

**Falmouth Running Club
Monthly Meeting Minutes
August 8, 2023**

- Called to Order at 7:02pm

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

- **Acceptance of July Meeting Minutes**

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

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

- **Officer Reports**

Jack – club is healthy.

Ken - nothing to report.

Chris – 3 accounts. \$171k in the checking, \$100,657 in CD, net income \$24k for July, YTD income is \$117k compared to \$37k last year. Sponsorship money should be coming in soon.

Kathy – nothing to report.

- **On-Going Business**

- o 2023 Cape Cod Marathon Update – Jack

All is going well – 2 months away from race weekend, 951 registered for the full, 1475 for the half, 153 for the 5k, Chowdah Challenge is at 52, 48 Relay teams, and 46 kids in the Kids Run. The Chowdah & Relay are lagging, do we want to continue with these races? 110 relay teams in 2022.

Pole banners had to be redone so we ordered stickers to go over the old wording and date. Stickers look good. These banners will go up along Main St.

There are currently 4 race committee jobs that need filling. (Food tent coordinator, ½ marathon Course Director, Asst. Course Director for the marathon, gear-check (filled by Bob MacDonald).

We've scheduled a meeting with new police chief to go over marathon details and a letter went to Town Manager asking to lift 3 hour parking limit on Main St on Marathon Weekend. We got permission for extra parking at Lawrence School.

Marathon Sports will provide the medical team jackets. We are asking Asics for other options (2022 they gave us sneakers) for Race Committee team leaders.

Our new feather flags are being designed for the race mile markers, and along Shore Rd, and for Expo, etc. We're in the 'finish' projects mode now.

o Women's Fitness Update –

Walk & Talks are super slow this summer. RSVP's will be required until fall. Health & Wellbeing event is in the works for 9/20. (20 member limit) To be held at the FRC office at 6:30pm. Also working on a chartuterrie board class.

o Couch-to-5K Update – Adria

This new program won't be as successful as the last one. Goal of program is to run a 5k. This group is a little more challenging to keep motivated, but it could be that the participants are in summer mode.

o Friday Night Five – Runner of the Month – Ken

Going well and growing each week. At least 35 runners. All levels of runners. Grace Bender won July shoes (for getting married) (Shhh...she doesn't know yet)

o FRR Expo FRC Booth – Diana

Good on volunteers. Expo starts on Thursday 8/17.

o Loudspeaker System for FRC Races?

Will revisit this later.

o Spring Race Series Sponsor – MV Bank?

Will revisit this later.

• **New Business**

o Lululemon at CCM Expo

We will invite her to have a table at the expo.

- o Ken – we use to have a Grant program (formalized Grant program and organizations can apply for a grant if we have extra money and we could award \$ to these orgs.) This would be in addition to HS scholarships. We can run numbers at end of year to see where we stand.

- o Kathy – CCM Long training run is planned from office on 9/16

- o Mindful Running course to be offered by Nicole Davies.

• Meeting Adjournment at 7:43pm