



Gate City Striders eBoard Meeting Agenda

Meeting Date:
September 14, 2022

Start Time/Location:
7:15 pm IN PERSON - Nashua YMCA

Attendees:

<input type="checkbox"/>	Kristen MacWilliams	X	Amanda Naro
<input type="checkbox"/>	Trevor Ward	X	Tara Roark-Towle
X	Michelle Treworgy Robinson		
<input type="checkbox"/>	Carolanne Donovan	X	Steve Rouleau
X	Johanna Lisle Newbold	X	Phil Petschek
X	Brandyn Naro	X	Carolina Tumminelli

Guests:

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- **Opening Remarks (Steve Rouleau) (5 minutes).**
 - **Secretary's Report (Carolina Tumminelli) (1-2 minutes)**
 - August Minutes - Minutes accepted.
 - **Treasurer's Report (Kristen MacWilliams & Michelle Treworgy Robinson) (10 minutes)**
 - Mailbox key - PO Box is at Spring street Post Office in Nashua - Is Carolann able to do it? If not, we need to find someone to pick up the mail etc. Need to follow up to make sure we get someone assigned to it. Maybe Trevor.
 - Michelle has the checkbook for the checking account in case we need physical checks.
 - Kristen's email updates

Items of Note:

- After last month's meeting Carolanne realized that the Constant Contact contract was up for renewal now, and if we paid in advance for the year we got a substantial discount, so that is why you'll see the large email expense.
- My membership totals and Trevor's will differ for the rest of the year due to the fact we changed which account those dues go to. If you absolutely must know the yearly total, use his for the rest of this year and next year we should be very close all the time.

- Please note that both FitU and PAL Track show an income higher than previous months because I found out the 50/50 Raffle proceeds from the Awards Dinner were accounted for incorrectly. I've since allocated that \$335 equally to those two programs (reflected below).

I did an "At a Glance" account for the main events completed since April.

Pack Monadnock

Income. \$7330.00

Expense. \$4731.29

Total Profit \$2598.71

Gate City Running Festival

Income. \$5095

Expense. \$14,334.50

Total Profit -9239.50. (note this is a negative, made more impactful due to the porta potty situation)

Fitness University

Income. \$1767.50

Expense \$1688.73

Total Profit \$78.77

PAL Track

Income. \$1793.04

Expense. \$1332.32

Total Profit. \$460.72

Summer Trail Series

Income \$17,025.62

Expense. \$5479.59

Total Profit. \$11,546.03

▪ **Committee Reports**

▪ **Sponsorship/Outreach (5 minutes)**

- Updates: no updates

▪ **Membership (Trevor Ward) (5 minutes)**

- Updates: Trevor's updates by email - not much to update, some renewals.

▪ **Communication (CarolAnne Donovan) (5 minutes)**

- CarolAnne update via email - the next newsletter is going out tomorrow and will include what we send out to her post meeting.

- **Competition (Johanna Lisle Newbold & Tara Roark-Towle) (5 minutes)**
 - Boston Marathon Application and Awarding Process-
 - Updating the process? Haven't made a plan to get together to change things yet but trying to do so soon. Subcommittee will meet, and have it ready for the October meeting so it can be approved and then we can open the application process to the club.
 - Brandyn will set up the meeting for the subcommittee.
 - Johanna is ok with handling and leading the Boston App Committee. And once the process is finalized, she will send out an email to the Board for 3 volunteers to review the apps anonymously.
 - We have sent in the application for Bibs to the BAA.
 - pick a date to open up the applications etc? How does that impact the rubrik we use.

 - Boston Marathon Bus/Hotel- no updates at this point except maybe we should let members know about the fact that we are going back to the old model of bus/hotel/bag drop off. Steve will have CA add it to the newsletter.

 - Mountain Series- Waterville Valley and Cranmore coming up.

 - NHGP- Next race - last race - NE Half on 10/23, and then the Track 5K has to be finished by 10/23. There is a \$10 off coupon for the NE Half, add to CA's newsletter. Tara & Johanna will think about holding another track night in October. maybe piggyback off of a track night.

 - NEGP- Lone Gull 9/25 and then the last 5K is in November

 - Cross Country - only had 4 runners. Disappointing that we didn't have more people competing. Why can't we get more people involved? People don't want to travel that far away, and don't want to pay for a USATF number.

 - Overall we are having a hard time getting people involved in club events and races. Maybe racing is not as high a priority of members in general. Maybe we need to ask people in the club what they are looking for from the club.
 - **Maybe we focus less on racing and race reimbursement and more on club participation and social events, etc.**

- **Social (Amanda Naro) (10 minutes)**
 - Updates
 - Hall of Fame –

- Best of Boston/Henri Renaud Awards (Amanda Naro) -
- Scholarship Night -
- Health & Wellness Night (Amanda Naro): about 30 people participate in the Bingo, good participation. 11 vendors committed, 9 vendors showed up (2 backed out last minute for personal reasons). Overall good feedback from members for the event. Some vendors were interested in working with us on other things - Fred @ CPTe - maybe some gate city nights and presentations, and possibly a sponsor for a race. Some vendors offered some classes, etc. Amanda has been following up, etc. And good feedback from the vendors as well.
 - Maybe try to have vendors come for one of the track nights and lead a warm up or whatever. Or maybe try to have a run out of their location.
- Ultimate Runner Night -
- Candlelight relay/Bell Lap celebration October 19th - Planning to do it like we did last year - At South, with Pizza, cookies, gatorade and water, etc. Will need people to help with getting the tent, lights, etc.
 - **Asking for a budget of \$450 - Amanda Motion, johanna seconds, All in favor no opposition. Passes.**
- Annual Meeting
- Awards dinner - Amanda is reaching out to NCC and Skymeadow and Courtyard Marriott to get pricing. Skymeadow is too expensive (minimum of \$3,000). Amanda can look into the numbers more closely. Last year at NCC we spent \$2,500, before last year it has been \$2,700-\$3,000.
 - In general NCC seems to be the better deal.
- new member committee - no updates - having a hard time trying to get the group together to finalize things to present to the board. Will try to get it done soon to have something for the next meeting.
- **Training (5 minutes) -**
 - Winter Track - no updates
 - Spring/Summer/Fall Track - Good crowd tonight - about 25-30 people tonight. Moving to South starting next week! Trevor is working on the porta-potties over - **motion for the \$125 - all in favor, motion passes.**
 - Now that we are officially reserving the track, we need to make sure we have someone for Fit U because that is a big reason that we get to reserve the track and use it for free.

- Couch to 5k - George is stepping down after this year. We will need a coach for next year.
- **Events/Races**
 - Freeze Your Buns: Steve has been working with Rob L. Is supposed to get Steve a budget for FYB by next meeting.
 - update on remaining t-shirts to runners who paid for them: Steve working on it with Rob L.
 - We will need a volunteer coordinator director. Rob Lembree is staying on. Steve is working with them.
 - Gate City Marathon/Gate City Running Festival (5 minutes) -
 - Portopotty issue resolved? We still had to pay a fee, it was discounted fee.
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 - Pack Monadnock 10 Miler no updates.
 - PAL Track & Field **(1-2 minutes)**Johanna no updates. Johanna has to get the stuff over to the shed.
 - PAL XC - Steve talked to Tom and is ready to go, he has all the coaches he needs to make it work.
 - Summer Trail Series (Rob Fiero)- (1-2 minutes) - no updates.
 - Fitness University (Carolina Tumminelli) - (1-2 minutes) - CKT has agreed to stay on IF AND ONLY if we can find someone to help out - an assistant director.
 - Mill Cities Relay - (1-2 minutes) Will start to recruit for this year. Committee has met on that - Chris Simard, Steve and Jake - some conversations re: alterations to first leg, and possibly starting earlier. Will be launching the form next week to start forming teams.
 - Novemberfest - November 20th - Bob is looking for volunteers.
- **Community Outreach** -
 - Roadside cleanups?
 - Deb is going to let Steve know when she puts dates together so we can get club involvement.

- **Other**
- New Signature Event - Brandyn sent out an email. 4 people interested in the planning of the event -
 - results of Survey:
 - I wanted to share what we saw for results from our survey. In total we had 25 responses.
 - -Four people indicated a desire to be a part of planning the event. If this is something we decide to move forward with, knowing we have a solid group is key!
 - -There was a pretty even split between wanting to have the event in Spring or Fall (12 and 11 votes respectively). No one picked Winter, leaving Summer with 2 votes.
 - -The respondents overwhelming want to see a road race (72%) with trail race being the only other option to get multiple votes.
 - -For distance the most popular (40%) was 5K-10K with both half marathon and multiple distances coming in tie for 2nd with 20% of the vote. No other selection had more than 1 vote.
 - -Location was a freeform field so the answers are harder to aggregate, but there were a few themes. The majority wanted Nashua in some way, with seven people suggesting downtown specifically. Four people wanted Hollis in some shape or form. Mines falls had a few mentions as well
 - -As for race amenities, the biggest vote getter was "low frills" with 32% of the vote, but it was only 1 vote ahead of the complete opposite end of the spectrum which is a "tricked out" race. Most others were in the middle somewhere
 - -Most were willing to volunteer and/or plan.
 - Still have the question of do we think we can support another race.
 - Maybe reach out to those 4 people to get together with whomever from the board to have a brainstorming session and see where that goes to make recommendations for the Board with a proposal for us to evaluate and make decisions. Brandyn, Steve, Phil, Carolina to be part of the committee.
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- Shed cleanup? - Brandyn to reach out to Rob F. to try and get
- GHOST TRAIN REQUEST FROM ROB FIERO - Rob has asked to borrow the following items from GCS for the Ghost Train race on 10/15-10/16
 - The "large" timing clock, which has 6 digits so we can time a 30 hour race. (TARC's only has 5 digits)
 - (6) 5-gallon water jugs
 - 2 black folding tables
 - 2 dozen orange cones
 - The bag of PVC pipes used at the finish line area for MFSTS and FYB

- 1 sandwich board (used to display a 24" x 36" coroplast sign, which I have)
- had set the precedent a while ago that we would allow the use of equipment that had a connection with GCS and/or community. Ghost Train falls within that purview.
- We need to make sure that Tom doesn't need anything for PAL as it might overlap. So we need to double check with Tom re: equipment. Steve will talk to Tom and Rob. **CKT to respond to the email with Rob to move it forward.**
- Track - Need to get approval and stuff from Nashua High 45 days in advance.
- Pennichuck Runs - a way of connecting with each other rather than using the discussion page - should we do a separate FB group? Come back in October meeting to see what best option is to centralize communications. **Table it for next month to try and figure out best place for communications - generally for other group runs, etc.**
- MFSTS Volunteer issue - Michele had signed up to run the finish line at Trail Series 2 times, had arrived and checked in and was at the finish line before anyone else. then 2 other people showed up at the finish line who had not officially signed up to volunteer but told Michele that they had it under control. Michele did bring it up with Rob addressed it. And Michele brought it up at the meeting as she was concerned if that was how other volunteers might be treated. Not a reflection on the RDs per se but maybe something to look at in the future with respect to people showing up to volunteer etc.
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- Technically by October 1st we are supposed to be announcing what board positions will be open for next year. Michelle, Kirsten and Brandyn are the only board members not up for reelection. We need 7 board members - 4 of which are officers. Brandyn wants to have a general email that we have 4 open positions, one of which is the president (secretary is appointed by President).
- **Adjourn Meeting - motion: Carolina Seconded: Phil**
- **Next Meeting: October 12, 2022 @ 7:15p.m. at Nashua YMCA**