



P.O. Box 3653

Fredericksburg, VA 22402

FARC Board of Directors Meeting

October 16, 2025

Courtyard by Marriott, Fredericksburg, VA

Call to Order

- Meeting Called to Order at 7:04pm by President, Denise Freeman

Board Members

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

Others Present: Jeff Haber, LJ Darcy, Amber Traunero, Allison Xanthopoulos

Approval of the Minutes

- Motion by Gerry Griffin to approve the minutes of September 18, 2025 as amended.
- Seconded by Amber Hayghe 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 Tracy Lloyd and carried without dissent.
 - LaTonya Turner will reach out to Brian Morgan to see if he has any receipts for his RRCA hotel and those receipts will be due by 10/31 or he'll forfeit reimbursement.
 - Receipts need to be received within 30 days in order to qualify for reimbursement.
 - Lucky Road hasn't paid 3rd quarter sponsorship and Vic Culp will send an invoice for the 4th quarter.

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Reports of Committees

- Ospreys
 - Angela Anderson talked with Dana Mills and they are preparing for the last 2 races coming up and then they'll take a break for the holidays. They're having an end of year party and she'll submit receipts to Vic Culp.
- Merchandise
 - Amber Traunero talked with Bill at Recover and he can do printing on the sleeve and we just need to let him know the color for the printing. We requested a mock up of white lettering and black lettering on the sleeve.
 - The merch will be on the website within 2 weeks once we finalize the colors and he'll create a QR code for our socials. Merch will include tank tops, quarter zips, and long sleeved shirts in the Sport style will be soft blue.
 - Shirts were brought to Plaid to the Bone, but it was too windy to showcase them properly.
 - Shirts will be brought to the FredNats race on 11/9.
- Grand Prix (LaTonya Turner, Gerry Griffin)
 - Plaid to the Bone recap
 - Course was challenging and not easy to run, but many runners have been training for the marathon so they were fit enough to handle the course
 - About 5 GP 1st medals, 5 GP 2nd medals, and 5 GP 3rd medals were given out
 - Race went smoothly, but had to make a couple of changes due to the wind, like the FARC group picture location had to be changed and the ax throwing couldn't be done.
 - The FARC tent and cover ripped due to the wind, so we need a new tent and weights (10lb would be good) for next year.
 - Snacks were good and flannel was well received with people embracing the theme.
 - 121 people registered and 105 finished. For reference, last year's 10K Run Thru History had 150 people registered.
 - FredNats is November 9th
 - GP committee is working on the GP banquet for Jan 2026. The walk-through at Brocks will be on 11/2 and the menu will change to include more veggie options. We won't have a keynote speaker this time and instead will have race directors talk about their races for 2026.
 - LaTonya will send out a list of race dates for next year.
 - The GP committee agreed not to have Lucky Road as the sole sponsor next year and instead will look for businesses that are non-running and non-sports.

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Individual races can still seek sponsorships from Lucky Road or other running and sports related companies.

- Notification will be sent to Lucky Road soon.
 - GP committee agreed to repurpose this year's medal for next year by just changing the year on it. This will reduce the cost of medals for next year.
 - Vic Culp is working with Crown Trophy to design awards for people who finished all of the races and age group awards. These awards will be attachments to the current GP medals.
 - Kristen Loescher asked if we wanted to change the Plaid to the Bone course back to the 10k Run Thru History, so give her feedback if you ran both races.
- Social Committee (Jeff Haber)
 - Social committee has \$1300 left for the year minus the outstanding receipts for GP social t-shirts (a little over \$175) and gift cards (about \$50)
 - Red Dragon is charging \$500 for exclusive use of their facility for our holiday party, plus a minimum of \$600 for drinks. The cost would be \$1100 plus tips, so there isn't enough budget left to cover this.
 - Dec 13th is date for holiday party, 6-9pm, at Red Dragon and we won't have exclusivity. The club will pay for 2 drinks per member.
 - Last monthly social run came up against a competing Arsenal event for Plaid to the Bone. Denise Freeman will talk with Kristen Loescher as Arsenal events should be run by our board like the social committee events to ensure we don't have conflicts with other club events.
- Newsletter (Will Triplett)
 - The newsletter had 244 opens on the 1st day it came out, 91 opens on the 2nd day, and 23 opens on the 3rd day.
 - The Beer Tent email had 281 opens on the 1st day and 57 opens on the 2nd day.
 - The next newsletter will be sent out on 10/28 and input is due to Will Triplett by 10/24.

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Old Business

- MCM Beer Garden
 - 3 out of 5 have completed the liability waiver
 - Amber Hayghe and Vic Culp have been in contact with the beer distributor and asked for phone number and name of driver
 - Vic Culp will provide the check for the driver and give it to Amber Hayghe
 - Amber Hayghe booked her hotel and parking pass
 - Amber Hayghe talked with Vic Barthelemy to walk through what happens on race day and she'll create a checklist
 - All of the bar keys were given out at Devil's Den
 - Amber Traunero will try to get a list of non-FARC volunteers so they can do the ABC training for the liability waiver
 - MCM is a GO!
- New Runner Training
 - Tracy Lloyd is waiting for a response and then she'll set up a meeting with Gerry Griffin and Anne Anderson. Jimm Lafferty will also be invited as he might want to use some ideas for his trail series.
- Reorganize the Shed
 - Table until next month
 - Denise put some shelving in there for us if we want it
- Trail Series
 - No updates as Jimm Lafferty still needs to talk with people from the city
- Constitution and By-Laws Changes
 - LaTonya Turner made a motion that we accept the document with the change of President and VP are elected in the same year (even years). Gerry Griffin seconded and the motion passed with 5 votes in favor and 1 vote against.
 - Vic Culp made a motion to change the document to have the Secretary elected in odd years. Gerry Griffin seconded and carried without dissent.
 - Vic Culp will update the proposed Constitution and By-Laws changes document (article IV, 2B, IV 2C, and IV 4A) per the above motions and send the updated version to the board and Will Triplett to be published in the October and November newsletters.
 - These proposed changes will be voted on in the December board meeting.

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New Business

- Announcement of Nominees
 - Michelle Sledge is the nominee for Secretary
 - Other incumbents up for re-election will be nominated for the roles
- Volunteer Committee
 - Allison Xanthopoulos will lead the volunteer committee and will need to set up a RunSignup account so Vic Culp can give her access to the Volunteer site
- Social Media Committee
 - Amber Traunero and Allison Xanthopoulos are willing to help with socials and the website (done in WordPress)
 - Whatever social media messaging is posted, should also be reflected on the website to ensure consistent messaging
 - Vic Culp updates GP standings on the website and Edwin Ridout makes other website updates
- Richard Vesey Award
 - Will Triplett will lead this committee again and needs 2-3 committee members
 - Will Triplett has 3 award candidates and is taking additional inputs for the committee's consideration

Around the Table (The Pig)

- Vic Culp
 - He is cleared to run MCM
- Amber Traunero
 - MCM is happening!
- Tracy Lloyd
 - We received an email request to promote the Gus 5K race. This race is the Saturday after FredNats and has the same route. This race is in the GP series for next year, so Denise Freeman will reply stating that we'll start actively promoting 2026 club races in January and she'll be invited to the GP banquet to talk about her race.

Adjournment

- Motion by Tracy Lloyd to adjourn the meeting.
- Seconded by Gerry Griffin and carried without dissent
- The meeting was adjourned at 8:49pm

Minutes submitted by Tracy Lloyd on October 20, 2025

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