

**Falmouth Running Club**  
**ZOOM June Monthly Meeting Agenda**  
**June 8, 2021**

- Called to Order at 7:03pm

**Attendees:** Jack Afarian, Kathy MacDonald, Chris Langlais, Julianna Coughlin, Mary Tolland, Steve Rondeau., Ken Gartner, Matt Auger, Wendy Lathrop, Jack Carroll, Courtney Bird, Hannah Mark

- **Acceptance of Previous Meeting Minutes**

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

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

Jack Carroll – regards on passing of Ron LaFreniere. He was a long-time member, long time runner, very encouraging coach, fearless runner, fierce competitor. He did annual birthday runs, ushered in great runners. He coached winners of CCM. And he ran awesome track club, very diligent. It is a loss to the running community. Courtney reminisced a on a past running story.

Jack – this should be in the History of the Club “Did you Know??” section in memory of Ron.

- **Officer Reports**

**Jack** - We received final approval for CCM (it had a conflict with the Falmouth Flag Football games). Agreement was made that games will start at 11am on race day so we are full speed ahead

**Ken** - Will talk about more below

**Chris** - \$184K in bank with no liabilities except the only PPP loan which should be forgiven in 6 months

YTD approach \$100k - \$42k was from last year

**Kathy** - wrapped up 5x5k Challenge (will discuss below) - Meeting Minutes are up-to-date on website

- **On-Going Business**

- o **5 X 5K Challenge Wrap Up – Kathy**

FRC made a \$1400.00 donation to Tommy’s Place for Tommy’s Tavern inside. Working on the finalized numbers from event.

We finished up with 2 Shirt Pick Up parties. 1<sup>ST</sup> was at the new FRC Office (great night, raffles, lots of visitors) – 2<sup>nd</sup> was at Tommy's Place (again great night, (despite the rain) raffles,). Raffles brought in \$571.00. Which I'd like to see if BOD would want to take that monies and buy an item from the Tommy's Place Wish List. I found an Xbox for \$468 with tax it will run about \$500.

Jack – proceeds from event to Tommy's Place. We agreed earlier that entry fees will be split 50-50. All online donations went to Tommy's Place and since the raffle items came from local businesses as donations they should also go to Tommy's Place

Comments? Mary happy to agree to purchase the XBOX

Chris – XBOX is a yes

Steve R – yes

Motion to approve XBOX purchase – Matt A. motions to accept, Chris second motion – motion passed. Kathy will order XBOX and it will be shipped to Tommy's Place warehouse.

#### **o CCM Update – Jack**

Select board gave final approval for race after flag football issue was resolved. Jack already contacted vendors (t shirts, medals, port a potties, flags, timing, etc). Using invoices from 2019 race as guidelines

Matt – asked if any update re: Menauhant bridge work

Jack – no changes this year to Menauhant bridge but there is construction at Steam Ship Authority parking area. This will not affect race. An email will go out to FRC membership re: some openings for race. Lot of sponsor work is kicking in.

Registrations 6/8/19 – 343 marathon, 608 as of today; 385 half marathon – 689 as of today; 23 Chowda Challengers - 66 as of today. Relay on 6/8/19 was 36 – 25 as of today.

5k is approved also for a Saturday 8:15am start. Course will be an out & back

FYI: the Full Marathon and Half Marathon will both have 8am starts

#### **o Office Move Update – Jack**

Walls are plastered, ceiling is in progress, doors & flooring perhaps ready to go this week. No dates yet for move in but Longfellow will move belongings from Town Square office to 661 Main St. so we won't need tons of volunteers. Matt will help.

**o Women's Fitness Update - Mary**

It's catching on - 4 walk/talks thus far. There was a ZOOM nutrition seminar that went well. Mary shared notes re: nutrition with members.

Pickleball at Wendy Ghelfi's house coming up soon.

The Walk & Talks melded well with the 5x5k Challenge. Another member offered to host weekday events.

Friday night 5 miler option at 5:30 will be offered to walkers (shorter route).

Beach get together being organized.

Women's couch to 5k on the horizon

**o New FRC Merchandise Update - Julianna**

Membership is at 209 - 154 memberships this year.

Merch - singlet material is nice - lightweight, smooth. The singlet & tech t shirt will have FRC logo. Also looking into a cotton blend t shirt for events. Looking into long sleeve tech for cooler weather. Wine glass with FRC logo. Yeti style tumbler with logo & a pint glass with colored wording. Hoping to get singlets & tech shirt soon. Would like to have before FRR

**o Youth Running/Scholarship Update - Ken**

Friday is going well - 5:30 start in person but can run on your own.

Mary Ryther is running well - had great pacers to help her better her time.

Youth running on hold - kids are busy. New HS & Collegiate runners are interested. FYI: Caleb ran 800 at USTAF NE Mini Meet in 1:51.

Ken may ask club to help with expenses for travel to upcoming National events. Matt is honored to have Club help with expenses for athlete. High School scholarship award winners have been notified. Should we award after 1<sup>st</sup> semester at college? Decision to be made next month as when to give the scholarships to kids.

**o Membership Update - Julianna**

See above

**o History Preservation Update - Jack**

Courtney will do preservation write-up to go on website. Jack to reach out to Russ re: Ron.

**o FRC Race of the Month - Jack, Steve R.**

FRC to run a race each month – local. Mission is to get members to run & socialize. Jack & Steve R to talk offline about races (FRR? Liams??)

FRC use to get bibs for FRR – Jack to ask again about this

## ● New Business

### o FRC Race Timing – Discussion

FRC race timing & participation management document from Courtney B. explains history of timing and why FRC should continue with this. Do we want to continue with timing for other races. Courtney – history re: the timing process is in memo that went to BOD earlier.

**Key Issues:** lots of history, revenue generated, chip timing? FRR has chip timing equipment. Would they be willing to part with it for cheap money or give it to us free of charge. Does it make sense? The heart of the issue (Courtney retiring (81 yrs)) is that Courtney wants Club to succeed and timing is a very positive thing for the Club. Continuing with timing because it involves participating & giving back to club. All items mentioned in the memo are part of the Club but it needs people to make work, especially a leadership role. BOD needs to consider this.

Jack C - its valuable to club but need the people involved. Timing brings in money for the Club but it's not an easy task. Is someone willing to take over for Courtney?

Jack A. – Polled BOD for comments, there were no comments from BOD – we will not be able to do this unless someone champions it. That someone will need special talents (computer savvy, desire, and time). This will not work unless someone can do. Jack to send email to membership explaining process and hopefully someone bites. It's a big commitment. Does BOD want email to go out? This will give club members a volunteer opportunity. Courtney is willing to train Mary – gracious offer on Courtney's part

Courtney – he will sit and train. Thinks BOD member should have a search committee for the perfect person. Reaching out is key.

Matt – value of BOD to have discussion about this – we need a vision  
Ken – shortage of electronic timing/people – there's a need. This can be great for club

Courtney – This is not just about timing outside races. It also takes into account the internal workings of club

Jack A – can BOD meet Tuesday at 7 to discuss this? Jack will send out survey for future meeting dates

Matt – maybe make it a sub-committee to come up with plan on how it will all work before the vote

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

- Meeting Adjournment at 8:06pm