

**Falmouth Running Club
Meeting Minutes
November 12, 2024**

- **Call to Order** at 7:03pm
- **Attendees:** Kathy MacDonald, Jack Afarian, Adria Bodell, Diana Clark, Ron Chapman, Dori Gray, Tasha Whited, Chris Langlais
- **Acceptance of August Meeting Minutes**
A motion was made to accept August (last meeting) meeting minutes. All in favor. August meeting minutes accepted.
- **Member Open Comments** (5 minutes)
N/A
- **Officer Reports** –
 - **Jack** – 210 family memberships, 159 individuals - over \$8k this year in membership money income. Should we up the membership fee? Ron makes a motion to keep as is – all in favor to keep as is - \$20/individual & \$25/family (up to 4 people)
 - **Ron** – Expiring board members (Joe’s seat doesn’t necessarily need to be fill but we should try). President, Secretary and 4 At Large member positions are opening, Communication will go out to membership (Bi-Laws state that communication should go out 3 months prior). (At Large positions need 1 person for 1 year and 3 people for 2 years)
 - **Chris** – \$50k came in in October but \$105k went out. (all due to marathon events) YTD we have \$456k while in 2023 we had \$417k. The marathon had positive impact on income. Currently -\$106k in the CD account, \$154k in the checking account, and \$5k in money market account for a total of \$265k
 - **Kathy** – nothing to report
- **On-Going Business**
 - **FRC Elections** – ([see above](#))
 - **Cape Cod Marathon Update** – Jack/Kathy/Dori
 - 2024 was a very good year! Jack met with the CEO of OceanWinds (S. Coast Wind). The meeting went well. He loves the race and the course. He’s very interested in sponsorship for 2025.
 - Over 4000 registered runners - 1088 in the full, 1913 in the half, 328 in the 5k, 58 in the chowdah challenge, 106 relay teams, and 200 kids.
 - 2024 had the new ‘Xtra Mile’ in the finish area with food trucks, an ice cream truck, face painter, balloon artist, changing tents. We expanded the medical tent to accommodate ice baths. Things needing improvement in finish area: Lights needed in changing tents, more signage for finish line offerings. More trash, composte and recycle

bins/barrels are needed in finish area. Possibly move the food trucks to grass area. The area will need to be measured.

- The compost company, Remix, said 99% of our Tote items were compostable. The recycle dumpsters were full.
- Donations totaling \$27,865 went out to schools/volunteer groups
- Police chief was complimentary of our event.
- Mullen Hall Principle and the Superintendent like our event and want schools to be used for events like ours.
- Improvements are in the works for 2025. Although, we'll keep registration numbers consistent with 2024. Lobstah Challenge event will be new starting next year. It consists of the Half Marathon on Saturday and the 5k on Sunday. We want to add a Military Division in the Relay (possible 5 – 10 groups) Would be nice to have an award like the Stanley Cup for that division
- We maybe collaborating with more OceanWind groups for promotions.
- Last 4-year breakdown of income: 2021/2022 (storm year) - \$50k was generated, in 2023 \$64k and in 2024 \$77k was generated. Proposed pay increases for RD & RA. (BOD approves RD salary & FRC Admin salary). A 15% increase for RA proposed and 15% increase for RD proposed. BOD met in private to discuss. BOD approved increase for both. Goes into effect 1/1/25.

○ **Women's Fitness Update** – to get update from Mary

○ **FRC Annual Meeting** – All

- Location – Jack to reach out to Alex at Aquatic
- Date – planning for 1/21/25

○ **Spring Races** – All

- Confirm Dates
 - Seagull Six – 3/30/25
 - CCTR – 4/27/25?
 - Mother's Day 5k – 5/11/25
 - Surf Drive Mile – 5/18/25
- Need RD for SDM – communicate out to club

○ **Other Stuff?**

- When will Boston bibs be known? (usually early December)
- Tasha is moving to Newport for work
- 2nd anniversary track workouts party – 11/20/24
- Chase the Turkey – Thanksgiving morning
- Hangover Classic 1/1/25

● **Meeting Adjournment** at 8:07pm