accept or decline as 1st priority. An email will go to them tomorrow. They will have 1 week to decide. If bib is declined then they will be made available to other members via the application process. BAA deadline is August 1? Any FRC participant that receives a bib through the Club must follow BAA rules and guidelines.

Membership Update – Julianna

198 members to date. There are former members that are still not signing up, maybe do another push? Should we offer more than a 1 year option? Discounted (3yrs – 5yrs) membership are available through RunSignUp site.

Chris – was 'automatic renewal' an option? Most think automatic renewals are a bad idea. Maybe offer a 3 year membership going forward next year?

Wendy – what is per membership cost to FRC? (transaction fees?) Leslie - there is a >\$1 fee but BOD covers that fee. Transaction fees are a % - very little savings.

History Preservation Update – Jack

Russ coordinates the articles. There is one historical item on up on FB & on the website but some did not see this. Lindsay will post on FB then share so that everyone can see the article. Courtney will write the history to be posted and it will be added when available

FRC Website – Jack

Hannah Mark (lives in Missouri – will be back on Cape in August) is the new webmaster. Website looks great. Hannah's contact is listed on website.

FRC Race of the Month – Jack, Steve R.

No races as yet – may have to wait to see what happens – is there a race in May in Hyannis?

● New Business

FRC Race Timing – Discussion

Courtney request to remove this from agenda – will be moved to June meeting

Seagull 6, Main Street Mile, CC Trail Races – Discussion

All are canceled in 2021 – do we want to keep any & which ones? We need directors and dates. Women's Initiative 5k should go on the list. Slated to take place in May 2022. After CCM application is complete the WI 5k application will go to Town of Falmouth – move to June agenda

- Meeting Adjourned at 7:59pm

**Falmouth Running Club
May Monthly Meeting Agenda - EXECUTIVE SESSION
May 11, 2021**

Executive Session called to Order at: 6:45pm

Attendees: Jack, Kathy, Chris, Julianna, Mary, Steve M. Steve R., Ken, Leslie, Matt

- **BAA Bib Number Application - Jack**

My recommendation for the recipients of the three 2021 BAA bibs is that we award them to the recipients of the 2020 BAA bibs, since they did not have the opportunity to actually run in a live Boston Marathon. Those recipients were Lindsay Benson, Anne Priesig and Jill Polvinen. Actually, we should give them the opportunity to accept or decline a bib, since they may not want one or may not be in condition to run in the 2021 race. Question – are BOD allowed to take a bib? Jack will send email offering the 3 the bibs if they want them (they'll be given 1 week to decide) – if not – the bibs will go to membership for the opportunity to apply. We have an application and will go through normal election process.

- **Scholarship Applications** – Jack – FRC has 5 -\$1000 scholarships to award.

Ken – only 4 applicants this year and 2 are not appropriate

(1) is not a club member & lives in FLA – what is connection? (should applicant have club affiliation or be a resident)

(2) is not a runner and not in track, applicant is a musician and does not fit the criteria.

(3) Brandon? is not runner but is a hockey player. His family is involved in FRC – recommend a \$1000 scholarship.

(4) Caleb Gartner is FRC member, is a runner, recommend a \$1000 scholarship
Steve M. - does #3 have any FRC volunteerism? Yes, a 2017 CCM volunteer

Ken - #3 meets some qualifications, not many applicants this year

Steve M. - #3 has low qualifications and #3 would not make cut if club had many applicants

Ken - there is no criteria for scholar application.

Jack - website states qualifications and agrees with Steve that #3 is low on the pole for scholarship.

Ken to leave room while rest votes

Motion to give two (2) scholarships at \$1000 each for #3 & #4. Motion second.

Kathy suggests re: future application to add an essay component and a rubric process for easier decision making - will bring up to Ken to set up for future.

Executive Session Adjourned at: 7:00