



P.O. Box 3653

Fredericksburg, VA 22402

FARC Board of Directors Meeting

December 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, Will Triplett, LaTonya Turner, Amber Hayghe, Gerry Griffin, Tracy Lloyd
- Absent: James Kemp
- Quorum Present? Yes

Others Present: Amber Traunero, Michelle Sledge, Kristen Loescher, Jimm Lafferty, Jeff Haber

Approval of the Minutes

- Motion by Amber Hayghe to approve the minutes of November 20, 2025 as circulated.
- Seconded by Vic Culp and carried without dissent.

Elections

- Nominees are:
 - Secretary (2 year role): Michelle Sledge
 - Treasurer (2 year role): Vic Culp
 - Director (2 year role): Amber Hayghe
 - Director (1 year role): Gerry Griffin
 - Director (1 year role): James Kemp
- The motion to elect Michelle Sledge to the Secretary (2 year) role passed unanimously

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- The motion to elect Vic Culp to the Treasurer (2 year) role passed unanimously
- The motion to elect Amber Hayghe to the Director (2 year) role passed unanimously
- The motion to elect Gerry Griffin to the Director (1 year) role passed unanimously
- The motion to elect James Kemp to the Director (1 year) role passed unanimously
- New terms begin on January 1st and the board meetings are the 3rd Thursday of each month. If enough board members have a conflict, the meeting date can be moved as long as it's communicated to the club well in advance.

Constitution and Bylaws Changes

- Motion by Tracy Lloyd to approve updates to the Constitution and Bylaws as circulated. Seconded by Will Triplett and carried without dissent.
- Tracy Lloyd will upload the changes to our Google Shared Drive and work with Edwin Ridout to upload them to our website.

Reports of Officers

- Treasurers Report (Vic Culp)
 - The outstanding checks to RRCA on previous treasurer reports have never been cashed. Jean Knaack from RRCA instructed us to void the checks and there's no need to replace them. This resulted in a \$318.90 reduction for both the Downtown Mile and the FredNats 5km. The Downtown Mile amount is available to spend in 2026. The FredNats amount was included in the gift card to the local Team RWB since the rest of the money goes to their national org.
 - Motion by Tracy Lloyd to approve the treasurer's report as circulated. Seconded by Amber Hayghe and carried without dissent.

Reports of Committees

- Ospreys (Denise Freeman, Angela Anderson)
 - No updates since they're still on break
- Merchandise (Amber Traunero)
 - The order of free samples from Recover has been received and Amber Traunero will give them to Denise Freeman.
 - Recover sent a flyer with a QR code for us to have at races.
 - Amber Traunero asked Recover for a discount code and haven't provided it yet. There are discounts on the website, but it doesn't apply to FARC merch.

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- Amber Traunero will take pictures of FARC members wearing the merch and will send a writeup to Will Triplett for the newsletter.
- Grand Prix (LaTonya Turner, Gerry Griffin)
 - 54 people have completed at least 7 races this year, which is about the same as in previous years.
 - All invites to the GP banquet have been sent and the committee is finalizing non-cash award items. Everything is settled with Brock's and the committee will follow up with them on 1/12 once the headcount is finalized.
 - LaTonya Turner has reached out to race directors to make sure they received their invites and are prepared to speak about their races at the banquet for a few minutes
 - Information about the banquet has been published on our website and our socials and this year we're offering a discount code (25FARC) for club members who haven't completed 7 races. The discount code is active 12/25 - 1/11 for a half-price banquet entry fee of \$15.
 - Lucky Road has been informed we will not be asking them to be a sponsor for next year. The GP committee isn't seeing a big return on investment to solicit a new sponsor for the 2026 Grand Prix.
 - We'll use this year's design for the medals next year and will just order new year pieces that say 2026.
 - Amber Hayghe will update the 2026 Grand Prix flyer and send to Edwin Ridout to publish on our website and she'll boost it on our socials. It was recommended to use pictures of the races and not just the schedule graphic in the boost.
 - Denise Freeman stepped up and handed medals out from Fleet Feet after the last race and will keep them at the store until the banquet,
 - To ensure we don't have a single point of failure going forward, the GP committee will have contingency plans in place for handing out medals at the races next year.
 - LaTonya Turner will write a summary of the 2025 GP series and send it to Will Triplett for the newsletter.

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- Social Committee (Jeff Haber)
 - The holiday party was successful and people commented that the decorations were very nice and the food was good. The cost was just a little more than the budget.
 - Red Dragon is going out of business and Denise Freeman will go back to pick up her tables.
 - Billikens is a frontrunner for the new social runs location. We might move the social runs to Thursdays since they have karaoke those nights and \$1 beers. They also do brunch on the weekends. Runner training is also on Thursday nights, so the move might need to wait until after March.
 - Social Grand Prix will be more scheduled next year. The plan is to start in January, maybe with run and bonfire at the Dahlgren trail. MLK weekend was suggested as a good date for the event.
 - Jeff Haber will send information to Will Triplett for the newsletter.
- Newsletter (Will Triplett)
 - The newsletter was sent out to 360 people and had 315 opens on the 1st day it came out.
 - The next newsletter will be sent out on 12/24 and input is due to Will Triplett by 12/22.
 - Denise Freeman will do a write up for the January newsletter to summarize 2025 and highlight events coming in 2026.
- New Runner Training (Gerry Griffin, Anne Anderson)
 - Flyers have been distributed across the area and the 5K training session starts on Saturday, 1/3/2026, at 8am.
 - Training for the 5K and 10K sessions will be on Tuesdays and Thursdays at 6pm in the Wegmans parking lot and on Saturdays at 8am in the garden area right below where FARC meets.
 - 10 coaches are currently lined up and Amber Hayghe offered to send out a message on our socials if more coaches are needed. Fewer coaches are needed during the 5K portion.
 - Gerry Griffin will send out an email to participants and coaches soon.
 - 2 sets of running lights will be purchased with the rest of this year's budget. Vic Culp asked for receipts to be submitted before the end of the year so he can close out this year's budget in 2025.
 - Participants under 18 need to have a parent or guardian registered and running with them.
 - Gerry Griffin will send 5K training info to Will Triplett for the newsletter and to Amber Hayghe to post on our socials after Christmas.

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- Gerry Griffin will still do his monuments run in the spring, summer, and fall and will send info to Will Triplett for the newsletter.
- Trail Series (Jimm Lafferty, Denise Freeman)
 - Jimm Lafferty has been speaking with the city and needs more time to get approvals from the quarry and other trail owners.
 - The 5K race is schedule for April 26th and rest of races are scheduled for May 31st, July 19th, August 23rd, September 6th, September 27th. The courses are mapped already.
 - A RunSignup page will be created where you can sign up for each race on the same page.
 - A \$10 registration fee per race (maybe all 6 races for \$50) is proposed so people have accountability.
 - The tentative budget for 2026 is \$1507.25, with the largest expense being the port-a-johns.
 - This trail series is all about inclusivity (no cutoff times!) and removing barriers to trail running.
 - Jimm Lafferty will do a writeup for the newsletter to generate interest and post tentative dates.
- Board Member Training
 - Training will be on 1/17/2026, 10am - 2pm, and LaTonya Turner will reserve a room in the downtown library. If a room isn't available in the library, then we'll try to get the conference room at the Courtyard by Marriott.
 - We'll use email to sort out the topics for the meeting and Michelle Sledge will put together the agenda.
- Sound System
 - Amber Traunero will look into the model Kristen Loescher uses.

New Business

- 2026 Budget
 - The overall 2026 budget needs to be approved at the next board meeting on 1/15/2026 and all proposed budgets (including the new sound system, tent, committees, etc.) need to be emailed to the board at least a week beforehand.
- Motion by Michelle Sledge to approve the budget for the storage shed and QuickBooks as circulated (they need to be paid prior to the next board meeting). Seconded by Vic Culp and carried without dissent.

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- Bonding the Treasurer
 - Bonding is like an insurance policy in case the Treasurer steals the money and the cost of bonding is 1.5% of the amount you want bonded.
 - Going forward, Victor Culp, Treasurer, and Angela Anderson, Vice President, will be the signatories on our PNC and Truist bank accounts. All other previous signatories will be removed from the banks' records. They will visit these banks in January 2026 to make the changes.
 - Angela Anderson will create an Intuit account to access our QuickBooks Online accounting records. Angela Anderson should pursue QuickBooks Online training to understand how to use the software. If there are no free online training options, Vic Culp may be able to add Angela Anderson to his QuickBooks Online Accountant license to access training.
 - The board decided the checks and balances in place once Angela has signature rights and access to all Treasury accounts and files will suffice, so bonding isn't needed.
 - Denise Freeman will establish an audit committee, consisting of 1 board member and 2 non-board members to perform a financial audit early next year. Kristen Loescher volunteered to participate as she has worked on other audits previously.
- Community Activities
 - Denise Freeman and Angela Anderson discussed ideas to get us more involved in our community. Some ideas are having a float in the Christmas parade (registration is typically by the summer and the parade is usually the day before the Blue and Gray), Day of Fun, Farmer's Market, Pride Festival, and Earth Day Festival.
 - Angela Anderson reached out to the city to try to get our events posted on their website.
- Volunteer Committee (Allison Xanthopoulos)
 - The board needs to start leaning more on the volunteer committee
 - It was recommended to have a schedule for people to bring the tent to races in order to showcase our offerings (3 people, 2 for the tent and an alternate).
 - Vic Culp set up a volunteer page on RunSignup and if the volunteer committee has a need for a paid app or anything, they need to submit their budget soon.
 - Denise Freeman will ask the committee chair to attend board meetings or provide updates prior to the meetings.

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Around the Table (The Pig)

- Kristen
 - Working on RunSignup websites for 2026 and waiting on a response for Devil's Den.
 - Will work with LaTonya Turner because the race directors need to provide details for the FAQ section which is needed for the AI chatbot.
 - Registration is open for many races in 2026, so encourage people to register.
- Amber Hayghe
 - Social media committee will get started after the new year.
- Michelle Sledge
 - Originally from Chattanooga, TN and was heavily involved in the Chattanooga running club and held the positions of president, vice president, treasurer, and race director.
- Denise Freeman
 - James Monroe HS agreement for track series has been signed and they waived all the fees. The series will run from 6/2 through 7/28.
- Amber Traunero
 - Found a speaker for less than \$1000.
- Jimm Lafferty
 - Thanks for supporting the trail series!
- Vic Culp
 - The Brenda Purcell memorial race is on 12/20 in Louisa if anyone is interested in participating. She and was a longtime club member.
 - RRCA convention for 2026 - Denise Freeman, Angela Anderson, Vic Culp, and Amber Hayghe are registered for the RRCA convention in 2026.

Adjournment

- Motion by Tracy Lloyd to adjourn the meeting.
- Seconded by Michelle Sledge and carried without dissent.
- The meeting was adjourned at 8:47pm.

Minutes submitted by Tracy Lloyd on December 21, 2025.



12/21/2025

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