



P.O. Box 3653

Fredericksburg, VA 22402

FARC Board of Directors Meeting

September 18, 2025

Courtyard by Marriott, Fredericksburg, VA

Call to Order

- Meeting Called to Order at 7:00pm by President, Denise Freeman

Board Members

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

Others Present: Jimm Lafferty

Approval of the Minutes

- Motion by Angela Anderson to approve the minutes of August 21, 2025 as amended.
- Seconded by Gerry Griffin and carried without dissent.

Reports of Officers

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

Reports of Committees

- Ospreys
 - First competitions start this weekend and everything is going well. Dana Mills doesn't need any volunteer or money help right now. Practices are on Tuesdays and Thursdays at 6pm at Pratt Park.

Come Run With Us!

- Merchandise
 - Amber Traunero will be leading the merchandise committee.
 - Angela Anderson has reached out to Recover and requested to add men's shirts, add Fredericksburg Area Running Club down the sleeve for the long-sleeve shirts, and samples (tank and long sleeve).
 - We'll look at one sample of each type first and then do a run of sizes.
 - Angela Anderson and Amber Traunero will meet with the rep from Recover tomorrow.
 - Two of the Recover influencers are in the club, so they can model the shirts.
 - Due to requirements of needing a vendor license and having to collect tax, FARC won't sell shirts at races, but people will be able to try on the size samples and can buy shirts directly from Recover via a QR code.
- Grand Prix (LaTonya Turner, Gerry Griffin)
 - The Grand Prix Committee met in September and agreed that we will not request that Lucky Road sponsor the Grand Prix in 2026. Instead, we recommend pursuing a sponsor that is not a running and/or sporting business. Doing so will free up the respective race directors to pursue Lucky Road and other such businesses as a sponsor for their races. LaTonya Turner will be drafting a notification to Lucky Road leadership informing them of this decision for the board's review and input before the November board meeting. The notification would be sent to leadership before the end of the calendar year.
 - All race dates for 2026 have been confirmed and race agreements have been received for Devil's Den and Tree of Life.
 - Need to set up a banquet walkthrough and review menu items. It was suggested to scratch the bbq ribs. The deposit has been sent.
 - Vic Culp will take the lead on signups for the banquet.
 - This year, we will not have a guest speaker at the banquet and instead will have race directors do a presentation on their races.
 - We need to start advertising for next year's races. It was decided not to use postcards and instead to use QR codes and social media ads.
 - The preferred date for the Downtown Mile is taken since we missed the deadline to get date to Arsenal, so the new date will probably be 9/19.

Come Run With Us!

- Social Committee (Jeff Haber)
 - Wrapped up the social grand prix series and had 92 participants. LJ Darcy did an amazing job!
 - There will be a social grand prix banquet in the near future. Jeff Haber is working on getting shirts for the top 10 winners (roughly \$200 expense), gift cards to the top 3 winners (\$75, \$50, \$25), and also give away 3 free 1-year FARC individual memberships.
 - Considering Highmark or Red Dragon as the venue for holiday party and the board prefers Red Dragon. Potential date is Saturday, 12/13.
- Newsletter (Will Triplett)
 - The newsletter had 256 people open it on the first day it came out, 16 on the 2nd day, and 65 on the 3rd day.
 - The next newsletter will be sent out on 9/27 and input is due to Will Triplett by 9/24.
 - We should advertise the track series earlier next year.
 - Vic Culp sent a “save the date” for the Grand Prix banquet to Will Triplett for the next couple of newsletters.

Old Business

- MCM Beer Garden
 - ABC license has been received and insurance request was submitted today.
 - We have 3 out of 5 volunteers identified. Angela Anderson will send instructions to Amber Hayghe regarding how to use “volunteer local” to enter in the volunteer names.
 - Amber Hayghe will make sure volunteers know they need to take the ABC course and send her their ABC test certificate.
 - Beer tags will be removed from bibs at packet pickup if a runner is under 21. If a runner looks younger than 21, the beer garden volunteers should check their id.
 - Vic Culp recommended we use bar keys to open up the beer cans. Chris Koehler has about a dozen left over from Devil’s Den.
 - Jeff Haber took some notes from last time and it’s on Google Drive.
 - Angela Anderson has added the people Amber Hayghe identified as well as the board members Vic Culp identified to the VIP tent list. A QR code will be required to enter the VIP tent.
- Devil’s Den Profit Distribution
 - \$1765.12 profit for the Alzheimer’s Association.

Come Run With Us!

- Downtown Mile Recap & Profit Distribution
 - \$6353.92 profit for CASA.
 - FARC bought a music license but weren't successful in being able to play music due to issues with the sound system. Vic Culp was going to ask for a refund, but RRCA hasn't cashed the check yet.
 - Angela Anderson volunteered to be the race director for next year.
 - Vic Culp will load the race documents on our shared drive.
 - Denise Freeman will help CASA out with ideas on their run/walk challenge to beef it up for next year. All the money raised from the run/walk challenge goes directly to CASA (40 last year and 32 participants this year).
 - Gerry Griffin and Vic Culp met with Edie Evans on Monday and identified some suggestions for next year.
 - Vic Culp did a great job taking the lead on this race!
- New Runner Training
 - Gerry Griffin and possibly Anne Anderson will take over leadership of the runner training. So far, the coaches will be Delicia Pack, Amber Hayghe, James Kemp, and Jeremy LeVan. Tracy Lloyd thinks most coaches will help out again if asked.
 - Tracy Lloyd will set up a meeting with Gerry Griffin and Anne Anderson to transition the runner training.
- Day of Play, Sept 21
 - 11am-4pm at FredNats Park and a 10x10 booth, table, 2 chairs will be provided.
 - Volunteer page is set up for this.
 - Brian Pessolano has provided GTR postcards. Vic Culp reached out to Dana Mills to see if she has anything to hand out at the event, but hasn't heard back. Flyers for FARC membership benefits and Ospreys are in the tabling box in the shed.
 - Outside food has to be eaten outside of the stadium and if you bring water bottles, they can't have any logos on them.
- Constitution and By-Laws Changes
 - Tracy Lloyd and Vic Culp sent out a list of proposed changes. The board should review and add any additional changes before next month's board meeting.
 - In the next board meeting, we need to determine what proposed changes we want to submit for consideration to the rest of the club. These proposed changes need to be published in the October and November newsletters and will be voted on in the December board meeting.

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New Business

- Announcement of Nominating Committee
 - Denise Freeman has appointed Amber Hayghe, Allison Xanthopoulos, and LJ Darcy to be our nominating committee.
 - Everyone wants to stay in their positions, except we need to find someone for the secretary role.
 - The nominating committee needs to present the list of nominees in our October board meeting and send it to Will for the newsletter in October and November.
- Sound System
 - This topic is tabled until we clean out the shed.
- Reorganize Stuff in Shed
 - We'll set a date at the next board meeting and it'll be after the FredNats race.
 - Bottles of water from Downtown Mile are now in the shed
 - Orange fencing can be removed.
- Trail Series
 - Denise Freeman and Jimm Lafferty proposed FARC create a trail series since there are 30 miles of trails in Fredericksburg. This would help make trail running more inclusive. The proposal is to have one trail race each month and be an informally timed event.
 - The trail series would start early in the year with short distance (ideally a 5K race in February) and have the length of the races expand throughout the year.
 - Jimm Lafferty has about 20 routes created already.
 - The trail series would be covered under FARC's insurance as long as we don't create manmade obstacles.
 - We might need to notify parks if we use the trails. We might want to close the trails for longer runs and there might have a small fee to do that.
 - It was recommended that Jimm Lafferty create a budget for next year's trail series.
 - Tracy Lloyd will invite Jimm Lafferty to the Runner Training transition meeting so he can learn how the logistics were set up.

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Around the Table (The Pig)

- Angela Anderson
 - The RRCA board members haven't made a decision yet on how they plan to select convention locations. They did say they loved the convention we sponsored in Fredericksburg and are excited we want to do it again.

Adjournment

- Motion by Tracy Lloyd to adjourn the meeting.
- Seconded by Gerry Griffin and carried without dissent
- The meeting was adjourned at 8:23pm

Minutes submitted by Tracy Lloyd on September 20, 2025

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