



P.O. Box 3653

Fredericksburg, VA 22402

FARC Board of Directors Meeting

August 21, 2025

Courtyard by Marriott, Fredericksburg, VA

Call to Order

- Meeting Called to Order at 7:03pm by President, Denise Freeman

Board Members

- In Attendance: Denise Freeman, Angela Anderson, Vic Culp, Amber Hayghe, James Kemp, Will Triplett, Gerry Griffin, LaTonya Turner, Tracy Lloyd
- Absent:
- Quorum Present? Yes

Others Present: None

Approval of the Minutes

- Motion by Gerry Griffin to approve the minutes of July 17, 2025 as circulated.
- Seconded by Angela Anderson and carried without dissent.

Reports of Officers

- Treasurers Report (Vic Culp)
 - Motion by Gerry Griffin to approve the treasurer's report as circulated.
 - Seconded by James Kemp and carried without dissent.

Reports of Committees

- Ospreys
 - There were a few cancellations due to thunderstorms

Come Run With Us!

- Merchandise
 - Denise Freeman and Angela Anderson will reach back out to Recover and try to get some samples
 - \$2800 is the current budget for new merchandise
- Grand Prix (LaTonya Turner, Gerry Griffin)
 - Finished 7th race at Devil's Den and had about 130 participants. Thanks to everyone for pulling together for a successful race!
 - Actively preparing for Downtown Mile
 - Committee needs to get together soon after the Downtown Mile to get final preparations done for the GP banquet. Angela Anderson locked in Brock's for the location and we need to finalize the menu.
 - Race agreements for 2026 are coming in slowly and surely (Tree of Life, Arsenal races, and Devil's Den) and LaTonya Turner is following up with those that haven't been received yet.
 - Need to give Kristen Loeschler the 2026 race dates very soon and LaTonya Turner will confirm the dates at next GP committee meeting. We're currently looking a race every month for next year.
 - Majority of first tier GP medals and ~6 of the second tier GP medals were given out at Devil's Den.
 - GP medals will be at every race.
 - Denise Freeman is going to donate several tables to FARC.
- Social Committee (Jeff Haber)
 - The pop-up kayaking at Mott's and the winery didn't have a big turnout, but it was the weekend before school started.
 - Pop-up event at Lucky Road went well yesterday with a good number of participants, and ~15 people went to BJs afterwards.
 - Pop-up events are popular and people enjoy trying new routes and activities.
 - Jeff Haber needs to start planning the holiday party and Denise Freeman will reach out to him.
- Newsletter (Will Triplett)
 - Denise Freeman will submit a recap of Track Tuesdays.
 - The newsletter had 100 opens on the 1st day and 188 opens on the 2nd day. It continues to get interest from the club and is the best way to communicate with the club.
 - The next newsletter will be sent out on 8/28 and input is due to Will Triplett by 8/25.

Come Run With Us!

Old Business

- MCM Bib Sales
 - Vic Culp sent the list of people and codes they were supposed to use to Michelle Sledge with MCM.
- MCM Beer Garden
 - Amber Hayghe has been working on the ABC license application and has followed up with Amber Traunero from MCM because we need one form to complete the process. Angela Anderson said MCM is waiting for the form from Arlington County.
 - Need 3 more FARC volunteers for the beer garden and this can be added to the new volunteer page created by Vic Culp.
 - All volunteers (FARC and non-FARC) need to take the VA ABC training and submit their certification.
- Downtown Mile
 - Vic Culp sent out the weekend plan for everyone's review.
 - Brian Pessolano volunteered to be the band-aid person, Kristen Loescher will be the starter, and we now have 3 volunteers to help with putting up "no parking" signs.
 - Vic Culp is going to buy wristbands for people old enough to have a beer.
 - Run/walk challenge people already have a bib assigned and just need to pick up their shirt and get checked in at packet pickup. We need to hold back any run/walk challenge shirts that aren't picked up, so Edie can mail them out.
 - We're currently about on pace to match last year's participation.
- Summer Track Series Recap
 - This series was super successful, and even though we had to cancel a couple of times due to weather, there was a great turnout and even hosted a pop-up social.
 - There were consistent volunteers and lots of families came out.
 - Denise Freeman still has the timing clock and it's plugged in at her office and she will bring it to Vic Culp for him to store in his garage (where it used to be stored).

Come Run With Us!

- Host a Future RRCA Convention
 - Angela Anderson talked with Jean Knaak from RRCA and she thinks the next RRCA conference to be held in VA could be in 2029.
 - RRCA currently uses a city selection process, but they may go back to the invitation/bid process and will decide at their board meeting in September.
 - It's a plus that we've hosted once before and Fredericksburg has grown since we hosted.
 - We would need to decide on a race (MCHH was used last time we hosted) and RRCA likes to do their convention in the springtime.
- Google Drive Folder Structure
 - Tracy Lloyd met with Brian Pessolano and sent out a draft folder structure to use under "Shared Drives".
 - Need to also look at things like website (sysadmin privs Brian P, Vic, and Edwin) and socials privileges.
- Scholarships Procedure
 - Only 3 board members voted last time and need all 9 members to vote going forward.
 - For 2025, Vic Culp sent out 7 forms and only 2 came back (1 applicant declined since they had a full ride scholarship)
 - Vic Culp will send the scholarship procedure to Will Triplett for the newsletter.
- New Runner Training
 - We're looking for someone or a group of people (no more than 3) to manage the runner training for next year.
 - There will be a 4-mile race near Valentine's Day, so that could be a good race for the 5K people to do.
 - Tracy Lloyd will create a message for the newsletter and we can solicit volunteers during the Saturday group run announcements.
- Day of Play, Sept 21
 - Organizational meeting is on 9/16 at 6pm at the FredNats Stadium and Vic Culp will attend.
 - On 9/21, we need to be set up by 10:30am and the event is 11am-4pm. Vendors cannot leave before 4pm.
 - We'll use this event to promote the Ospreys and Great Train Race, so Vic Culp will reach out to Dana Mills and Brian Pessolano to see if they're able to be there. Angela Anderson might be able to come too.

Come Run With Us!

- Devil's Den Follow Up
 - Cleared ~\$1700 for the Alzheimer's Association and we'll wait to pay them until we see if any more money comes in. Culpeper HS has been paid.
 - Aid station volunteers weren't prepared to help people who needed help and actually turned them away. The process should have been for aid station volunteers to call in to the police who were working the event and the police would have gotten help to the runners in need. Aid stations should also have had salt chews/electrolytes for those having difficulties.
 - This proves the point that every race needs to have a race plan, instructions need to be sent out in advance to volunteers and the same instructions (or checklist) should be at every station.
 - Volunteers for this year's race, need to write up improvements and communicate them to the race director.

New Business

- Election Procedures
 - Quote from our constitution: "In odd-year elections, the Club membership shall select a treasurer, secretary, two directors serving a one-year term, and one director serving a two-year term."
 - The people in these positions are Vic Culp (treasurer), Tracy Lloyd (secretary), Amber Hayghe (2-year director), Gerry Griffin (1-year director), and James Kemp (1-year director)
 - At our September board meeting, Denise Freeman will appoint at least 3 members of the club to serve on the "nominating committee".
 - The nominating committee will ask all the incumbents if they wish to continue on in their role, seek another, or step away all together and identify and talk with other interested nominees for each open position.
 - A call for nominees should be included in the September newsletter.
 - The nominating committee will present the slate of nominees in our October board meeting.
 - The slate of nominees, election date (December board meeting - 12/18/2025), and procedures (club members must attend the board meeting in person or virtually in order to vote) must be emailed to club members prior to the November board meeting. Last year, this information was included in the October and November newsletters.
 - In our December board meeting, additional nominations for any office can be made prior to voting. The nominating committee will first request a voice vote for each open, uncontested position and candidates with a clear majority of "aye" votes will be declared elected. Club members will then vote for

Come Run With Us!

open, contested positions by written ballot and the candidate receiving the highest number of votes will be declared elected.

- Newsletter Mast Head Page (BOD, Contact Info, Mission Statement)
 - Should list board members, their terms, contact info, and club's mission statement at the top of every newsletter.
 - Will Triplett will draft this up for the board's review.
- Volunteer Sign Up Prototype
 - Vic Culp will add every board member as a "race director" for the website so we can add and manage events.
 - FARC volunteer page will be added to the website to manage non-race volunteer needs. Race-related volunteer needs can be added, but should only include a link that will take people directly to the race's page so race directors can manage their own volunteer needs.
 - Each event should have an owner and the owner is responsible for adding the volunteer needs on the website, managing communication with the volunteers, and removing the event from the website once the event is over.
 - Vic Culp will submit a writeup about the volunteer signup to Will Triplett for the newsletter.
- Constitution and By-Laws Changes
 - Proposed changes to the constitution and by-laws must be presented in writing or email one month prior to a vote and requires a two-thirds vote to be passed.
 - It makes sense to hold the vote at the December meeting, so proposed changes should be identified by our September board meeting and included in the October and November newsletters.

Around the Table (The Pig)

- None

Adjournment

- Motion by Tracy to adjourn the meeting.
- Seconded by Gerry and carried without dissent
- The meeting was adjourned at 8:35pm

Minutes submitted by Tracy Lloyd on August 22, 2025

Come Run With Us!