



Gate City Striders eBoard Meeting Agenda

Meeting Date:
October 12, 2022

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

Attendees:

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

Guests:

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- **Opening Remarks (Steve Rouleau) (5 minutes).**
 - **Secretary's Report (Carolina Tumminelli) (1-2 minutes)**
 - September Meeting - Minutes accepted
 - **Treasurer's Report (Kristen MacWilliams & Michelle Treworgy Robinson) (10 minutes)**
 - Kristen has no internet at the moment and will send the reports via email when she gets it back. No other updates. Steve and Brandyn are putting together a 2023 budget and will share it with Kristen and Michelle soon with the goal of sharing it at our November board meeting.
 - Mailbox key -has been given to Carolanne. 3692 is the PO Box Number - 38 Spring Street, Nashua
 - **Committee Reports**
 - **Sponsorship/Outreach (5 minutes)**
 - Updates: no update
 - **Membership (Trevor Ward) (5 minutes)**

- Updates: Revenue up about \$1,000. A few new numbers, kind of trickling in. 452 current members. 459 a few months ago. A few people have expired. 30 people who have expired and are still on the books. Steve mentioned that it's been tough getting people to come back post-COVID.
- **Communication (CarolAnne Donovan) (5 minutes)**
 - Updates: New members have been added to our master list. 9 people had previously unsubscribed so Carolanne sent them the manual link to be readded. Steve/Tara also had 1 person report she is not getting emails so Carolanne will look into that. Brandyn asked that open board positions remain in the email. Mill Cities email was going to go to all contacts, but Steve requested it only go to past members and current members to avoid people from other clubs getting it.
- **Competition (Johanna Lisle Newbold & Tara Roark-Towle) (5 minutes)**
 - Boston Marathon Application and Awarding Process-
 - Still have not found out how many bibs we are getting.
 - Mid-November-ish. Want to have the application open by November. Not looking to change a lot in the existing rubric. Keep all of the sections, but weigh them equally. 200 points total. Adding in a new category worth 0-20 points to describe how you've provided value to the club that wasn't accounted for in the rubric (stuff from past years for example). The group will work via email to update the rubric and have it ready for November. A motion was made by Steve, all were in favor
 - Boston Marathon Bus/Hotel- Bus is all set and ready to go! We are looking at around \$70-80 per person, but it's not final. We should open the bus up ASAP. Brandyn is going to work on a proposal and share it via email. Where will bag drop be? We need someone to take the bags and drive them down to Boston the day before the race.
 - Mountain Series- 1 more race this weekend.
 - NHGP- Good turnout for 5k tonight. Each club typically gets 1 selection. We went with Soup Kitchen and next year we'll go with the ones we vetted, but couldn't use.
 - NEGP- Just the 5k left. All terrain.
 - Brandyn asked if we've been asked about the races for next year. USATF did not ask us last year. In the past they ask around Thanksgiving.
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 - Cross Country Low participation. There are cash prizes for teams so it would be in our best interest to form a team next year.
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 - Greater Lowell has you pay a fee upfront for race reimbursement and then you

are eligible for the reimbursement. It gives people some skin in the game and commits them upfront. Previously race reimbursement was a big hit on our budget, but in the last few years it has been slow. We need an answer before the awards dinner.

▪ **Social (Amanda Naro) (10 minutes)**

- Updates - Nothing has happened since we last met. Amanda is not planning to continue on the board when her term is over.
- Hall of Fame – see awards dinner
- Best of Boston/Henri Renaud Awards (Amanda Naro) - no update
- Scholarship Night - no update
- Health & Wellness Night (Amanda Naro): **no update**
- Ultimate Runner Night - no update
- Candlelight relay/Bell Lap celebration **October 19th** -Next week, wahoo! Steve is going to bring the tent and tables. Lights would be great, Rob brought those last year. There are some lights in the area.
- Annual Meeting - no update
- Awards dinner - Amanda reached out for dates at the Nashua Country Club and wants to put down a \$250 deposit. Friday the 20th or 27th of January. A motion was made by Steve to approve the deposit, all in favor. The 27th is a Millenium race in Florida so we talked that the 20th might be better. Amanda is going to ask Rob to open up the form soon so we can get more submissions. Submissions will be accepted through roughly Mill Cities. Hall of Fame submissions are asked for at the same time. Steve would like to be on the committee. Brandyn and Tara said they would help.
- new member committee - no update
- ▪ 9 Round Night - scheduled for 10/27, there are still spots available. Great opportunity to try out 9 Round with just club members.
- ▪ CPTe presentation on winter training. Fred sponsored Novemberfest (\$500 coordinated with Bob) and said if people are interested and if this event goes well we can have other nights at their facility.

▪ **Training (5 minutes) -**

- Winter Track - Reg usually launches in early December. We need to reach out to the Dome. Steve is going to reach out to the coaches. In the past we've had 2 nights. Competitive Tuesday and Recreational on Wednesday. George is stepping down so we need someone to take over if this will continue. Brandyn asked if we had enough members to justify

2 nights. We didn't have the numbers on hand. Before COVID the demand was much higher and it has been lower in recent years. \$4.50 per runner per night is the Dome fee. We need to decide by our next meeting so people can sign up. In-door isn't really C25K because it hasn't had people training for a specific race. Do we need someone with coaching experience to take this on or no? George usually covers clothing, shoes, stretching, etc. Michelle has been part of the Jeff Galloway run/walk program and she thought maybe we could offer that since they just opened up a chapter in NH. No one else is offering it yet so it would be unique. Michelle is going to look into this further and will have information in November.

- Spring/Summer/Fall Track - Good showing tonight.
- 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 October meeting. Steve got the shirts from him.
- We will need a volunteer coordinator director. Rob Lembree is staying on.

Steve is working with them.

- Pack Monadnock 10 Miler no updates.
- PAL Track & Field **(1-2 minutes)**Johanna meeting scheduled with PAL. \$460.72 remaining from last year and she wants to offer it as a donation to PAL. That money was set aside for Track & Field anyway. A motion was made by Steve to donate the money. The motion had 1 opposition and passed.
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- All meets require USATF number and Johanna is proposing that we give a donation each year to offset this. 37 kids last year at \$5 per kid would put us around a \$200 donation each year. Up to about age 12. Usually mostly little kids. Alternatively, she suggested a specific yearly donation. We intend to make a donation based on the health of the club.
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- Steve mentioned that we don't have a lot of extra budget available. We always made a donation for PAL XC. If we can get them to take over Track & Field it's good for us because of insurance. In 2017 we donated \$4,400 to PAL. A motion was made by Steve to make an annual donation to PAL in a TBD dollar amount if

they take over Track & Field. The motion had 1 opposition and passed.

- PAL XC - Getting started shortly. She needs the port-o-potty. Steve and Trevor are working on it.
- 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) Low registrations so far. Dedicated email going out 10/15. It is in the discussion group as well. Jake is working on the teams. Steve, Andy, Paul, and Chris are on the committee. There was talk of changing the start time to 7:30/7:45 and moving the Hudson crossover. Also working on getting a paid police detail because the police volunteers went to the wrong places last year. Aiming to have teams together by early November.
- Novemberfest - November 20th - Bob is looking for volunteers, but is all set for things he needs from us
- **Community Outreach** -
 - Roadside cleanups - no news from Deb.
- **Other**
- Pennichuck Runs/Communications with members/different apps? We have our email, FB group, FB page and emails. Looking at better ways to communicate. This came up because of Pennichuck. One option was Discord, another was Slack. Brandyn found another called Halo which is pretty similar to Slack. Both can be used on phone or desktop. The suggestion is that we test out an option with a specific group to get feedback. We'll add Pennichuck to Facebook for now. Carolanne noticed that Pennichuck hasn't been updated on our website since 2019 so she asked if that might be part of the problem.
- ● New Signature Event - George, Brandyn, Bob Thompson, Mike O'Neil, Beth Whipple, Lee, Phil, Carolina, Steve met to discuss last week. We can't support another signature event at the moment because we do not have a race director. There were a lot of cool ideas that could have merit down the line. We need a race director and committee. Do something similar to the Millenium points chase to encourage people to sign up our existing races. Would be cool to get a sponsor for the series. Steve is concerned about the cost of the giveaway. Carolanne mentioned the existing Gate City Series since she was the defacto RD through her board participation with Bridges. She will follow up with Brandyn on some stats.
- ● Elections - no news from Brandyn, Kristen or Michelle.
- ● Shed cleanup? - Brandyn to reach out to Rob F. Rob is very busy with Ghost Train at the moment. Hoping to cut down to a single unit.

- **Adjourn Meeting at 8:51p.m. - motion: Phil Seconded: Tara**
- ***Next Meeting: November 9, 2022 @ 7:15p.m. at Nashua YMCA***