



P.O. Box 3653

Fredericksburg, VA 22402

FARC Board of Directors Meeting

November 20, 2025

Courtyard by Marriott, Fredericksburg, VA

Call to Order

- Meeting Called to Order at 7:01pm by Vice President, Angela Anderson

Board Members

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

Others Present: Amber Traunero, Kristen Loescher, Brian Pessolano, Jeff Haber

Approval of the Minutes

- Motion by Gerry Griffin to approve the minutes of October 16, 2025 as circulated.
- Seconded by James Kemp 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 Gerry Griffin and carried without dissent.
 - LaTonya Turner reached out to Brian Morgan regarding his receipts for the RRCA convention travel. No response has been received and since we have passed the agreed upon deadline of October 31st, no reimbursement will be made and this action item has been closed.

Come Run With Us!

Reports of Committees

- Ospreys
 - No updates as the Ospreys are on a break.
 - Vic Culp will get with Dana Mills to get her receipts.
- Merchandise
 - Merch is up on Recover's website and there's a 15% off coupon for our club members. Amber Traunero will ask Recover for a FARC15 for a coupon for the club to make it easier.
 - Amber Traunero thinks there will be Black Friday bundles and she will confirm.
 - It was suggested to put the link and size chart on our website and newsletter.
 - We're waiting for a branded social media post from Recover and then Amber Hayghe will repost on our socials.
 - The board agreed to have reports every quarter on sales so we could see what is selling best.
- Grand Prix (LaTonya Turner, Gerry Griffin)
 - Notification has been sent to Lucky Road that we are not asking them to be a Grand Prix sponsor for next year
 - Angela Anderson and LaTonya Turner did a walk through at Brocks and they've added more vegetarian options
 - Vic Culp has sent out invites to people who have completed 7 series races and will send out invites to the board soon. He will track responses.
 - Amber Hayghe will send out a save the date for the banquet and the cost is \$30 per person or \$45 for 2 people
 - Good turnout for FredNats
 - 2 races are left in this year's series: Blue & Gray Half Marathon and Frosty 5K
 - We've started advertising the 2026 races in the newsletter and socials
 - Plaid to the Bone will be on 10/11 next year, which is the same day as Army 10 Miler, but there wasn't another good date. Most people preferred the Pratt Park course with only 1 person preferring the Spotsy Battlefield course
 - Gerry Griffin and Amber Hayghe will be at Blue & Gray at 6:30am to set up the FARC tent and be there after they finish the race

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- Social Committee (Jeff Haber)
 - Everything is set for the holiday party. Each member will get 2 free beverages per person and they don't have to be beers. Jeff Haber will email information to Will Triplett for the newsletter.
 - The \$600 minimum can include the tip and the social committee is going to ask people for donations towards the tip
- Newsletter (Will Triplett)
 - The newsletter had 569 opens on the 1st day it came out, 82 opens on the 2nd day, and 50 opens on the 3rd day.
 - Sending out a separate email for the constitution and bylaws proposed changes worked well and he'll send it out separately again this month.
 - The next newsletter will be sent out on 11/28 and input is due to Will Triplett by 11/24.

Old Business

- RRCA Convention Reimbursement Status
 - No receipt received from Brian Morgan
- Sound System and Tent
 - Need to buy a new sound system and tent with the budget for next year.
 - Brian Pessolano bought 2 tents for GTR and 1 of them is missing.
 - Sound system works better when plugged in, but cuts in and out when it's not plugged in. We can plug it into a battery. Amber Traunero will price some options (requirements: 2 speakers working independently, with or without microphones, portable is nice to have, battery should last 4 hours)
 - Kristen Loescher uses the sound systems at this link: https://www.amazon.com/dp/B0B25P2LH9?ref_=ppx_hzsearch_conn_dt_b_fed_asin_title_1&th=1
- MCM Beer Tent Recap
 - Several issues were discussed and Amber Hayghe will do a writeup to ensure everything is captured.
 - We're still waiting on a check from Speciality Beverage.

Come Run With Us!

- New Runner Training
 - Tracy Lloyd transitioned everything to Gerry Griffin and Anne Anderson.
 - Gerry Griffin will send emails out to last year's coaches.
 - 5K training will start on January 3rd, 10K training will start on February 15th, half marathon training will start on March 22nd, and the Historic Half is on May 17th.
 - James Kemp announced that an anonymous donor will donate 5 1-year individual FARC memberships for the 5K training and another 5 memberships for the 10K training.
 - Gerry Griffin will send a writeup to Will Triplett for the newsletter.
- Trail Series
 - Proposed dates/distances:
 - February 8th, 5K at the Quarry
 - April 5th, 5 Miler at the West Side Quarry (Easter)
 - June 7th, 10K at the Quarry
 - August 16th, 8 Mile Loop at Motts
 - September 20th, 10 Miler at the Quarry
 - November 29th, half marathon/50K?
 - Jimm Lafferty and Denise Freeman suggested a \$5 entry fee for each race to ensure people show up
 - Pacing groups and waves were discussed and Jimm Lafferty plans to mark the courses
 - April 5th is Easter, so the board recommends finding a different date for the 5 Miler

New Business

- Great Train Race Budget
 - GTR doesn't ever lose money and typically donate ~\$12,000 to Hope House.
 - Brian Pessolano is trying out a new advertising tool this year - Peach Jar (school communication tool) and the focus will be to get schools more involved and drive up school participation. GTR advertises in Fredericksburg, Spotsylvania, Stafford, Caroline, and King George schools. It was suggested to also advertise in Prince William schools.
 - Traditionally school participation award money has come from the packet pickup sponsor. Brian Pessolano has sent our requests for proposals from River Rock, Dicks, Fleet Fleet, Lucky Road, Academy, FredNats since the current sponsor isn't willing to do again. He is targeting a \$3000 sponsorship.
 - Amber Traunero will see if her contact at Academy is willing to connect with Brian Pessolano.

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- Sponsorship deck/presentation is published on GTR website. B101.5, VRE, Paragon, Sheehy, Crown Trophy are locked in for next year.
 - Brian Pessolano will set up a meeting with the city to discuss any cost for barricades. There's a rumor that the city has new barricades and aren't charging to use them.
 - GTR provides free entries and free shoes for Hope House runners. Last year's sponsor gave us a discount on the shoes, so this year's shoe cost is estimated.
 - GTR is increasing the award to \$1000 for the top 2 schools with the highest participation.
 - Motion by Vic Culp to approve the GTR budget. Seconded by Tracy Lloyd and carried without dissent.
- Board Member Training
 - Angela Anderson will reach out to the board on dates and topics for the training in January and Tracy Lloyd will request the Courtyard by Marriott's conference room.
- RRCA Annual Dues
 - Site is now open to renew our RRCA annual dues. Tracy Lloyd will submit our renewal and let Vic Culp know the amount for the check.
- UCAN Sponsorship
 - This sponsorship has expired and we can remove UCAN as a sponsor on our website and in our newsletters.
 - Rebecca Ivester can probably provide us with a contact is we decide to restart the sponsorship..

Around the Table (The Pig)

- Angela Anderson
 - Denise Freeman plans to start the track series either June 15th or 18th, 6pm-7:30pm, through July 27th.

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- Kristen
 - Sign up now for the Blue & Gray Half Marathon in order to be guaranteed a shirt. Runners will also get a free baseball hat.
 - Vic Culp is giving away vintage Blue & Gray shirts at packet pickup only on Saturday.
 - We're in the process of updating RunSignup websites for next year. The Devil's Den 10 Miler website has been renewed and updated with what we could. We have not gotten a response from Chris Koehler with next year's info.
- Will Triplett
 - Need a couple of more volunteers to determine the winner of the Vesey award

Vic Culp

- FredNats 5K made about \$7500 and since the Team RWB check goes to the national office, he'll buy a \$600 gift card for the local group's holiday party.

Adjournment

- Motion by Angela Anderson to adjourn the meeting.
- Seconded by Gerry Griffin and carried without dissent.
- The meeting was adjourned at 8:08pm.

Minutes submitted by Tracy Lloyd on November 25, 2025.

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