

**Falmouth Running Club
Monthly Meeting Agenda
July 13, 2021**

- Called to Order at 7:04pm

Attendees: Jack Afarian, Mary Tolland, Steve Rondeau, Chris Langlais, Julianna Coughlin, Wendy Lathrop, Kathy MacDonald, Leslie Dangelis (pop in visit), Steve Morris

- **Acceptance of Previous Meeting Minutes**

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

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

N/A

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

Jack – membership continues to be good, doing well. Mary is on top of Women’s Fitness program, CCM is in good shape, office move is moving slowly forward

Ken – *absent*

Chris – June finances are in good shape - Just under \$200k in cash balances \$67k in YTD income – on target – in comfort zone

Kathy – just a comment re: Apparel store – link in email that went to Club brought you to RunSignUp page and not to our website. It was confusing. Jack got strange pop up when logging onto FRC. (thought it may be his computer). Mary got strange email re: solicitation. She didn’t open (could it be spam). Chris – asked if we should we have FRC email addresses? Jack will check with Leslie re: setting these up

- **On-Going Business**

o **FRC Race Timing** – **All** - Courtney Bird, Jack Carroll want to keep timing going. BOD needs to decide if we go ahead with race timing. Simple if BOD says “no”. But if we keep it going we will need someone to lead the effort. Monthly email update from Jack went to Club asking for help but only 1 person offered. Would like to resolve tonight – it should be all in or all out.

BOD INPUT:

Kathy – likes the idea of keeping but would only be able to help out once in a while

Mary - willing to help once in a while but can't commit because Women's Fitness program is time consuming

Steve R – great to continue timing but can't commit all out. Can occasionally help out

Steve M. – would like to continue but it needs a leader and someone to train on timing. It does makes FRC unique with trail race and timing – not like other clubs. This needs to be done right. Maybe reach out individually. Need volunteers but Steve M cannot lead.

Chris – it's a valuable resource for Club. Lots of work is involved. Seems like a full-time commitment. Should we pay someone? It will be tough to replace Courtney with 1 person. How much do we compensate someone??

Julianna – is in same camp as rest of BOD. Definitely does not have the time. Agrees to a stipend for position.

Kathy – asked Jack to send out separate email to Club re: timing subject.

Steve M. – there was a regular crew that use to help out – would they be willing to help now?

Jack – there had been some timing error issues in past. This is not good, this needs to be done correctly or there could be problems.

Chris – technology has improved and the timing system should be brought up to date. We do have the equipment but need to update software – it could be costly

Jack – (opinion) does not see Club going forward with timing because it can't be done well. Courtney is willing to train but it could fail. This needs a big **IF** to succeed. Jack will draft an email that will go to Club and get it to BOD this week for review.

o **Women's Fitness Update** – **Mary** – July is packed with 4 different events. Walk and Talks are going well. There is lots of interest. There is a Walk & Talk, a Beach Night and a Wine Night on the calendar. Falmouth Enterprise contacted Mary about the Club and the Women's Program. Hopefully an article will be going into the Enterprise. Mary says it's a Club effort not just a 1 man show. Yoga is on the plan as well as a couch to 5k training plan.

o **New FRC Merchandise Update** – **Julianna** - Hoping new Club shirts come in before Falmouth Road Race. Will work on better lead time for online

store. Extra items will be available at the office for purchase. Suggests another online store order in fall or earlier? Jack – we need to add cold weather items sooner than later. Any items ordered needs 6 weeks for turn around. New logo design is custom order which takes longer.

o **Membership Update - Julianna** – 218 members – Most core members have resigned – Thought maybe do a social media post around FRR time to grab new members.

o **Youth Running/Scholarship Update - Ken** - Jack will forward letter from Ken (absent) to BOD.

Scholarships will go to 2 students. Should we offer them now or after first semester? Jack thoughts are to do it now? Steve M – past experience is to send them to student after semester 1. Mary agrees. Reasons: drop out or flunk out. Chris – we only have 2. BOD voted to give scholarship monies now.

Friday night runs are going well. 5:30 start from Town Hall Square. Caleb (Ken's son) designed a new spreadsheet for tracking results. Hannah posts the results from the spreadsheet, *magically*.

Track workouts – There is 1 workout for all – workout takes place on Wednesday nights at 5:30 and it attracts more kids each week. Is this workout for all types of runners? Yes, it's definitely a mix of all levels. Jack – wants to know if it can be more inclusive for Club. A message needs to go out to the membership that this is happening so that maybe it can be offered to any member, any speed, any level. Jack will talk to Ken to get it more inclusive and to get it going sooner than later.

Races going well & USATF going well – Caleb went to Eugene for Nationals. FRC would like to begin choosing a monthly race for members to attend as a group. Liam's is October. Beach & Back Half/5k is in August 29 – should club attend? Jack to get hold of race director to look for club rate. Hopefully have shirts before FRR – crazy weekend. **I will put together calendar of local races to send to Jack**

o **FTC History Preservation Update - Jack** - 2 more articles are on the website re: Ron Lefreniere. Not sure what next article is.

o **FRC Office move update - Jack** - it's moving forward - floor is done, wall painting is next. Storage shelves are complete. On July 19 internet (Cape) is to be installed. Remaining projects: finish plumbing for bath & utility sink, electrical switches/boxes to be installed, large office windows to be installed. Date is TBD.

o **CCM Update - Jack** - registrations have out-paced 2019. As of July 13: Marathon was at 554 in 2019; it's at 743 in 2021. Half was at 706 in 2019/870 in 2021; Chowda was at 43/72 in 2021; Relay was at 47/34 in 2021. Budget is doing very well. Chris thinks relay teams are from many local businesses but covid is still hampering sign ups - Jack not concerned. Email went out to Race Committee and there are 7/8 that are not coming back to help. Jack will push for more members. Jack to send email to Club. T-shirt & medals are close to finalized design. Jack got email from First Congregational Church & they want to host pancake breakfast on the Saturday of race weekend for participants, etc. - Breakfast is slated for a 6:30 start.

● **New Business**

o **Seagull 6, Main Street Mile, CC Trail Races** - Discussion - move to higher agenda position next month. These are more optimistic than race timing. Not happening this year but in future.

Steve M. - will FRC have a booth at FRR expo? - No, unfortunately there is no formal expo this year - there will be some booths but will be mostly outside.

Full expo at CCM! - we will also need FRC merchandise to sell? (our CCM merchandise vendor will be expo)

Steve R - asked if we have a large banner that he could hang on his home near FRR finish line. Jack working on getting banners.

● Meeting Adjournment at 8:05pm