

Falmouth Running Club
Monthly Meeting Minutes
May 14, 2024

Call to Order at 6:59pm

Attendees: Jack Afarian, Kathy MacDonald, Dori Gray, Ron Chapman, Chris Risko, Adria Bodell

Acceptance of April Meeting Minutes

Motion made to accept April meeting minutes, Adria moves & Ron seconds. All in favor – April minutes are accepted.

Member Open Comments (5 minutes)

N/A

Officer Reports

Jack - Membership up & down at this time of year – 342 members today – last year at this time we had 282. (Joe S. new board member – sent email stating he was resigning from club board & SDM directing– unsure of why) 8 members on BOD until next election. In past we fill the 2 year term for 1 year at next election.

Ron - no updates – just follow up on resigned BOD member

Chris – (absent) he did send out financials.

Kathy – all our websites are down – due to a malware hack – working now to get things up and running – may take up to 48 hours. Hannah, our webmaster, is on a remote island with no internet/cell service for the week.

On-Going Business

- Cape Cod Trail Race Recap – Chris Risko

The 2022 event had 74 runners - 2023 had 159 runners and in 2024 we had 211– Next year we will need more port a potties. Maybe rethink the 30k, maybe add a 5k and maybe start an hour later. Course was well marked. Parking went well. Next year runners will sign off that it is a 'cupless' event.

- Women Run Cape Cod 5K Recap – Jack

The event had 294 reg runners this year. In 2022 there were 176, in 2023 there were 249, The finish area was great, no issues, plenty of volunteers. Pick up Timber Axe Bar & Bowl on Saturday went well.

- Surf Drive Mile Update – Jack/Kathy

Things are going well. Simple finish line food and water. Rubber medals were made for kids. T shirts = first come/first serve. DPW will open the Beach House at 6:30 and they will pump the road (if necessary). 123 registered runners so far – last year there were 151. Hopefully we can morph the Mile into a competitive mile event with a family friendly aspect.

- Cape Cod Marathon Update – Jack/Kathy/Dori

We have no title sponsor for 2024 and we probably won't get one. That's a loss of \$25k but we did increase the entry fee on all races by \$5 so that will help.

Registration numbers: Marathon had 371 in 2023, 535 as of now. The half had 508 in 2023, 624 as of now. The 5k had 52 last year and 50, the Chowdah had 24 and now we're at 25, the Relay had 19 last year and we're at 23 no, the Kids Fun Run kids had 21 and this year were at 31.

The "Xtra' Mile is being added for a better finish line experience, There will be a selfie station, PR bell, food trucks: thekchn, sea scoops, shine coffee truck. Maybe a areakfast truck? Taco truck? Ron may have a name. Best to keep it to 3 trucks & ice cream. The 3 food trucks will be in the parking lot in front of school and the ice cream truck will be parked near the playground. Bay State PT will do post-race massage. We will have 2 tents for changing(men and women's). Bad Martha's Brewery will lend corn hole games as well as FRR. Maybe Nakabout Brewery will lend? FRR is sponsoring the PR bell. Bell is on order.

○ Spring Race Volunteers Update - Tasha (not present – send in info)

• Seagull Six- Was relatively easy to recruit for as folks seemed to be more than willing to assist with the first race of the series and a handful reached out to me directly thanks to the monthly FRC President's newsletter....although it was incredibly helpful for Jack to have manned and recruited volunteers for the water stop (thanks Jack!).

• Cape Cod Trail Races - I emailed the previous year's volunteers for starters and only received two responses (one of which was Dori- Thanks Dori)! Once Kathy sent out a mass email to club members, I managed to round up more than was needed at bib pickup days before the event (again, thanks to Jack for manning parking and recruiting parking exclusive volunteers). Thanks to Chris Risko for having awesome family and friends to man the aid stations!

• WRCC5k- Mary Tolland is a pro and tackled getting all of the volunteers for her race (Mary, I'd love to know your secret to round up so much help...and pass along to next year's volunteer coordinator!) . I only had one individual reach out to me simply informing me she had already reached out to Mary about helping out.

• Surf Drive Mile- Similar to the trail races, I emailed last year's volunteers and had five responses. Jack and Kathy took it from there and worked their magic filling all the other vacancies.

• Summary: There are a handful of loyal individuals who can be counted on showing up to volunteer no matter what. Recruitment from a Club Administrator email or directly from Jack proved to be the most effective method.

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• This year we did not offer a one-time race discount code for volunteers to use on a future FRC event as we did last year (I believe it was \$10.00 off); not sure of how many codes from Spring 2023 were actually redeemed, but if it was a significant amount, perhaps it could be brought back next year as an incentive?

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○ Women's Fitness Update – Mary (not present)

Yoga, 2 Walk & Talks, and maybe bowling at Timber all in the planning stage.

○ Couch-To-5K - Adria

13 people signed up but 3 never came. Maybe ½ were all in. 6 Ran WRCC as well as 6 from 2023 Couch to 5k program. Adria – what can we do to get commitment? Maybe charge \$25 and participants get a shirt at end of program. Adria wants to keep it going (especially in spring) but needs to find ways to keep them more engaged.

○ Other Stuff?

New Business

- High School Scholarships - Dori

4 applications: 3 from Falmouth and 1 from off Cape. Dori worked with Ken on selection process. Club gives up to 5 \$1000 scholarships. Jack motions 3 Falmouth students to receive scholarships, Ron seconds. Dori will check with Ken re: amount of scholarship for each. All in agreement.

- Next Year's Election Process - Ron

Ron met with Steve Morris to get info on how election process is handled. 3 months prior to election Ron wants to set up a committee, then a notification will go out to Club re: available open positions, 2 weeks prior to annual meeting is the deadline to submit name for ballot. Voting is done online and in person at the annual meeting.

- Falmouth Road Race - Jack

Final registration closes 5/15/24. Jack will reach out to club for volunteers. Jack handles the bicycle valet at 10k mark on course. He will need volunteers for that.

- Other Stuff?

Meeting Adjournment at 7:52pm