

**Falmouth Running Club  
Monthly Meeting Agenda  
June 13, 2023**

Call to Order at 7:03pm

**Attendees:** Jack Afarian, Kathy MacDonald, Ken Gartner, Chris Langlais, Tasha Whited, Adria Bodell, Steve Morris

- **Acceptance of May Meeting Minutes**

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

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

- **Officer Reports**

**Jack** – Spring races – all went well, SDM (1<sup>st</sup> time RD – Steve) won't make any money. WRCC5k – Mary did amazing job in her 2<sup>nd</sup> year. SDM had a hiccup because Surf Drive was under water from rain, but DPW pumped most of water off the road. Global Running Day – we had an ice cream party which went over well. Aquatic Brew Sunday Runs – pizza is done until summer is over. The Club has 296 members as of now. A new running store, The Run House, is coming to Falmouth (Center). Opening in July – this will be their 2<sup>nd</sup> location (Walpole is other location)

**Ken** – Friday nights are going well – Christie Hegermiller won this month's pair of shoes in a random drawing (monthly shoe give away from Hanlon shoes). **Jack** - Hanlon Shoes will also pick 6 free CCM entries in September from recent shoppers.

**Chris** – Races are profitable with \$63k in net profits YTD – May added \$13k for a total cash of \$221k. \$100k was taken out of the Money Market account and rolled into an 8-month CD. (\$340 interest for May).

**Kathy** – nothing to report.

[**Steve M.** – We should send a written TY to DPW for pumping the water at SDM (Jack went to Select Board on Monday after race and thanked DPW & crew) Also, to send a TY to Ghelfi's for donating ice cream at the Global Running Day event.]

- **On-Going Business**

- o **Scholarship Presentations**

- Josephine Oberton...Gordon college – very talented and running for Gordon.

- Joseph Simpkins...Penn State – running at college but not competitive.

- Henry Gartner...Stonybrook – was in youth running group since childhood.

- Bianca Greco...Westminster College in Salt Lake City – was also in youth running group since childhood and helped start XC at Falmouth Academy.

- o **Women Run Cape Cod 5K Wrap-up –**

- (email from Mary) A very successful event on Mother's Day, 2023. It was a beautiful day ~ weather wise. Due to countless volunteers, the event went off without a hitch. Approximately 75 more registrants this year. Tank tops were added to offerings for first 200 registrants and 2 awards were given to under/over 18. Regarding budget, there are a couple of outstanding bills to be settled, but a profit is realized for the club after awarding \$1,500 to VIPS and \$1,000 to the Mass Coalition for Breast Cancer. WRCC5K 2024 is on the calendar.

- o **Surf Drive Mile Wrap-up – Jack**

Will be the race that makes no \$ but race is great for family, etc.

o **Spring Race Volunteers – Wrap-up – Tasha**

Great job herding cats. Next year will be easier.

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

628 marathon registrants, 739 half marathon registrants. So far, we have 40 states representing. This is right around where we were last year. Relay is behind slightly. 1582 registered runners in all. Jack will be at Boilermaker race weekend with a table at the expo – we seem to get a lot of exposure there. We have a FB ad running to reach new runners. Julianna helped set it up. Cost is \$5/day and is posted daily to people interested in running, etc. (FB algorithms). We had phone conversation with a marketing/SMS company, but this wasn't what we really need as we are trying to reach runners that have not yet done CCM. CCM has elite runner/complimentary bib program for qualified runners (5<sup>th</sup> place time of previous year) – so far, we have 15 elites. 2 men have half marathon qualifying times and now want to run a full and will do so in CCM (both are from Nashville). **Chris** – do other races do the same? (yes). Police detail rates going up 9/1 from \$55 to \$68/hr. Flaggers will be used again this year.

o **Women's Fitness Update – Mary**

(email from Mary) There are 2 Walk & Talks planned for June.

In addition, there is a Yoga class on 6/21 at Gratitude Yoga for up to 15 attendees. This class is complimentary. It was offered to FRC club membership and there a few spaces left.

In the works.....a fitness class with Jeannine Valle from CARDIO SPORT - establishment has been contacted and replies are expected.

Lastly, a social event on "how to" ~ Charcuterie Board making.

### **O Couch-to-5K Update – Adria**

This new program went well for WRCC5k – more than ½ of those are still meeting for walks/runs. Hopefully, they will continue to run. Some are signing up for Paul White RR. The next couch to 5k should include men (which is starting again in August for CCM 5k on October 7). Who should be invited? **Jack** – should be for anyone that wants to train and run and, hopefully, if they're not FRC members they join the Club. Just advertise on social media.

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

See notes above under office reports.

### **O FRR Expo FRC Booth –**

(email from Diana) The tent is good to go, I've had a few volunteers sign up to help and will be looking for more as we get closer.

## **• New Business**

### **o Loudspeaker System for FRC Races?**

Should we invest in our own system instead of hiring a promo person? Julianna likes to announce.

Jack will get estimates and see how it would work.

Somebody at each race (RD?) would have to take the wheel. To be decided next month.

### **o Spring Race Series Sponsor – MV Bank?**

Jack had meeting with Community Engagement Director (hydrating sponsor for CCM), Jennifer Ray, she liked our spring races. Maybe bank could sponsor our spring races as a 'series'. Still unsure how this would work at this time. Do we want to make it a series and how would the series work and how does MVB fit in? FRC would need someone to come up with ideas and promote it. **Ken** – all races are different so not sure how it would work. Race series are difficult to manage so maybe we don't run it as a 'series'. Jack will see if they want to be a Hydration Sponsor for all races.

**o Falmouth Fireworks Donation - ?**

Last year FRC made a donation of \$500 – do we donate this year? **BOD approves \$200 donation in 2023.**

**o Other New Business?**

**Ken** – did we get FRR entries? FRR gave us 15 codes. Those codes were given to those members who asked. (no one who asked was turned away)

**Adria** – can FRC help with getting year-round port potties on bike path and at the Heights ball field. (Adria will do the work to get them all year – would just like to be back by FRC). They are out only from mid-May to late October. DPW oversees the port o potties. Can Adria use 'club name' in her efforts? Yes, FRC would support year-round port o potties.

- Meeting Adjourned at 8:21pm