

**Falmouth Running Club  
Monthly Meeting Agenda  
May 9, 2023 – 7pm**

- **Call to Order at 7:01pm**

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

- **Acceptance of April Meeting Minutes**

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

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

N/A

- **Officer Reports**

**Jack** – as a Club, we are doing great with our spring races. All spring race events had more runners than they did in 2022. Volunteer coordination with Tasha is helping attract more volunteers. Seagull 6 made approx. \$4k for Club. SDM is least likely to make profit due to cheap registration rate (\$10). The Club is getting more members joining/renewing.

**Ken** - Should we have a family rate for SDM?

**Chris** - \$51k YTD in the bank - \$16k for month of April – \$208k cash balance in both accounts (Business & Money Market). We moved \$100k from MM into a CD with 4% interest.

**Kathy** – nothing to report.

- **On-Going Business**

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

159 registered runners (almost 100% more than last year) most were 10k distance runners. Race went well. Parking was full. Chris R. did a great job as first time RD. He had quahog shells decorated by local school kids as medals.

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

Things are going well. 197 reg as of now. Will finish loose ends before weekend. Bibs are in. Shirts are in. Police, Site Services (port a potties) are all confirmed. Saturday is pre-race bib pick up at Timber Axe Bar & Bowl. Online registration closes Friday night at 11:59pm. Social posts are going out. Mile markers are painted. Wrapping up before weekend. Jenny at Sweat Studio will be taking care of pre-race warm up on Sunday morning. Timber Axe is giving us inside access for race day bib pick up. Announcer and Timer are all set.

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

(Jack) race is in good shape. Port a Potties are ordered. Working on post-race food. Steve will 'ZOOM' with police regarding details. Course will be lined with orange (200) cones (all get picked up after last runner heads out). Course is cleaned up quickly. Volunteers are in order. We should have access to Beach House

o **Spring Race Volunteers Update** – Tasha

Everything is great. SDM positions are mostly covered. Beach house needs to be open. Parking is at Surf Drive Beach & Mills Rd.

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

501 registered for the Half, 472 for the Marathon. We're about where we need to be. Shirts are finalized and are similar to last year. Medals will mimic the shirts. Medals will be at different sizes, according to length, according to race. Relay medals will be the same as before. Jack is working with USATF to get new courses certified. Jack had a meeting with SC Wind – we are waiting for 2023 contract. Name change is an issue on all our Logo'd items. Heat sheets are a big cost item, and we have over 2400 left over from last year. (Hoping we don't need to update them). All banners/signs need to be updated but we may be able to update with stickers. We are doing inventory in a few weeks to see what we have & what will need to be updated, re-ordered. Hanlon shoes in Hyannis – possible raffle – will have 6 comp. bibs for lucky participants. Hanlon is very old school but does great.

o **Women's Fitness Update** – Mary

Pickleball has started at Wendy Ghelfi's house. Mary's been looking into Grateful Yoga for a yoga night. W&T are continuing and are on FRC calendar.

o **Couch-to-5K Update** – Adria

(Mary) Adria has done a great job. 5-9 participants weekly. Has had many different starting locations to keep it interesting. Many participants are doing WRCC as their first road race ever. Possible late summer to fall Couch to 5k again.

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

Winner for April was Mike Irving – 'predict your own time' winner.

o **FRR Expo FRC Booth** – Diana

Will start working on volunteer list. We will have 1 - 10x10 tent outside for Thursday/Friday/Saturday. Kathy to share last year's volunteer info with Diana. Will have FRC tent only (not CCM Tent). We will sell shirts and merchandise.

• **New Business**

o **High School Scholarships** – Ken

7 scholarship applications. We used to do 5 - \$1k scholarships but we are not obliged to do that. Jack suggested to give \$1k to each of the strong top four. Steve M. - made a motion to give those donations as suggested. Motion second, all approved.

4 scholarships of \$1000 were awarded to:

Josephine Oberton...Gordon college

Joseph Simpkins...Penn State

Henry Gartner....Stonybrook

Bianca Greco....Westminster College in Salt Lake City

• **Other New Business?**

Pizza at Aquatic. In 2022 we stopped donating for summer – do we do same this year? Runners are not usually FRC members and those that do run have not joined. Jack will talk to Aquatic – to end at end of May.

Do we order running caps. Yes – order 30.

Global running day – June 7 – suggest Track workout since it's a Wednesday. Have ice cream truck – 1 ice cream per FRC member.

Motion that the 4 Spring Race Directors get a free club race. All in favor, motion accepted.

• **Meeting Adjournment at 8:08pm**