

**Falmouth Running Club  
Monthly Meeting Agenda  
February 14, 2023**

- **Called to Order at 7:05pm**

**Attendees:** Jack Afarian, Kathy MacDonald, Mary Tolland, Tasha Whited, Ken Gartner, Chris Langlais, Steve Morris, Diana Clark, Adria Bodell, Mike Norton

- **Acceptance of January Meeting Minutes**

Motion made to approve November and January Annual Meeting Minutes (no December meeting); motion seconded. Meeting minutes approved

- **Welcome to new BOD Members – Jack**

We welcomed the new members – Tasha Whited, Adria Bodell & Diana Clark

- **FRC Meeting Protocol – Jack**

Update for new board members - We review previous meeting minutes – we can update minutes prior to meetings and then make a motion to accept, second & approve the minutes. Then they go on record. After minutes are approved, we move on to Member Comments, followed by Officer Reports and Ongoing Business and New Business.

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

N/A

- **Officer Reports**

**Jack** - (see comments below)

**Ken** – Friday Nights are going well. Hanlon shoes will donate 1 pair of shoes once per month to Friday Night Five which will be raffled off to attendees. At least 5 HS scholarship application will come this year. Deadline is mid-April for scholarships.

**Chris** – 2 checking accounts. We have \$63k in one and \$104k in the other. We have no debt. Monies are used for operating expenses. \$24 YTD income – income from races but mostly CCM. Last years we had deficit at this time.

**Kathy** – nothing to report

- **On-Going Business**

- o **Seagull 6 Race Update** – Mike Norton

- Registration is open – slated for 3/26/23 – Tasha will coordinate volunteers. **Mike** – everything is going well. We will need volunteers - 5 inside volunteers, 3 outside volunteers. We need to be ready for day of registrations. Derek will do print out with runner name & bib number. Approx. 115 runners so far. Jack to follow up with French Society for water stop volunteers

- o **Cape Cod Trail Race Update** – Jack Afarian

- 33 runners registered so far. All set with timer (Derek – he is timing all our smaller races). Tasha is working on volunteers. Deciding on number of volunteers needed. Race is 10k, 20k, 30k this year.

- o **Women Run Cape Cod 5K Update** – Mary Tolland

- Everything is up and running – 49 runners to date. Anticipating bigger event than last year. Mary is reaching out to sponsors. There will be new sponsor levels for 2023. Will reach out to last year's sponsors. Derek is confirmed to time, port potties are confirmed, police detail pending. Announcer is all set. Julianna may be helping Announcer. Timber Axe Bar is set for early & race day registration. Tanks are getting ordered with USA Racing. Tasha is helping to coordinate volunteers.

- o **Surf Drive Mile Update** – Steve Rondeau

- Ed G. will help with cones on Surf Drive. DPW gave us permission to use inside of beach house. (Kathy will follow up). 18 registrations so far. Steve R. wants to get communication to local schools for recruiting more runners.

- o **2023 Cape Cod Marathon Update** – Jack Afarian

- Mayflower Wind is now known as SouthCoast Wind. Registration is 469 to date. 198 – in the ½ marathon and 187 for the full marathon. Registration is going well. New branding to be done on everything. Hoodies were already on order. Over 400 already have MF Wind but others will have correct logo. SouthCoast didn't have a problem with it. SouthCoast

would like as much race day promo with new branding as possible. Kathy updating RR & website. The heat sheets we have (2400) have old logo – can we use them (don't want to waste as they are very pricey)?

o **Women's Fitness Update** – Mary

Several Walk & Talks have happened since New Year. Bowling night will be held this week. There will be a spin night in April and pickle ball will start up in spring. A Couch to 5k is getting started. The Nutrition seminar went well.

o **Other Stuff?**

• **New Business**

o **Run Show Boston** – Kathy/Jack

We went to Run Show in Boston (usually attend Running USA Conference). CCM had a booth (Joe Sennott & Megan & Jennifer (FRR) helped set it up). Jill Polvinen & Chris Risko helped over the weekend. Saturday was busy/Sunday was slow. Lots of traffic on Saturday. Made connections with 2 other vendors that may want to attend our CCM expo or be sponsors.

o **Women's/Men's Activities** – Jack

There's a lot of women specific activities but no men specific but no one has complained. No man has stepped up, but could it be an issue in future? **Ken** – there's no real need to separate men/women activities especially if they're running related. **Mary** – we would accept men if they reached out & were interested. The WFP started to get women involved in 'moving'. Previously, we had a golf tourney but not many other 'non running' activities. **Mary** - trying to make WFP events small scale. Should we work on having more full club events?

o **FRC/CCAC Joint Activity** – Jack

Mary Duchesney of Cape Cod Athletic Club is changing their logo and reached out to FRC for advice. Mary D. wanted to know if we had any issues changing ours. CCAC is stale – they are looking to update & attract new members. Can we have a combined activity with them sometime this year. We could do a

run from our office. **Tasha** – Earth Day is 4/22/23 – can we do a “Re-Run”? Participants can bring an old medal race/shirt to donate, and participants can pick out something ‘new’ for themselves at the end of run. Tasha can spear head this. Jack to send CCAC contact info to Tasha.

o **Couch-To-5K Update** – Adria

Couch to 5k is being started to get ready for WRCC5k in May. Wants to offer 2 programs – 1st will be prior to WRCC5k and then 2nd prior to CCM 5k. Maybe offer 2<sup>nd</sup> program to locals that may want to participate in CCM 5k. Kathy to send out the flyer to Club tomorrow. (send to Jack). We could also add a 5k component to Fall CCM Long Training Run.

o **Spring Race Volunteers Update** – Tasha

Tasha made a flyer. Have we offered incentives for volunteering? Ex: offering discount on races for volunteering? Tasha can get Coast Guard to volunteer but how can we get more people involved in volunteering? BOD to decide if this is good idea. Offer \$10 off race of one’s choosing. Tasha to work with Kathy on setting this up. **Steve M.** moves to offer this discount. (1 per person/season - not just for FRC members). Motion was second & All in favor – motion passed.

o **FRR Expo FRC Booth** – Diana

No activity yet – are we outside or inside? Kathy to give Diana info on last year’s volunteers. Diana will be away for CCM expo In October (running Chicago) – she’ll get things ready beforehand.

o **Other activities?**

**Falmouth Education Foundation Sponsorship**

Looking for sponsorship for their Gala. (FEF helps teachers with grants to get monies for school supplies, etc. that are not funded by school system). **Steve M** – should we give \$100 donation? Jack seconds, All in favor! \$100 will be sent to FEF.

**Boston Marathon Talk by Paul Clerici**

Author of Boston Marathon books. Paul wants to know if he can come in speak to club. He would offer a discount of \$250.

**Steve M** – would like it but we may not have a big enough Club crowd. Maybe we could offer this at an annual meeting or some type of other event. BOD agrees that ‘at this time’ we don’t think we’ll have enough interest.

- **Youth Program – Ken**

We missed entry for relay event so it’s a no go for FRC. 2 Gartner boys will be running. FRC will cover expenses.

- **Other Stuff -?**

**Adria** – people are intimidated by ‘racing’ style runs we offer. Can we offer more fun runs. Maybe weekly (right now these are occasional). Maybe resurrect ‘from member homes’ runs?

**Jack** – someone will have to take lead on it.

**Ken** – Dan is doing great job with Wednesday Night Track Workouts.

- **Meeting Adjournment at 8:17pm**