

**Falmouth Running Club
Monthly Meeting Agenda
September 12, 2023**

Call to Order at 7:04pm

Attendees: Jack Afarian, Tasha Whited, Ken Gartner, Adria Bodell, Mary Tolland, Diana Clark, Chris Langlais

- Acceptance of August Meeting Minutes
Motion made to approve August meeting minutes; motion seconded. All in favor. Meeting minutes approved.
- Member Open Comments (5 minutes) – N/A
- Officer Reports –
 - Jack** - 319 members, 203 members in 2022 at the same time.
 - Ken** – Friday nights are going well. 20 kids from SEA group ran – it was a very fun night. All levels of runners cheering on other runners. Numbers are lower now that school is back in session.
 - Chris** – \$86k came in – \$31k went out. \$100,993 in cd. \$224k in checking, \$5k in money market
 - Kathy** – sold most CCM shirts at FRR Expo. Best attended expo by FRC volunteers. Diana did a great job. Maybe get more FRC unofficial cotton T shirts to sell – maybe long sleeve and a variety of colors. Mary – can we ever get back inside FRR Expo? Our outside spot is a pretty good location.
- **On-Going Business**
 - Course USATF Certifications
 - **Marathon** – USATF spent several days working on certifying the new course. The start & finish will be the exact same spot and will be for all races. Waiting on paperwork.
 - Certification is a major work, bikes must be calibrated, course marked for each race. Jones counter is used to measure and is very accurate but it's a timely process.

- **Half Marathon** – USATF certification still in the works. Is accurate but we need an official certification. Course will cross the grass on Worcester Ct. just before Lake Leaman.
- **5K** – hopefully measured with calibrated bike tomorrow.

All courses will then have to be painted with all markings, miles, arrows, etc.

- **2023 Cape Cod Marathon Update** – Jack
 - Marathon – 972
 - Half – 1730
 - 5K – 258
 - Relay - 81
 - CC – 53
 - Kids – 77
 - Pole Banners -Working with DPW around storm – hopefully Installed downtown during the week.
 - CCM met with Police re: detail Officers/Certified Flaggers
 - Sgt Hergt will send final list of Officers’ posts.
 - Many Marathon Course Monitors still needed. Half is almost full. A lot of teams from previous years will be returning. Great Harbors neighborhood will have plenty of volunteers by residents.
 - Main Street parking – parking ban not lifted.
 - ASICS – Medical Team jackets
 - ASICS – Race Committee – Running Shoes –
 - Frank Shorter will be autographing his book ‘My Marathon’ and will have photos available. The Club purchased books and will make any profit back from sales. His table will have a nice banner.

- **Expo/Number Pickup Volunteer Needs** – Kathy
 - Getting there

- **Women’s Fitness Update** – Mary
 - W&T had low attendance in summer. Hopefully it will pick up in the fall. September W&T are on calendar. Class offering called ‘Feel Your Best’ is scheduled for 9/20/23 –

Laurie Warren hosting. A charcuterie class is still in the works. A curling class is still in works. Mary - Maybe restart fun runs on the weekend? Kathy - Julianna wants to start a Monday morning fun run from the Run House. Should weekend fun runs be weekly? They used to be run out of members' homes.

- **Friday Night Five** – Runner of the Month – Ken
 - See above
- **FRR Expo** - FRC Booth – Diana
 - See above
- **CCM Expo** – FRC Booth - Diana
 - Need more volunteers to help promote Club. Working on it.
- **New Business**
 - BOD Elections – Steve Morris – N/A
 - Postponed to next month.
 - Reinstated Pizza for Aquatic Sunday 5K
 - Started in September
 - Sound/promotion system for Club. Jack would like to have Julianna research different systems and have her give her best recommendations.
 - Mary dropped off boxes of chocolates to FPD & FFD for 9/11
 - Tasha – can we reach on other social platforms, groups, etc. re: gaining volunteers?

Meeting Adjournment at 8:02pm