

**Falmouth Running Club
Monthly Meeting Agenda
February 13, 2024
ZOOM Meeting**

Call to Order at 7:02pm

Attendees: Jack Afarian, Kathy MacDonald, Ron Chapman, Joe Sennott, Dori Gray, Adria Bodell, Diana Clark, Tasha Whited, Chris Langlais, Julianna Coughlin

Acceptance of January Meeting Minutes

Ron makes a motion to accept December meeting minutes (no minutes from Annual Meeting in January) and all agree – December minutes are accepted

Welcome to new BOD Members (Ron, Dori, Joe) – Jack

FRC Meeting Protocol – Jack

- Meetings are efficient.
- Quorum = 50% minus 1. The Secretary takes minutes and emails to Board & once approved Hannah M. adds them to the FRC website.
- We try to discuss all agenda items and be finished by 8p.

Member Open Comments (5 minutes)

Very rarely happens.

- **Officer Reports** –
 - **Jack** (President) – 336 members as of today. All spring races were approved at Town Hall meeting. All race registrations are open, as well as CCM – all is going well.
 - **Ron** (VP) – glad to be here!
 - **Chris** (Treasurer) – January is not reconciled. Year end for 2023: checking account has \$82k, the money market account has \$5k, the CD has \$102k. \$190k in the bank and we have no debt. Profit & Loss: total revenue is \$400k+ with a net income of \$31,784
 - **Kathy** (Secretary) -
[side bar: Chris Langlais was appointed to another 2-year term as voted on by BOD at the Annual Meeting]
- **Discussion regarding purchase of FRC Sound System** – Julianna
- Club seeks to buy a sound system for use at our spring races. Julianna will be doing announcing.
 - System 1: 2 dual channels with microphone and a power mixer and 2 speaker. The cost is approximately \$1700+/-
 - PROS: speakers have higher quality, but do we need this for small races
 - CONS: no Bluetooth
 - System 2: JBL is on sale for \$900. Comes with 2 speakers and mixing unit, microphones & stands for speakers, plus 2 multi color flashing lights.
 - PROS: very portable, Bluetooth capable
 - Julianna recommends System 2. We can upgrade/add on to this system later if we want to
 - Both systems are recommended by S. Infascelli
 - System can be used inside CCM expo or at the track, if need be.

- *Joe* – can announcements be heard from farther away?
- Ron motions to purchase System 2: All in favor. System 2 will be purchased by Julianna.
- **BOD Member Responsibilities** - All
All board responsibilities (see attached)

On-Going Business

- **Seagull 6 Race Update** – Mike Norton

March 24th. All is well. Race is currently at 133 registrants (more than last year). Total in 2023 was 230. Lawrence Lynch is sponsoring again this year.

- **Cape Cod Trail Race Update** – Chris Risko

April 28th – 70 registered in total (10, 20, 30K) so far. Total runners in 2023 was 159.

- **Women Run Cape Cod 5K Update** – Mary

May 12th - 51 registered so far in 2024. 49 had signed up in 2023 at this time. 249 total runners last year. Mary is strong obtaining sponsorships. Adria will send 2024 flyer to get ball rolling on the Couch to 5k program.

- **Surf Drive Mile Update** – Jack

May 19th – 34 registered so far in 2024 – last year 20 had registered by this time. 151 total runners in 2023. T shirts & medals are donated. *Joe* – how do we advertise to boost registration. (Emails, social media, work of mouth)

- **Cape Cod Marathon Update** – Jack

Oct 12 & 13, 2024. It will be on Indigenous Peoples' weekend going forwards. Set up will be on Friday, events will be Saturday & Sunday and Monday is clean up day. 547 are registered so far in 2024. 395 were registered at this time in 2023. Entry fee increased by \$5 in all races. Our Title sponsor has pulled out. We are still working on finding a new Title Sponsor. Possibly CC Healthcare or Planet Fitness. In case we do not get a title sponsor we are also working on other options to increase income. The Enterprise will be the media sponsor in 2024. CC5 gave us the usual sponsorship of \$1000. MVBank Charitable Foundation is hopeful for being our hydration sponsor again for 2024. Hoodies will be embroidered soon (700). We are also researching a Charity Program for CCM. We will be meeting with FRR for guidance.

- **Spring Race Volunteers Update** - Tasha

Will be sending out email to past volunteers to gain interest in helping in 2024. We should post on social sites. *Adria* – does email go to membership? Yes – an email will go out to members.

- **Women's Fitness Update** - Mary

Another round of boxing is going on at Sweat Studio, Walk & Talks for March have been set.

Other Stuff?

New Business

- Running USA Conference in Orlando – Kathy/Jack
 - We got to enjoy the Olympic Marathon Trials
 - Finding new ways to increase income.
 - Race Roster will up our sponsorship level
 - iTAB will be sold during registration (iTAB is a buckle style finisher's time tag that slides onto the race ribbon)
 - Marathonfoto may be an option to add additional income.
 - Working on increasing Adaptive Athlete inclusion in our CCM events
- Other Stuff?
 - Jack heads out on road trip and will be back by end of March.
 - *Ron* – is marathon same route – yes, it is now certified.
 - *Joe* – lots of new events. Do we need more? Can more be recommended? – Yes, we take recommendations and would like the person doing the recommending to be onboard with making it happen.
- Meeting Adjournment at 7:58pm