

**Falmouth Running Club
Monthly Meeting Agenda
November 8, 2022**

- **Call to Order** at 7:08pm

Attendees: Jack Afarian, Chris Langlais, Steve Morris, Ken Gartner, Steve Rondeau, Dan McCarthy

- **Acceptance of Previous Meeting Minutes**

Motion made to approve October meeting Minutes; motion seconded.

October meeting minutes approved

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

- **Officer Reports**

- **Jack** - Club is good – lots of activities

- **Ken** – no updates

- **Chris** – October is unusual month — checking account is now at \$78K for end of October. Money market account is at \$104k – no debt – typical for this time of year

- **Kathy** – make sure BOD USATF memberships are renewed by 12/31/22. Discussed D&O insurance and USATF insurance differences.

- **On-Going Business**

- **2022 Cape Cod Marathon Final Update – Jack Afarian**

Final update: All bills are paid – Town sent email to Jack re: cannon and a neighbor who has PTSD complained re: the noise. Cannon could be a problem. It might be time to discuss changing this. Race made \$100k+ in profit (\$173k from deferrals from 2021 and this was part of this year's profit) We basically have 2 budgets 1) the FRC is money in and money out 2) the CCM budget: \$173k was taken out of the 2021 budget but added to 2022. We would have averaged \$60k profit each of last 2 years. It will be good to have a normal year.

o **Women's Fitness Update – Mary**

A very successful boxing night at Sweat Studio – 19 attended
Walk & Talks are scheduled through December

Plans underway for a bowling night at Timber

Permit for WRCC5k is being written & will be submitted early
2023. Preliminary planning for timer/announcer/medals, shirts,
etc. is underway

Pickleball over for the season and will resume on Tuesday
nights in the spring

o **Youth Running – Jack (scholarships??)**

FRC presented a Thank You card/Gift Card to Ken for years of
dedication. Competitive youth running is probably not going
forward. The Presieg's had a school program, and they are not
going to bring it back. They will continue with their summer
program. The club promotes a youth program but what we offer
now is Kids Run at CCM, young girls get a free entry into WRCC
5k and the Surf Drive mile offers a kid's component. Should the
club not promote this the youth program? We might need to
change our website and change wording in CCM offerings if we
are not offering this option. Club will need to decide soon. The
Presieg's school program had volunteers. The kids/volunteers
kept track of each child's mileage. This program happened during
school hours. The pros: It builds a base at a young age.

o **FRC BOD Positions Ending**

- President – Jack Afarian – will do another term
- Secretary – Kathy MacDonald – will do another term
- At-Large 1 – Matt Auger – not continuing
- At-Large 2 – Julianna Coughlin – not continuing
- Next Steps? What should we do? Who is termed out? Matt
is.
- We need to formulate a nominating committee tonight.
President's October email had information regarding
available positions, but no member stepped up. Committee
(Steve Morris, Ken Gartner, Chris Langlais) to reach out to
particular members. Bylaws say we need a ballot and, if
necessary, a vote will be done at the Annual Meeting in
January. One At-Large position will need to take over Club

membership duties. (Julianna's position). Kathy, aka FRC Club Admin, will take over FRC membership duties.

- **Other Stuff?**
- **New Business**
 - **Club Registered Agent Update**

BOD – need to change Resident Agent (currently - Judith Critzer)
BOD votes and accepts Club Admin to be new registered Agent.
Kathy to complete online forms with Secretary of State's Office
 - **Wednesday Night Track Workouts – Dan McCarthy**

There has been no official Track workout for quite some time. Dan gave us a brief overview of other track/clubs he belongs to and what they offer - track workouts, pub runs, and Providence Ronald McDonald House Club have various types of workouts. Falmouth High School lights are on at 5:30pm and is usable year-round. Dan is willing to help organize. Ken will be at track on Wednesday nights doing some type of work out with another small group. Concern is – are we competing with other organizers of small group track workouts. Dan says all different abilities and speeds can work together. He suggests keeping the workouts simple but make it available for all different types of racers. Dan is willing to organize Wednesday nights. Ken and Dan can work out specifics.
Send email tomorrow re: track on Wednesday at 5:30 for warmups – workout begins at 6p – just show up. 1+/- hour workouts. Starting Nov 15th All abilities welcome. dwmpre@yahoo.com – questions for Dan
 - **B.A.A. Invitational Entries – Jack**

4 invites for Boston Marathon. Jack made list of past recipients. We should have list of requirements – ideas....

 1. Active member for 1 year
 2. Not gotten bib in last? years
 3. Must have done 1 marathon
 4. Volunteer at various FRC events and CCM
 5. BOD (current or previous)
 6. Race committee member (current or previous)

7. Social events – attended

Will need to get specifics soon and feedback by end of week.

Jack to send out email to membership and if someone is interested they can send Jack an email (last year 6 people applied – but only 3 bibs were available).

- **Jingle Jog Shirt Sponsorship – Jack**

FRC is a T shirt sponsor - \$250 for name on shirt

- **2023 Cape Cod Marathon – All**

Mullen Hall for all races, all activities. New maps are in works, Website is being updated. Relay exchange zones will be updated. An email will go out soon to membership re: the new changes. Race committee members have sent recommended changes for 2023. Plans are going well

- **FRC Annual Meeting Discussion – All**

Email needs to go out soon. Meeting to be in January (what day?) Where should meeting be? Aquatic? Jack will reach out to Aquatic.

Falmouth in Fall – who ran? Jack wants to add names to November President's Letter

- **Other Stuff -?**

- Falmouth in Fall – who ran? NY – who ran?

- **Meeting Adjournment at 8:16pm**