

**Falmouth Running Club  
Monthly Meeting Agenda  
July 11, 2023**

Call to Order at 7:05pm

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

- **Acceptance of May Meeting Minutes**

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

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

- **Officer Reports**

**Jack** – Spring races will be timed by Kick to the Finish in 2024. TY letter went out to DPW re: SDM pumping the water off the road. Membership is 307 last year at this time it was 184.

**Ken** – Friday nights are going well. Getting larger crowds. Some folks from over seas

**Chris** – \$251k in checking at end of June, the CD is \$100K plus another \$334 interest for June. Net profit of \$30k for month & the YTD profit is \$90k.

**Kathy** – nothing to report.

- **On-Going Business**

- o 2023 Cape Cod Marathon Update – Jack

CCM was in Utica at the expo for Boilermaker 15k. 2 days - Friday & Saturday (long days). There seemed to be a good amount of interest. Relay gained most interest. Boilermaker has 8500 participants in 15k & 2500 5k. CCM may not head there next year. Some merch. has already been order (volunteer sweatshirts). Registration hit the 2000 mark. 41 states, 7 countries. The Marathon and Half Marathon are doing well, Relay and Chowdah Challenge are still low. Next price increase is 8/2. Supplies have been ordered – cups, napkins, bowls, Gatorade coolers, GU gels & chews. Gatorade concentrate will be donated by Eagle Events. Course certification should be complete by the end of July.

- o Women's Fitness Update – Mary

Schedule Cardio Sport Class with Jeannine Valle on 7/21 and a plan to have Laurie Warren, MSN of "Create Vibrant Health" and facilitator of a "28toGreat" nutrition program present in September.

Two Walk and Talks in July. August dates to be scheduled.

Charcuterie presentation to be scheduled for early fall with Chef from "Perfect Strangers" in Boston. He will come to Falmouth to present. Details/costs to be worked out.

Last item.....there were a couple of questions regarding the WRCC5K relative to it being a wee bit short of the 5K distance. When will it be officially certified?

o Couch-to-5K Update – Adria

Fall couch to 5k starting soon. (August 7) An email went out to club. Not much of a response. We will send reminders each Monday.

o Friday Night Five – Runner of the Month – Ken

Lots of people and new people. Kristof ? (from Germany) won this month's free shoes. The challenge was to run 2 consecutive race times.

o FRR Expo FRC Booth - Diana

Volunteer spreadsheet is set up. Email will go out for the different times slots (including set up and breakdown). We will be in same spot as last year. No cost for the location.

o Loudspeaker System for FRC Races?

Nothing done yet. Julianna would be willing to do announcing next year at our spring races.

o Spring Race Series Sponsor – MV Bank?

Will not be a 'series' but MV is willing to do some sponsorship. More info to come later.

• **New Business**

o BOD positions will be coming available in 2024. Process should start sometime in October.

o SYP started off well.

o Meeting soon with Run House re: CCM expo vendors

• Meeting Adjournment at 7:35pm