

**Falmouth Running Club
Monthly Meeting Agenda
November 7, 2023**

- Call to Order at 7:00pm
- **Attendees:** Diana Clark, Jack Afarian, Steve Morris, Ken Gartner, Adria Bodell, Mary Tolland, Kathy MacDonald, Chris Langlais
- **Acceptance of September Meeting Minutes**
Motion made to approve September meeting minutes; motion seconded. All in favor.
Meeting minutes approved.
- **Member Open Comments** (5 minutes)
- **Officer Reports –**
 - Jack –** 328 active members in Club; see below for more.
 - Ken –** Everything is going well with Friday night run.
 - Chris –** \$239k total cash, \$10k in the CD, \$133k the checking acct., and \$5k in the Money Market account. \$30k came in in October and \$90k went out in October. All due to the marathon. \$414k in total in income for year and \$334k expenses for year
 - Kathy –** discussed long sleeve shirts. BOD agreed to dark grey and heather blue.
- **On-Going Business**
 - FRC BOD Nominations and Elections - **Steve**
VP, Treasurer, and 2 At-Large are up for elections. Club members will be notified 3 weeks before the meeting to get their name in on ballot (if desired) Ballot will go out to club 2 weeks prior to annual meeting. We will do online ballot, as well as in-person voting. 1 person has already put their name in for an At-Large position. Annual meeting will be in January. We usually do annual meeting on a Tuesday night. BOD decided that meeting will be held on January 23rd. Communication will be going out to membership re: reminders. Venue will need to be decided – Jack will reach out to Aquatic. At-Large positions are 2 terms. Vacancies are filled by election. If no one else runs for a position it can be appointed for an extra 2 years if termed out (2 term limits) (provided BOD member still wants position). BOD should have discussion re: By-Laws and it should discuss any changes to By-Laws at annual meeting. A separate committee meeting should happen to discuss By-Laws. BOD voted for setting date. Date set for December 6 at 6pm
 - Establish Date and Location for FRC Annual Meeting
January 23, 2024 – possibly at Aquatic. (Jack to reach out)
 - 2023 Cape Cod Marathon Review
Great weekend. We had a post-race meeting with police and school department, and all went well.
Race weekend will now be on Indigenous Peoples weekend going forward because school always has a 4-day weekend. Mullen Hall principal was pleased with cleanliness of the school property after race weekend. Police chief was at

race both days and he loved how it all went. We were the USATF Grand Prix marathon race for 2023. The Grand Prix team liked the amount of prize money we offered. Budget is almost complete, just waiting on final expenses. Race will clear roughly \$60k. 1153 ran the marathon, 1881 ran the half marathon, 96 relay teams, 56 chowdah challenge runners and 285 did the 5k. There were 158 kids in the kids' race.

- 2024 Cape Cod Marathon Expectations

Police recommended changing the half marathon at Ocean Ave/Menauhant Rd. It was very congested in that area.

Race weekend will be back at Mullen Hall.

Website is being updated and registration is slated to open on January 15, 2024.

The 5k will be moved to Sunday to alleviate traffic/runner confusion at Shore/Clinton. Having it on Sunday gives 5k runners more time before the marathoners come through that area.

We will be applying again in 2024 for USATF Grand Prix marathon race. The application is due on November 30, 2023.

Our Title Sponsor, SouthCoast Wind, is not definite for 2024, as yet. We need to know for USATF Grand Prix race. Application will still be submitted regardless.

Entries fees will be increased in 2024.

Improvements suggested by the race committee will be looked into.

- B.A.A. Invitational Entries

7 members are interested so far. Deadline to submit interest in participating is November 30. BOD to discuss the 'candidates' at the December meeting.

Reminder emails will go out to membership re: entering the lottery.

- Women's Fitness

2 November W&T are on the calendar.

Mary needs to brainstorm more activities.

- Friday Night Five – Runner of the Month

Ken will update us with latest winner.

- **New Business**

- Dave McPherson

An active member, former president - his 26 yr. old son has died due to suicide.

The Club will make a donation to Suicide Prevention. Jack proposes \$200 to be donated. All in favor. Donation will be sent.

- Start Planning (Permits, Marketing, Logistics) for Spring Races

Timer is lined up for all races. Jack to speak with Mike N. re: Seagull 6 and Chris R. re: CCTR. **Mary** - Is the Club getting a sound system? Julianna has done research and will recommend at a future meeting.

- Other Topics - ?

Casual group runs? Adria would like to have more fruition on these. Maybe discuss more after 1st of year. Club needs a format for casual runs.

- Meeting Adjournment at 8:22pm