



P.O. Box 3653

Fredericksburg, VA 22402

## **FARC Board of Directors Meeting**

June 18, 2025

Courtyard by Marriott, Fredericksburg, VA

### Call to Order

- Meeting Called to Order at 7:02pm by President, Denise Freeman

### Board Members

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

Others Present: LaTonya Turner, Kristen Loescher, Dana Mills

### Approval of the Minutes

- Motion by Angela Anderson to approve the minutes of May 15, 2025 as circulated
- Seconded by Amber Hayghe and carried without dissent.

### Reports of Officers

- Treasurers Report (Vic Culp)
  - Motion by Angela Anderson to approve the treasurer's report as circulated. Seconded by Tracy Lloyd and carried without dissent.

### Reports of Committees

- Ospreys (Dana Mills)
  - The Ospreys will start back around 7/17 and she'll announce it on her website;
  - Ospreys has been around ~10 years and has grown a lot over the years
  - There's a large group of kids who aren't completely engaged or are just doing it for fun and other kids are really competitive. There's a big gap in abilities from 8 year olds and 15 year olds.

*Come Run With Us!*

- Dana Mills will redesign the Ospreys program into two groups, a competition team and developing runners. Developing runners will still have a full workout with less intensity and more fun, while the competition team will have a full workout plus a strength workout afterwards.
  - It's been difficult to get kids to come to the meets and races, so Dana Mills will try to get commitment early in the year and create the right environment to get them ready for competition.
  - Practices will be on Tuesdays and Thursdays, at 6pm at Pratt Park
  - For the first 2 weeks, everyone will be together since many kids haven't run in a while and will be out of shape. In the beginning of August, she'll split them into the 2 groups. Kids can move between the groups based on the coach's assessment.
  - Ian will send out the content for the newsletter.
  - It was suggested for Dana Mills to review the Osprey info on the website.
  - Kids sign in for every session.
  - All coaches are returning, but we might need a couple of more members to help with the developing runners. It's important that all coaches consistently participate. Denise Freeman and Angela Anderson are willing to help and already have their background checks completed.
  - Ospreys have their own jerseys and have a few shirts left. They used a company in Caroline.
- Merchandise
    - Denise Freeman and Angela Anderson discussed buying a couple of items (tank tops and t-shirts) from Recover.com to have at races and other items like hats, hoodies, etc. can be ordered online. They both have used the company previously for Historic Half and it was easy to use their website (just scan a QR code to order). They also recycle their shirts.
    - Recover has other items that might be used for GP.
    - Since Denise Freeman and Angela Anderson have worked with Recover for their jobs, it's best if someone else reaches out to them for FARC so there isn't a conflict of interest.
    - Tracy Lloyd will reach out to Bill from Recover after Angela Anderson makes the introduction via email. Ospreys might need new shirts too, so Tracy Lloyd will gather pricing info for both Ospreys and FARC.
    - Tracy Lloyd will contact Brian Pessolano to get the Vector graphic (high-resolution graphic, digital representation of the logo). We need to specify we want the shirts screen printed.

*Come Run With Us!*

- Grand Prix (LaTonya Turner, Gerry Griffin)
  - 3 races have gone through changes this year, Braswell, Downtown Mile, and Run Thru History
  - Committee met last week and Kristen Loescher helped us with a new “Plaid to the Bone” race to replace Run Thru History. This will be a new 10K at Pratt Park and River Road in October.
  - We’ve completed 5 races this year, and our 6th race will be on July 4th. We need to make sure we communicate the new route for the Fallen Heroes race and post on our socials and in the newsletter.
  - The next race director meeting will be on July 19th at the downtown library, 1-3pm.
  - GP committee will meet again to set the agenda for the race director meeting.
  - Our race participation numbers are looking decent this year, ebbing and flowing, and we still have a lot of the first tier medals to hand out. The first tier and second tier medals will be handed out at the July 4th race. LaTonya Turner has a list of people who have finished 3 races and 6 races and Vic Culp will do the presentations.
  - It will take all of us to make the Downtown Mile successful!
  - Committee will start locking down the menu at Brock’s for the GP banquet.
- Social Committee (Jeff Haber)
  - There’s a pop-up social run this Sunday at Lee Drive at 2:45pm and Bowman Distillery afterwards.
- Newsletter (Will Triplett)
  - 208 people opened the newsletter on the first day, with 67 clickthroughs, so it’s still the predominant method of communication
  - The next newsletter will be sent out on 6/27 and input is due to Will Triplett by 6/24
  - Denise Freeman will do a summer track series recap with a picture once the series has finished.

*Come Run With Us!*

## Old Business

- MCM Bib Sales
  - We've sold 7 bibs and have 8 bibs left
  - We need to send the info to the Marine Corps office in August, so we decided to open up sales to anyone and the bib cost is \$235.20. The money stays with our club for our operations.
  - Amber Hayghe will send out a social media post.
- Summer Track Series
  - Great participation and people are having fun and get to choose the distance they want to run. Chuck Love did timing for us this week.
  - People are bringing their kids, so we've had a lot of kids.
  - This is a FARC event with no sponsorship.
  - Denise Freeman has the FARC tent, timing clock (must keep the clock plugged in!), and water cooler.
- GTR Profit Update
  - ~\$12,100 has been distributed to Hope House plus the gift certificates.
  - ~\$2400 has been distributed to Fredericksburg Area Services League.
  - \$1600 has been distributed back to club operations for next year.
  - Dick's sent a check for \$1400, so Vic Culp might need to alter the distributions again.
- Google Drive Folder Structure
  - Tracy Lloyd still needs to meet with Brian Pessolano to document the Google Drive folder structures and identify all websites/ids/etc. needed by the board
  - Tracy Lloyd suggested having an orientation each January for existing and new board members to ensure everyone is trained on our technologies, processes, how the GP works, etc.
  - Tracy Lloyd suggested to have a GP presentation, including our vendor and sponsor relationships, next month or as soon as possible. LaTonya Turner is willing to put this together, but needs some time and input from others.
- Fallen Heroes Equipment Help
  - The race director requested race directors names/numbers for Devil's Den (Vic Culp provided this) and Downtown Mile, so she can include their flyers in her packets.
  - The race director needs the mile marker signs and Denise Freeman will coordinate with her to get them from the shed.

*Come Run With Us!*

## New Business

- Open Board Position
  - Tracy Lloyd nominated LaTonya Turner to complete Brian Morgan's director term. Seconded by James Kemp and carried without dissent.
- Beer Tents
  - Jeff Haber isn't able to organize the beer tents going forward.
  - Tracy Lloyd will submit ABC banquet license for the Downtown Mile. Use 915 Charles Street (alleyway) as the address for the beer garden. It might be helpful to put a mark on the bibs to indicate those who are underage.
  - Amber Hayghe will be ABC manager for the Marine Corps Marathon and will need the exact address for the beer garden. We'll need 5 additional volunteers and they need to be ABC trained. We need to solicit volunteers in the newsletter next month.
- Downtown Mile Budget and FARC Tasks
  - Vic Culp met with Edie and very little had been done from FARC, other than getting the title sponsorship with Lucky Road. LR is handing out coupons and donating \$10 from every shoe sale in all of their stores to CASA.
  - Edie will get the beer from Brian Morgan.
  - The new course was denied, so we're using last year's course and Vic Culp submitted the permit for last year's course.
  - Sammy Walker, parks and rec special events coordinator, sends an email every Thursday with next steps.
  - LaTonya Turner will take care of getting shirts, capes, trophies, etc. from Crown Trophy.
  - We only need 5:30-7:30pm police coverage and 3 officers are needed, so Angela Anderson will work with Vic Culp on this.
  - Tracy Lloyd will be the ABC manager on race day and will lead packet pickup the day before and on race day. She will reach out to Kristen Loescher a few days before the race to get the bibs.
  - Denise Freeman and James Kemp will be in charge of overseeing everything on race day.
  - Vic Culp is listed in RunSignup as the race director.
  - CASA is providing most of the volunteers, beer, food, and water.
  - Vic Culp will contact Sara Gilliam, Greg Gilliam, and Aimee Weems to see if they'll be cyclists and have one of them instruct the Course Marshals on race day.

*Come Run With Us!*

- Only 3 more volunteers are needed from FARC.
  - Town Talk with Ted Schubel will be on 7/22 and Vic Culp will be there to discuss FARC, CASA, and the race.
  - Vic will check with Edie if there's any benefit for the run/walk challenge. Participation in run/walk challenge does count towards GP.
  - Vic Culp will update the RunSignup page with more info about the run/walk challenge, including how to submit their miles. Amber Hayghe will then submit a post on our socials.
  - Budget - CASA is responsible for getting sponsors. Sponsor checks come to FARC, and after expenses we cut a check to CASA. LR sponsorship will pay CASA directly, so if CASA doesn't get additional sponsors, then FARC will be in the red.
  - Motion by Tracy Lloyd to approve the Downtown Mile for CASA budget as circulated. Seconded by Amber Hayghe and carried without dissent.
- Shed Inventory Sign-in/out
    - Kristen Loescher recommended we maintain some kind of sign-in/sign-out for our shed inventory, so we know who has what items from the shed. She also recommended having some kind of contract that deals with what happens if someone doesn't return or loses something from the shed.
    - Denise Freeman suggested a simple solution would be to have a clipboard in the shed to sign-in/out inventory.
    - Tracy Lloyd will reach out to Brian Morgan to make sure the items from the HH Expo are returned.

#### Around the Table (The Pig)

- James Kemp
  - Happy to be here and to help with the Downtown Mile.
- Angela Anderson
  - Riverfront Cleanup:
    - Every Monday, 8-11am, on the corner of Charles and Riverside Streets
    - June 28, 9-12th, Falmouth Beach. There's a parking fee if you aren't a Stafford resident, so we should coordinate ahead of time.

#### Denise Freeman

- It'll be fun with James Kemp at the Downtown Mile.

*Come Run With Us!*

Amber Hayghe

- Suggestion to have GP set and communicate rules around race naming conventions for title sponsorships.

Kristen Loescher

- Suggestion to have GP determine the minimum dollar amount for a title sponsor to get naming rights for a race.
- Going to RunSignup University soon and will write up a summary and present at the race director meeting.
- Encouraged everyone to share info for the Plaid to the Bone race. She's excited and is contacting someone who might be able get a bagpipe player. If anyone has a line on sponsors, feel free to share their contact info.

Vic Culp

- Park and Rec Day of Play at FredNats in the fall is 9/21 and it's \$50 to have a tent. We should add this to next month's agenda.
- Requested to add an agenda item for next month to discuss if we want to host a future RRCA Convention.

Adjournment

- Motion by Vic Culp to adjourn the meeting.
- Seconded by Will Triplett and carried without dissent
- The meeting was adjourned at 9:05pm

Minutes submitted by Tracy Lloyd on June 22, 2025

*Come Run With Us!*