

FARC Board of Directors Meeting

January 18, 2024

Courtyard by Marriott, Fredericksburg, VA

Call to Order

- Meeting Called to Order at 7:00pm by President, Brian Pessolano

Board Members

- In Attendance: Brian Pessolano, Vic Barthelemy, David Lovegrove, Rebecca Ivester, Andrew Wood, Jeff Haber, Tony Luna, Will Triplett, Tracy Lloyd
- Quorum Present? Yes

Others Present: Vic Culp, Shawn Carrington, Adam Dimatto, John Ashburn, Kristen Loescher

Approval of the Minutes

- Motion by Rebecca Ivester to approve the minutes of December 21, 2023 as circulated
- Seconded by David Lovegrove and carried without dissent

Reports of Officers

- Treasurers Report (Tony Luna)
 - Checks have been sent out for Braswell, Devil's Den, and FredNats
 - Received checks for Blue Gray and Frosty
 - Osprey grant was used, plus a little bit more, for whistles
 - RRCA membership and GTR music license has been paid for
 - 2024 budget was finalized and approved
 - Motion by David Lovegrove to add \$20 from Operations to pay late taxes. Seconded by Vic Barthelemy and carried without dissent.
 - Motion by Rebecca Ivester to approve the treasurer's report. Seconded by Will Triplett and carried without dissent.
 - Action Item: Tony still needs to be added to the Truist account

- Vice President (Vic Barthelemy)
 - Ospreys started up again last Thursday with 44 kids in attendance
 - Tuesday's practice was cancelled due to weather (the kids can't practice if school is cancelled)
 - 20 kids showed up tonight with coaching by Vic, Dana, and Sara Nearman
 - The focus for the next couple of weeks will be on building their base
 - Ian Bedford has written an article for the newsletter and submitted it to Will
 - Ospreys meet at 4:30pm at Pratt Park (park behind the YMCA water park) on Tuesdays and Thursdays if anyone wants to join

Reports of Committees

- Merchandise (Vic Barthelemy)
 - Inventory was done earlier this month and \$7700 worth of inventory remains
 - Almost all the inventory is in Lucky Road now
- Grand Prix (Shawn Carrington)
 - Everything is ready for the banquet
 - 12-12:30 is a good time for people to come to help set up
 - Last year's medals will be available at the banquet
 - Medals for this year were previewed
 - Theme will be "A season for running" with 4 medals, each representing a season
 - Runners will earn a medal after every 3 races
 - Trying to keep cost of medals comparable to last year's costs. Only 75 medals were given out last year, so will order fewer medals this year
 - Considering corresponding "season" t-shirts and need to determine if we'll charge for the t-shirts or use them as giveaways
 - Lucky Road will pay quarterly for their sponsorship, even though contract says they'll pay it all upfront
 - Should discuss with each race director the need to have FARC people at each race and integrate Grand Prix medals with the awards ceremony for more visibility. Someone should be available to hand out medals until the last runner finishes.
 - Action Item: Need 3 volunteers for each race to help hand out medals. David volunteered for the Spring Fever race in April

- Social (Jeff Haber)
 - We had a successful social run this month
 - Next month's social run falls on Valentine's Day and it was decided not to change the date
 - Summer event will be the FredNats ballgame again
 - Discussed options of staying with the 1st base sky porch (where we were last year and shared the space with other groups) or moving to the 3rd base sky porch (which has a limit of 65 people but would only be FARC people). It was decided to stay with the 1st base sky porch to allow for more people to attend.
 - Ticket prices went up to \$40 this year, so the club will pay \$20 for members and members pay the remaining \$20. We may consider having members be responsible for the entire cost of the ticket after a cutoff date to encourage early signups.
 - Potential dates were discussed and 6/8 was selected (day before the SPCA race)
 - Robin will be in charge of the baseball game coordination and will make the reservation for 70 people, which will require a \$1400 deposit
 - Adam is working on organizing a beach race for the summer and everyone would pay their own way with no cost to the club
- Newsletter (Will Triplett)
 - December newsletter went out to 413 people and 196 opened it, so it's still the most used communication tool
 - Deadline to submit articles for the next newsletter is the 21st
 - Karen Hawkins (FARC member) is a nutritionist and will submit a recurring article
 - Tracy will help proofread the newsletter

Old Business

- 30th Anniversary of Club and Great Train Race
 - April 9th is the anniversary
 - Andy will spearhead the car magnets and other ideas
 - Tony has created several logos and will share soon
 - Previous magnets were mailed to all members, but it was a lot of work and costly. Need to identify a distribution plan.
 - Vic Culp suggested Brian share the origin story of the Great Train Race in the newsletter

- 100,000th Grand Prix Finisher
 - Tony is working up a logo and will share soon
 - Brian's initial idea is to approach some local stores to get donations for a prize package (i.e. shoes, hat, etc.)

New Business

- Membership Management/Committee
 - The idea is to create a small committee to send a welcome email to new members when they join the club, be a contact if they have questions, make them aware of upcoming events, etc. to help get new members engaged quickly with the club.
 - The automated email was recently updated, but could be reviewed again
 - Brian currently sends new member information over to Dana if they expressed interest in the Ospreys
 - Tracy and Rebecca are interested in working on this
- New President
 - This is Brian's last year president, but he'll still be involved in the club and will focus on the Great Train Race
 - Need to identify people who might be interested
 - Once Brian transitions the non-presidential tasks, the role is maintaining focus and direction of the club. We need someone with drive to continue to grow this great running community.
- Transition of Non-President Tasks
 - Edwin has taken over the website content and Amber has taken over the social media accounts
 - Need to find someone to maintain the social media back-end, website domain management, google suite
 - Every task should have a primary and secondary person
- Sustainability of Ospreys
 - Need to look for someone to be a consistent backup for Dana
 - Vic Barthelemy, Andy Wood, and Matt Smith help out as needed

- Revamp New Runner Training
 - We have several certified coaches within the club
 - Andy shared a model he saw in TX - Saturday runs were broken down into pace groups to help members get ready for specific races. There was a cost to participate because training plans and water stops were included. Local running stores provided new shoes as an incentive for coaches to volunteer.
 - We could potentially partner with Fleet Feet since they're doing more group runs, like the new Sunday trail runs
 - Andy, Rebecca, Tony, and Tracy are interested in working on this
- Lecture Series
 - This idea is to foster ongoing education by creating a lecture series on a variety of topics
 - This has been tried before with Lucky Road, but there wasn't anyone with the bandwidth to follow through
- Volunteer Engagement
 - The club has a need for volunteers periodically, so it would be helpful if we were specific in our asks (i.e. describe the need, time commitment required, etc.) and had an easy mechanism for volunteers to sign up
- Club Camping Trip/Retreat
 - Rebecca organized a camping trip for 6/14-16 at Caledon State Park. There will be space for 30 people over 6 campsites with fire pits and 1 porta potty. There are options for 1-night, 2-nights, or just to participate in the Saturday activities
 - The 30 spots are already filled and there's a waiting list
 - Gerry Griffin is helping with ideas on how to structure the weekend/itinerary
 - Steven Littlewood wrote a book on trail safety/first aid and is willing to come and give a presentation

Around the Table (Chicken)

- Brian Pessolano
 - RunSignup is redoing their club pages and our club will be a beta tester. The next version will include new features like an updated email system. He will meet with RunSignup next week to understand what will be included in the transition.
- Kristen Loescher
 - There are 41 spots left for the Dahlgren trail half and volunteers are needed for the race.
 - Blue and Gray Half Marathon will now be hosted by Carrie and Will Jones. The race will still start/end at Old Mill Park, Arsenal Events will still do the timing, and it be continue to be part of the Grand Prix series. Announcements will be made soon and past race participants will be notified.
- Andy Wood
 - Wants to start Track Tuesdays in the summer at the high school. The cost is \$25 per day and asked Brian to send him the contact person's information.
 - Rebecca hooked him up with people in Richmond who have track experience
- Vic Culp
 - Asked if there have been space issues with the website and Brian said there haven't been issues.
 - A backup was sent to Rebecca

Adjournment

- Motion by Rebecca Ivester to adjourn the meeting
- Seconded by Vic Barthelemy and carried without dissent
- The meeting was adjourned at 8:29pm

Minutes submitted by Tracy Lloyd on January 19, 2024