

Falmouth Running Club
Monthly Meeting Agenda - ZOOM
March 8, 2022

- Call to Order at 7:03

Attendees: Jack Afarian, Kathy MacDonald, Mary Tolland, Chris Langlais, Julianna Coughlin, Steve Rondeau, Steve Morris, Corey Heaslip, Mike Norton, Tasha Whited

- **Acceptance of Previous Meeting Minutes**

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

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

N/A

- **Officer Reports**

Jack - Everything is going well. 4 races under way - hopefully a good thing. Membership inches up every month.

Ken - (Via email as he was not able to connect to ZOOM) On my end

Friday night runs going well. Numbers higher than last year.

With daylight savings time I anticipate much larger group start at 5:30 since it will be daylight. We have some youth kids now that are running.

This weekend I am taking Henry to new balance high school nationals in NYC. He qualified in the championship two-mile race which is kind of hard to do. There are two tiers at nationals, the championship, then a sort of second tier...they call rising stars. Nationals are odd...you are actually not allowed to run for your high school so Henry will be running under FRC. He races Friday afternoon. Also, there is a new youth track and field program that just started. They are meeting Sundays and Mondays and they plan to cover all field events as well as track. They did approach FRC on this, but we opted not to run this through the club for a variety of reasons, but we certainly support the program. And certainly, will help in any way we can and wish them good luck

Chris - remain comfortable for 1st 2 months of 2022. \$ 20k in bank. Net income is under 4\$k. Balance is \$22k & no liabilities. Club is in good shape.

Kathy - still need info for \$500 donation to Volunteers in Public Schools

- **On-Going Business**

- **Seagull 6 Update - Mike Norton**

- Ed Giordano helping at water stop? Yes, Ed will set up/break down. Volunteers are secured. Would like a spare key for office to organize race equipment. Confirming with timing guy. 112 participants. Thirsty Irish Runners to still to sign up

- **Cape Cod Trail Race Update - Matt Auger**

- Open for registration. Race is on 4/24/22. Moving along with no issues. Steve Morris - how do we get word out that this is a great event?

- **WRCC 5K Update - Mary Tolland**

- Mary working hard from FLA. Working on sponsorship. Gold sponsor from Sweat Studio! Logos are up on FB & Race Roster. Working with New Wave Printing for banner. Turn around is a few weeks. Mary to follow up. Confirming with Site Services re: 5 port a johns. Also working on runners' gifts. No T shirts. Timing, bibs, announcements, etc. are in line. Bib pick up will be at Aquatic Brewing. Working to solidify volunteers. Falmouth Police to do lead cruiser. Medical is set. Still has not heard from Steve Infascelli re: announcing. 40 registrations so far.

- **Surf Drive Mile Update - Jack Afarian**

- Approved by town. Formerly known as Main St. Mile. Registration in draft mode. Just about ready to go. Julianna /Lindsay will do social media posts. Julianna can send out emails to membership if needed.

- **Cape Cod Marathon Update - Jack Afarian**

- At Town Meeting, CCM was not approved. Police had concerns. Jack reaching out to police to iron out any details. Jack to reach out to Falmouth Flag Football re: Heights Field. Approval won't come until this issue is resolved. Registrations are up to 1368 total. Many are deferrals from 2021. 514 marathon, 660 ½ marathon, 50 chowdah challenge, 45 in the 5k, 46 relays, and 21 in kid's race.

- o **Membership Update- Julianna**

nothing exciting happening. Will promote any/all races on social media. Mary asks if Julianna will also send WRCC social posts. Julianna will send if she is requested. Julianna posts mostly for CCM. Jack would like all races on all social sites. Jack will reach out to Lindsay re: FB ads to expand our reach

- o **Open House at 661 Main Street FRC Office - All**

Thursday, April 28. Kathy spoke with pizza outside of Aquatic. They're interested. Mary & Tasha to help out

- **New Business**

- o **FRC Budget - Jack**

will update next month

- o **Running USA Conference - Jack & Kathy**

Great conference. Next year conference will be in Denver. CCM budget.

- o **Paul White Road Race - All**

45th years - PW was local merchant in N Falmouth. The crew that usually works race wants to pass it along. There was no race in 2020 because of pandemic. Virtual did not happen in 2021. Race is put on by North Falmouth Village Assn. and is a fundraiser - usually average about 200 runners. Race needs new blood. Corey hopes to have FRC to take over - it's a very low-key race - could FRC make race better? \$11,000 operating budget for year. Race funds scholarships for Falmouth High School senior students. Looking to drop T shirts and pick up different SWAG at lower costs. Would like to charge \$30 registration fee and would like to partner with FRC. Jack wants to know specifics re: partnering. Corey - no one knows how to set up a race. Or how to direct a race. Corey believes he could get 200 participants and volunteers, but we need a chief. Steve - who is the timer? Spittle. Many members would make monetary donations. Race application has not been submitted to Town. Race is Saturday after July 4. This year maybe July 2? Chris - this is unique race especially in that area. Easily reachable for neighborhood. Chris in favor to make it work. BOD to talk separately. (Corey to do permit

now) Sponsors are usually local North Falmouth businesses. Post-race is low key (watermelon, water). Steve would like to keep it alive. Steve M., Steve R, Chris L. & Corey to get together to discuss.

o Litter Free Falmouth Request - Jack

Nonprofit local organization with a mission to keep town clean. Would like FRC to donate a banner/bumper stickers. "*Falmouth Clippers don't litter. FRC don't litter*" - do we want to make a donation? For a banner? Steve M - not a banner fan/waste of money and time. Tasha - maybe distribute trash bags for vehicles with our logo on it. We could offer other solutions. Should we get bags? Jack to let them know what options we could finance for them. What would we donate? \$150?

o FRC to host long run.

Jack can be at office to help. Maps with turn-by-turn directions will be supplied. 2 water/fuel stops (mile 7, mile 14). Food and beverages at office post run.

o FRC Merchandise - Kathy

Office looks great. Merchandise is out on display and ready for sale. Working with USA Running on getting more gear for open house (singlets, short sleeves & shorts). Should we get basic t shirts? Jack - we have a new look and want to promote this. Julianna - we want to be identifiable. Right now, we should focus on new FRC shirts

o Other Stuff - ?

In person meetings in April? (12th) - yes - to be held at FRC office.

- Meeting Adjournment at 8:07pm