

FARC Board of Directors Meeting

July 18, 2024
Virtual Meeting

Call to Order

- Meeting Called to Order at 7:03pm by President, Brian Pessolano

Board Members

- In Attendance: Brian Pessolano, Vic Barthelemy, Tony Luna, David Lovegrove, Rebecca Ivester, Jeff Haber, Will Triplett, Tracy Lloyd
 - Absent: Andrew Wood
 - Quorum Present? Yes
- Others Present: Vic Culp, Gerry Griffin, James Kemp, James Lafferty, LaTonya Turner, Kristen Loescher, John Ashburn, Brian Morgan

Approval of the Minutes

- Motion by Rebecca Ivester to approve the minutes of June 20, 2024 with changes (change Amanda Lovegrove to Amanda Deshler)
- Seconded by Will Triplett and carried without dissent

Reports of Officers

- Treasurers Report (Tony Luna)
 - Most of our financials have been set up in QuickBooks Online Plus version, web-based rather than a PC application.
 - Budget amounts are still being tracked manually
 - Walked through the reconciliation report which shows checks and payments that cleared as well as deposits from RunSignup. The reconciliation report through QuickBooks makes it easier to understand credits and debits
 - Through QuickBooks, we can now upload invoices and use tags
 - Vic Culp is a certified QuickBooks Online ProAdvisor and volunteered to help Tony with setup and conversion review
 - Vic Culp may know of a QuickBooks report to be able to show debits and credits by race
 - Kristen Loescher offered to help with QuickBooks if needed
 - Action Item: Tony Luna to set up a meeting with Vic Culp to go over QuickBooks
 - Motion by Vic Barthelemy to approve the treasurer's report as amended. Seconded by Tracy Lloyd and carried without dissent.

- Vice President (Vic Barthelemy)
 - Ospreys met tonight and 35 kids were in attendance
 - Dana Mills had a parents meeting tonight and explained how the season and practices will work
 - Action Item: Vic Barthelemy will find out what needs to be done about background checks

Reports of Committees

- Merchandise (Vic Barthelemy)
 - Lucky Road inventory reports were received on 6/24 and 7/2 and Vic Culp sent the new inventory balance to Tony Luna.
 - From the last board meeting, \$2000 was put into an account for merchandise. Stephanie Wood is looking into shirts and will get back to the board once she has recommendations. Higher quality shirts will cost more. Andrew Wood previously polled people on Facebook to see what types of merchandise they were interested in.
 - A suggestion was made to get proofs from vendors to see if it's what people want before we make a purchase
- Grand Prix (Angela Anderson)
 - Next year, LaTonya Turner will be the Grand Prix Director and Gerry Griffin will assist
 - Scott Muntz has the GP Director binder and will get it to Brian Pessolano
 - GP spring medals were handed out at the Fallen Heroes race on July 4th
 - Brian Pessolano and James Kemp will be available to hand out medals at Devil's Den. Spring medals will be handed out for people finishing their 3rd race and summer medals will go to people finishing their 6th race
 - Kristen Loescher asked if anyone talked to race directors about next year's race dates. Typically the dates are set at the end of July, and need to be locked in no later than mid-August
 - Kristen Loescher hasn't heard back from Gwen Martinez regarding bibs for the Braswell 5k. Does Arsenal need to supply bibs and does Gwen Martinez have a new design she wants to use this year?
 - There are two potential dates for the next GP race director meeting, 9/14 and 9/21. A downtown library room is booked for the GP meeting on 9/14, 3:30pm - 5pm. Due to evening race commitments, Kristen Loescher cannot attend at 3:30pm and requests a time change closer to 11am so she can attend. The other potential date is 9/21 at 11am, and Kristen Loescher prefers a time later in the day because she needs to finish work for the Braswell 5k.

- Action Item: LaTonya Turner and Gerry Griffin will work with Angela Anderson to confirm next year's race dates and send them to Kristen Loescher
 - Action Item: LaTonya Turner and Gerry Griffin will work with Angela Anderson to get answers back to Kristen Loescher regarding bibs for the Braswell 5k
 - Action Item: Gerry Griffin will work with Angela Anderson to select a date and time for the GP race director meeting so Kristen Loescher can attend
- Social Committee (Jeff Haber, Robyn Lee, Adam DiMatteo)
 - Starting to research venues for our Christmas party
 - \$1200 is left in the social committee budget and ~\$500-\$750 can be spent on the Christmas party venue
 - Last year, Jeff Haber researched extensively and couldn't find anything close to what Water's End could offer
 - Red Dragon is a possibility this year (they might not charge us), but the seating might be a little tight
 - It was suggested to check with Highmark Brewery in the Ferry Farm area. Send Jeff Haber any other venue suggestions
 - Newsletter (Will Triplett)
 - Open rates for the last newsletter were 202 on the first day, 111 on the second day, and multiple openings through July 4th, so there's still a lot of interest in the newsletter
 - Next updates are due on 7/22 and the newsletter will go out on 7/24
 - Action Item: Tracy Lloyd will send out scholarship winner info to Will Triplett for the newsletter

Old Business

- Fallen Heroes 5 Miler Recap
 - There was a good turnout for this year's race
 - Race director asked for feedback the day before the race on where course marshalls and signs should be placed and we still had people miss some turns, especially near the tennis courts
 - Police provided feedback and identified some spots where we need an interactive human or lots of cones
 - Water stops ran out of water - only 5 gallons of water was provided and they needed 15-20 gallons at least
 - Fredericksburg city sold the visitor's center, so the course will need to change next year so the finish is in a new location. Vic Culp recommended reaching out to the new owners to see if they want to be a sponsor in order

to prevent course changes, but the city hasn't provided info about new owners yet

- For next year's race, we should have a cyclist at the beginning and another cyclist at the end to help ensure runners in front don't get lost and to make sure no one is left out on the course. This year, a 15 year old girl got lost and took a long time to return.
- Runner Training (Rebecca Ivester, Tracy Lloyd)
 - Lou Peradotto has started the Braswell 5k training and they meet at 5:30pm on Tuesdays and Thursdays at Pratt Park and Saturdays at 7am at the FARC run
 - Lou Peradotto will be out of town next week, so Tracy Lloyd will lead the training on Tuesday, 7/23, and Vic Barthelemy will lead the training on Thursday, 7/25.
 - Rebecca Ivester will be able to assist as needed after next week.
 - Tracy Lloyd and Rebecca Ivester met to start planning Historic Half training for next year. Initial thoughts are to have three sequential training sessions - novice 1 training starting right after new year to help new runners and runners coming back from an absence to complete a 5k, novice 2 training immediately following the novice 1 training to help runners complete a 10k, and Historic Half training would immediately follow the novice 2 training and help runners complete the Historic Half race in May. Please reach out to Tracy Lloyd if you want to help create the training program and a more detailed plan will be presented in the next board meeting.
- Track Tuesdays (Andrew & Stephanie Wood)
 - This series has been well attended and 6pm next Tuesday will be the last session
- Beer Mile (Brian Pessolano)
 - Unfortunately, the venue fell through. The brewery was super excited, but the property manager said no so we can't make this happen this year
 - Brian Pessolano is working with the city to maybe try a Bilikens course for next year

- John Robbins Memorial Scholarship (Tracy Lloyd)
 - Caitlyn Wingert has been selected as the recipient of this scholarship. She would have liked to have accepted the scholarship check at our board meeting, but she's away this summer doing a research project at her university.
 - Action Item: Tracy Lloyd will send the winner's college info to Tony Luna for inclusion on the scholarship check
 - Action Item: Tony Luna will send a \$750 check to Caitlyn Wingert's address

New Business

- Inclusivity
 - A club member made a FB post because she felt left behind in group runs, so this might be a good opportunity to take some positive action
 - Group discussion:
 1. As a club, we work hard to be inclusive and have made a lot of progress in the past couple of years
 2. We can't be everything to everyone and we won't please everyone
 3. Friday "no drop" runs aren't FARC-sponsored events, but as they grew in popularity the club helped promote them
 4. Fast runners don't always feel welcome at "no drop" runs if they don't want to run as slowly as the slow runners
 5. The club was founded because John Robbins wanted to find someone to run with
 6. Slower runners need to step up and say they need someone to run with
 7. Several people consistently introduce themselves to new people at group runs
 8. Some people have talked about having pace groups at Saturday runs for a while now and it hasn't been tried because it's really hard to get volunteers and someone to lead the effort
 9. We might still have problems with pace groups because we may not have a group for every desired pace. Pace groups for the recent Historic Half training went pretty well, but several people wanted paces we didn't offer and unfortunately we couldn't get volunteers for those other paces
 10. Some people enjoy having a "free form" run on Saturdays to be able to run with their friends
 11. While it's hard for slower runners to run fast, it's also hard for faster runners to run slow
 12. We should make sure new people don't get lost on group runs

13. We used to have laminated maps that were handed out at the Saturday runs. Our website now has running routes that link to Strava so people can get turn-by-turn directions
 14. The club will be what each of us makes it and everyone is free to come to board meetings to make suggestions
- Takeaways:
 1. Rebecca Ivester put out a “call to action” to figure out how to do pace groups for the Saturday runs. Bridget Abbatiello is willing to lead the effort and so far 18 people have volunteered to help with pace groups. Enough people seem to be willing to give pace groups a shot, so we will try it and see how it goes. We should set clear expectations though, so people realize the pace they want may not have a group.
 2. Maybe we should drop the “no drop” name from the Friday morning group runs
 3. Add a section in the newsletter to highlight the running routes we have on our website

Around the Table (Chicken)

- Vic Culp
 - It's hard to keep a consistent pace for slower runners because there are so many speed and interval variables
- Brian Morgan
 - So far there are 81 registrations for the Downtown Mile and last year there were only 17 registrations by this time
 - Thanks to Vic Culp for helping to measure the course
 - Currently working on submitting permits with the city and will make it clear that it's an existing race with a course change
 - The Grand Prix series is a big part of the club and people like to compete
 - There will be a lot of PRs at this race
 - Will send Vic Culp an email about where 'no parking' signs will be
- Gerry Griffin
 - We have the fun 10k run around the DC monuments on 8/4, starting at 7am, at Ladybird Johnson Cove
- John Ashburn
 - Wants the link to the MCM bibs

- Kristen Loescher
 - Arsenal is taking back ownership of the Blue & Gray Half from Carrie and Will Jones
 - The race is partnering with Girls on the Run Piedmont and their SoulMates fundraising program
 - Fleet Feet is going to do a training program and more details will come closer to the kickoff in September
 - Need to sign the race agreement since ownership has changed

Adjournment

- Motion by Tracy Lloyd to adjourn the meeting
- Seconded by Vic Barthelemy and carried without dissent
- The meeting was adjourned at 8:27pm

Minutes submitted by Tracy Lloyd on July 22, 2024