

**FALMOUTH RUNNING CLUB  
SEPTEMBER MEETING MINUTES – ZOOM  
SEPTEMBER 21, 2021**

Called to Order at 7:04pm

**Attendees:** Jack Afarian, Mary Tolland, Steve Rondeau, Chris Langlais, Julianna Coughlin, Kathy MacDonald, Leslie DiAngelis, Steve Morris, Matt Auger, Ken Gartner

- **Acceptance of Previous Meeting Minutes**

- Motion made to approve August meeting Minutes; motion seconded. Meeting minutes approved.

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

- N/A

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

**Jack** – Things are well. Membership is not on agenda, but FRC has 237 members. We've grown a lot.

**Ken**

**Chris** – \$107k YTD with total assets of \$239k – in comfortable position

**Kathy** – nothing new to report

- **On-Going Business**

- **Seagull 6, Main Street Mile, CC Trail Races - Discussion**

**Seagull 6** – (March race) Do we go forward with? What do we need for volunteers? **Matt** – is this worth it because it may not be profitable? Not sure where to go with it, especially if it attracts only a few runners. Mike Norton would do most of work. Trail races are a lot of work. Courtney used to time it – who would do timing. Steve Infascelli (Marathon Sports) maybe to time race? Should BOD step up to help? Yes, BOD needs to show leadership. Seagull 6 is old school – we should update to online registration and all races need to be promoted. **Julianne** – there should be a constant platform for all race registration. **Matt** – take on ownership, FRC should support it. **Mary** – it is a small hometown feel race, will definitely support keeping it. **Chris** – maybe prioritize a certain race and focus on that one. **Matt** – each race has a different feel with its own focus. Each race is worthy in its own self.

**CC Trail Races** – (April race) Chris Risko (ran into Steve Morris) – he is a member interested in continuing CC trail races. Chat about trail racing – Chris was hoping to keep it going and would love to help but can't commit to being race director. We should keep CCTR simple. Maybe keep it to 1 or 2

distances. Trail races are unique for a 'regular' running club. Key is to have volunteers. Matt would be interested in helping more. **Jack** – should we move date of trail race to May/June? Ticks/bikers are a problem if race is moved later.

**Main Street Mile** – (September race) small race. Lots of kids run and some elite runners but more of a family event. Jack is in favor of keeping. A community involvement for Club. Needs to be timed properly. Race cannot be done on Main St. any longer. Maybe move to end of Sept? Should we change course to Surf Drive? Time to rebrand and get some life into it.

Jack to work on how registrations should work for all races. Looking to BOD for ideas and to add Women's Fitness race into works.

Steve R to reach out to Mike Norton to work on Seagull 6. **Matt** – let Mike know we are there to help out

- **Youth Running** – not much of a program currently - summer was great. Slower now due to other sports, school commitments. No training program at this time.
  - **Scholarships**
  - **Funding**
- **BOD Email Addresses – Jack**
  - If anyone wants separate FRC email please contact Leslie
- **Track Workouts – All**
  - Do we have permission to use track? What about lighting? **Ken** – maybe we should send email to club to find interest to make sure it is worth it to commit. Tough to get this program started as it's getting closer to winter. Need to have someone there to direct runners on what to do and represent club. Is it a training session or a fun workout? **Leslie** – track is a well-lit, safe place to run, not necessarily a full on workout – what is the vision for a track workout. Maybe give it a new name? Doesn't need to be a professional style workout to attract all types of runners. Should start now but we need leaders. **Mary** – willing to go to get people started. Should start Oct 6 (Wednesday nite) at 6pm
- **Events Calendar for FRC website – Kathy**

Event calendar is up on website under the Races/Race Calendar tab. When you open the calendar, you can click on an event for more information. As of now all Friday at Five's are up, as well as BOD meeting,

WF events and races that Club members can join if interested are also posted. If anyone has an event they want added please let me know

- **New FRC Merchandise Update – Julianna**

Working on order of beanie hats, jackets, sweatpants, sweatshirts, and long sleeves. Hoping to open shop soon

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

Resubmitted app for race permit. Town will reconsider. Email went out for upcoming WF events. And hoping for Saturday runs from office.

- **CCM Update – Jack**

5 ½ weeks out.

Most team volunteers are filled. Still ahead of 2019 for registrations. Falling behind on the relay. Julianna is working on social media to grab runners to relay. Leslie needs volunteers for bib pick up/info table. FRC booth will be at expo run by Stephen R. All volunteer jobs are on volunteer website.

Goal of FRC booth at expo is to sell/promote membership. No merchandise will be sold. Can collect emails and push people towards store.

- **New Business**

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Meeting Adjourned at 8:08pm