

**Falmouth Running Club
Meeting Minutes
March 2025**

Call to order at 7:02pm

Attendees: Steve Morris, Kathy MacDonald, Ron Chapman, Chris Langlais, Bill Steffancin, Mike Norton, Chris Risko

Acceptance of February minutes

A motion was made to accept February meeting minutes. All in favor, meeting minutes accepted.

- **Report of officers**

- **Steve** –
- **Ron** – smooth sailing
- **Chris** – Year to date we have \$55k in income - last year at this time we had \$40k – Currently in checking account there's \$154k, in the CD there's \$108k, and the Money Market has \$5k.
- **Kathy** – we will probably have to update Quickbooks and/or Microsoft Windows this spring

- **Old Business**

- Race updates
 - **Seagull Six** – Inside volunteers for bib pick up are good, set up/break down may need 1 or 2 more. Set up starts around 9:30am/race starts at 11:00am
 - **CCTR** – Below on numbers so far this year. TARC has events close to ours. There are very few volunteers needed at this event.
 - **WRCC5k** – everything is on schedule (announcing, photos, tanks, medals, port o potties, sponsorship, etc.)
 - **SDM** – 23 registered. Mike N. believes everything on Surf Drive will be re-paved by SDM. Mill St. lot will be gravel as usual.
 - **CCM** - Registrations are slightly ahead of our average numbers. As of 03/18, here are the registrants:

- Marathon - 333
- Half - 334
- 5K - 48
- Relay Teams - 15
- Chowdah - 20
- Lobstah - 67
- Kids - 23

The 750 Volunteer Hoodies that we ordered have arrived and are being embroidered.

We are working on finalizing the design for the Race Shirts and the Finisher Medals.

We're in the process of rebranding signs and banners for our "Presenting Sponsor", Shipwrecked.

We place an ad in each issue (Bi-Monthly) of New England Runner. I have attached the Mar/April ad. We also place an ad in the annual Falmouth Chamber of Commerce Guide book. We're using the same ad as the NE Runner.

Julianna Coughlin continually posts on Instagram, Facebook and TikTok for the Marathon.

We have secured "Xtra Mile" sponsorship from the Falmouth Road Race

We have secured "Official Hydration" sponsorship from Martha's Vineyard Bank

We have secured "Official Media Sponsor" sponsorship from the Falmouth Enterprise in the form of free advertising

Kathy has started sending out a monthly Chiropractic Article to all registered runners from our "Official Chiropractor", Dr. Bob Mulcahy

Hold Harmless Agreements have been sent to all of the schools.

We have placed new posters on the office windows for the 2025 CCM. We will be hanging 10 of these posters in the Runners' Expo.

- **Upper Cape Women's Initiative** - possible involvement in Neighborhood Falmouth Frank Shorter event. Someone from the Commodores suggested we plan something together. Waquoit Congregational Church took our flyer and rack card and said they would be including our information in their newsletter.
- **Couch to 5k** – 4 people are registered. It's a small but enthusiastic group. Participants will meet at different locations. Program ends at WRCC5k.
- **Volunteer Coordinators** - Bill & Chris are splitting duties. Need to come up with a solid plan that matches across the board for all Spring Events/FRR expo
- **New Business**
 - **Long run** – scheduled for Sat, Mar 29 – so far only 1 RSVP
 - **Photobus at CCM Xtra mile party** – Confirmed they can be there but depends on final cost
 - **Therapy dogs at CCM Xtra mile party** - - Not for our events
 - The Ktchn & Beyond the Grind Coffee Trucks confirmed for CCM 2025
 - Donation request –

- Celebration After Prom - VIPs? - \$100 approved

- **Other Business**

- Donations to FPD Gala - \$100 from FRC & CCM approved
- Donations to Ruck4Hit - \$100 from FRC & CCM approved
- Frank FM Radio Station chose us as a Spotlight Non-Profit to be featured on their morning show and free aired commercials
- Per Bill S. Monday night hills & drills are going very well, Wed night track is doing very well. Friday Nite 5 is picking up now that weather is better. Yarmouth Park Runs are up and running with a lot of FRC members.

- Adjourn at 7:46pm