

Falmouth Running Club
APRIL MEETING MINUTES
April 11, 2023

- **Call to Order at 7:12pm**

Attendees: Kathy MacDonald, Mary Tolland, Chris Langlais, Steve Morris, Adria Bodell, Diana Clark,

- **Acceptance of March Meeting Minutes**

Motion made to approve March meeting minutes; motion seconded. All in favor. Meeting minutes approved.

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

- **Officer Reports:**

Jack – see below

Ken -

Chris - \$191k in accounts. Up \$10k from last month. MMA has \$104 sitting in cash – should we get CD? Should we get CD a rate over 3.5%. Chris will check out rates (CC5 has an 8-month CD at 4.25% with a minimum of \$10k – but may be only for new customers).

Motion was made to take some money from MMA and move to CD, motion seconded – all in favor. Chris will advise. Net profit \$34k.

Regular business account has \$80k.

Kathy – Club is doing well. Currently at 309 members

- **On-Going Business**

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

Budget as of 4/11/23 – net income: \$4078.09 (waiting on Port Potty invoice – also to receive \$300 return from Town deposit)

- o **Cape Cod Trail Race Update – Chris Risko**

Otis Model Aero Club gave us permission to use their pavilion for the trail race for bib pickup – Chris R. wants to know if we should make a small donation. We will revisit at May meeting.

o Women Run Cape Cod 5K Update – Mary Tolland

Registration at 110; still have over a month until race day.

Steve M. - Is it in Enterprise? **Mary** – No, it does cost money and they are hard to work with. Mary promised sponsors that there'll be a press release after race. Jean Estes will be at race promoting Stroke Awareness – she is running an ad which will help spread the word. Info is out and ready to be sent to schools. Diana will help her with that. Sponsorship is going well. Still waiting on others. Logos, shirts, banner are all in the works. Jenny (Sweat Studio) will do warm up before race. Short discussion on male entrants. Mary will do nothing – all things WRCC5k are female related. This should be a women's only race.

o Surf Drive Mile Update – Steve Rondeau

Working on shirts and medals.

o 2023 Cape Cod Marathon Update – Kathy MacDonald

From Jack:

Marathon 311/Half 324/Relay Teams 18/CC 23/5K 32/Kids 15

Race tee shirt designs have been finalized. BOD got a view of how they'll look.

A meeting is scheduled to scout out the Mullen Hall Gym on Wednesday April 19.

Jack has a meeting with John Adams, the Race Timer, on Wednesday, April 19 to review Timing Mat locations for the Marathon and Half Marathon.

A planned meeting with Ashworth Awards on Friday, April 21 to discuss Finisher Medal designs.

o Women's Fitness Update – Mary

Bernice Irwin hosted a few March Walk & Talks while Mary was away. The bowling night was fun, spin at Fitness Directions was outside with 14 FRC members – FD is a sponsor for WRCC, 2 Walk & Talks will happen in April with 2 more Walk & Talk planned for after race. Working on new activities.

o **Friday Night Five – Runner of the Month – Ken**

o **Other Stuff?**

• **New Business**

o **FRC/CCAC Joint Activity – Any activity on this?**

Earth Day/CCAC event suggested by Tasha is on hold – suggestion to have Global Run Day event at Track (Wednesday, June 7) with ice cream truck after.

o **Couch-To-5K Update – Adria**

12 women signed up – most are coming regularly. Not sure if they can all do WRCC5k, some might have another race planned. Most have run before but are starting up again. Trying different routes, very enthusiastic bunch and this did bring in 5 new FRC members. Using Jeff Galloway plan. Hoping to do another couch to 5k and open it up to all in town in the Fall for CCM 5k.

o **Spring Race Volunteers Update – Kathy**

From Tasha:

Cape Cod Trail Race is only lacking parking volunteers (need 3-4) and 1-2 more Aid Station volunteers. Every other position is set. Staying in close communication with Chris Risko and will continue to post on social media to recruit.

For WRCC5K I have 3 more individuals interested in assisting on race day:

* Leisa Houlder, (Of note: Leisa has finish line & medical experience with Falmouth Road Race)

* Bill Steffancin

* Cathy Wilson

I have also properly marked my calendar this time to attend the volunteer meeting on May 3rd!

For Surf Drive Mile, I have been creating a roster of interested individuals (two of which are listed for WRCC5K) and will be reaching out to Steve once I have caught the unicorn and Boston is behind me :)

As for my “Earth Day Rerun” brain child, I am putting it on the back burner (admittedly put too much on my plate with work, Boston, performing in a spring musical and coordinating volunteer for our spring races); instead, I have offered to help Kathy with Global Running Day on Wednesday, June 7.

o **FRR Expo FRC Booth – Diana**

Booth is booked – 10 x 10 outside at no cost. No volunteers yet.

• **Other Stuff - ?**

Steve Morris re: Grand Prix – he gave info from years past and stated it was a lot of work but didn’t go well. It included all FRC races & other off cape races from March to December – participants got cash incentives for doing races and a jacket if you did all races. Jacket was won by 1 – Lindsay B – never got her jacket. Lots of complaints over little things. FRC Grand Prix is on back burner for now.

• **Meeting adjourned at 7:46pm**