



Gate City Striders eBoard Meeting Agenda

Meeting Date:
November 9, 2022

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

Attendees:

X	Kristen MacWilliams - phone	x	Amanda Naro - phone
X	Trevor Ward	X	Tara Roark-Towle
X	Michelle Treworgy Robinson		
<input type="checkbox"/>	Carolanne Taylor	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)**
 - October minutes - minutes reviewed - JOhanna raised a concern about minutes regarding PAL donation being included in the minutes, but ultimately it was agreed no further action was needed. Minutes accepted

 - **Treasurer's Report (Kristen MacWilliams & Michelle Treworgy Robinson) (10 minutes)**
 - 2023 budget (discussion held until end of meeting) - Steve and Brandyn tried to use the numbers from last year to make some preliminary projections as the first step in putting the budget together. Goal is to work through some discussions and changes through email and have it approved at the December meeting.
 - Membership dues - has been at \$9,000 for the last few years. need to work through what number to put there as \$9,000 is high.
 - Amanda gave Steve some social numbers
 - Communications numbers.
 - Running Festival taken out for the numbers for this year.
 - **Do we want to make some changes to the race reimbursement program given the financial state of the club currently? like maybe have people volunteer 3 times for each race reimbursement program. Vote on that in**

December? Brandyn will run some numbers to see if we mirrored it similar to GLRR - how that would look/work.

- Continue the chat over email - take a look at the budget and send out comments/questions/etc by 11/19/22. Then Kristen, Steve and Brandyn can prepare a finalized budget to send out to the board for what will be approved in December.
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- Update from Kristen: Another quiet month, but Novemberfest and Mill Cities Relay are starting to see some financial activity. Also, Quickbooks gave me some technical trouble this time around, which I was able to work around in a clunky way, but noting it here so I document it in case it persists.
 - Insurance was paid today for 2023.
 - Got some numbers from Trevor so Kristen will go back into that and work the numbers to have a better idea of membership dues in terms of 2 year membership/3 year membership
 - Have we paid the storage rental fees - but who gets the bill? Diane Clifford would probably have that answer/info - in the past it has been around \$5,000 which we would need to transfer some money to cover that.
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- **Committee Reports**
 - **Sponsorship/Outreach (5 minutes)**
 - Updates: no updates.
 - **Membership (Trevor Ward) (5 minutes)**
 - Updates: things are slow this time of year. Should be some pick up because of Mill Cities Relay and Trevor will make sure he checks with whoever is setting up the teams to make sure everyone is up to date - that normally generates 12 or so new members/membership renewals.
 - The breakdown of membership dues - \$7,770 for 2022, but includes for 2023 and 2024. Trevor has that broken down on the left side of the spreadsheet to remove those figures.
 - People are slow to renew until there is something of interest to get them back.
 - **Communication (CarolAnne Donovan) (5 minutes)**

Updates: Here is an outline for our next email send, please let me know if you want anything else included.

- Winter Training Discussion & Injury/Pain Screenings at CPTE:
 - Winter Track:
 - Race Reimbursement:
 - Executive Board:
 - Other Volunteer Needs:
 - Boston Marathon Updates:
 - Competition Race Information:
 - Upcoming Events: Save the date for our upcoming events and races!
 - November 13 - 5 km - BIGGSteps 5K, Needham MA - USATF New England Grand Prix

- November 20nd - Novemberfest - Nashua. Registration is now open here! We are also looking for volunteers. Please let Bob Thompson know if you can volunteer.
- December 4th - Mill Cities Relay! - Nashua -> Lawrence. Sign up today!! We aim to have the teams created by Early November.

I posted a little informal survey in our members' group and got a few interesting direct messages that I'll reiterate below.

- We need to give people more notice of events. Member felt that winter track should already be available to sign up and that Boston bibs should already be able to be applied for.
 - **Comments by Steve:**
 - what event was missed/ XC events have been left off of the emails.
 - Registration for winter track is normally right after thanksgiving.
 - and Boston bibs will launch hopefully within the week
- Emails should be sent out more. Easy for me, I'll start sending them weekly!

▪ **Competition (Johanna Lisle Newbold & Tara Roark-Towle) (5 minutes)**

- Boston Marathon Application and Awarding Process-
 - Application open?
 - new Rubric based on new equation/points.
 - wants to make sure that everything we get points for makes sense - will depend on when it goes out and when it is due by. Participation points for Penninchuck runs, outdoor track, indoor track, With respect to Novemberfest or volunteer - keep it to just 2022, and they can add comments if they are volunteering for 2022. Add in Mill Cities for 2021. Gate City Running Festival should be under other races/volunteer category - not multi series Add in Best of Boston as a club event,
 - Races we compete in - all set
 - Leadership - keep points as is. maybe e-board member number is low based on the significant effort - bump it up to 10 points.

Motion - all in favor. no opposition. Passes unanimously.

- Did get FOUR bibs for Boston - one more than last year. Release the application this week, due 1st week in December - 12/5, with response within 2 weeks - aim to have announcement of winners by 12/19
- Boston Marathon Bus/Hotel-
 - Brandyn's proposal - all set to go. just waiting on Carolanne for some feedback on message to members so it will get launched shortly - next week or so.
 - someone to pick up bags and get to Boston?
- Mountain Series- Jake finished second.

- NHGP- GCS came in 2nd place to Derry Greater Track club (lost by 402 points). Seemed to get beat as a result of the 5K on the track.
 - NEGP- last race is Sunday - also the last race in All-Terrain.
 - They haven't done anything yet for 2023 race selection series.
 - Cross Country - championship this past weekend - 5 members.
 - Race Reimbursement - Tara will be updating the form and will send it out to the board so it can be approved.
 - Tara will work on the NHGP race selection form as well.
 - Will have a competition email coming out next week. Typically sent out 3 weeks or so, or as needed.
 - As of this past weekend, no nominations for Annual Awards yet.
- **Social (Amanda Naro) (10 minutes)**
 - Updates -
 - Hall of Fame – see awards dinner - Steve, Brandyn & Tara committee.
 - 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** - - successful event. about 50 people total, about 40 participated in the relay itself. \$349 - under budget.
 - Annual Meeting - no update
 - Awards dinner - date: did put down a deposit for **1/20/23** - awards have been opened up for nominations. Will go out in an email to members. And will open up an event for RSVPs.
 - Email out to Andy re: MC'ing the event - have not heard back yet.
 - new member committee - no update
 - CPTe presentation on winter training. **November 17 @ 7pm**
 - PHysical therapy and Kettle bell company - interested in doing some sort of presentation night at their facility in Tyngsborough. Wants to see how this month's event goes before booking an event with them.
 - Phil just emailed Amanda info for someone else that might be good for a presentation/event.
- **Training (5 minutes) -**
 - Winter Track -
 - Reach out to the Dome - Steve will do so this week.
 - two nights?
 - Recreational on Wednesday - Michelle's info - they are happy to come and show what people can do, but we can't call it the Galloway method because we would have to charge. But she is happy to talk about the Galloway method, and teach them a little bit about the run/walk.

and then Michelle can run the program and work with Phil on the coaching for Wednesday nights.

Will put it on our FB groups and send it out to George's Couch to 5K program members.

- Open Registration right around Thanksgiving.
 - Coaches for Tuesday nights are all on board - Richie, Coach O'Brien unless we have more than 17 people show up.
 - pending no cost increase by the Dome, aiming to keep the pricing the same as last year.
 - Spring/Summer/Fall Track - no updates.
 - Couch to 5k - **George is stepping down after this year. We will need a coach for next year.**
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- **Events/Races**
 - Freeze Your Buns:
 - Volunteer coordinator?
 - Budget?
 - Rob L. broke his ankle - he is willing to do all the paperwork and behind the scenes organizing but will need someone on sight because of mobility. have a few people - steve, Brandyn, Carolina who can help out.
 - Pack Monadnock 10 Miler - Sleepy Hollow is looking to move their race so they are hoping to move their race to May 7th, which is where we would have aimed to have Pack. So we are looking at potentially the following weekend but that is Mother's Day which the park doesn't like us to do. Brian is reaching out to see if we can do Saturday May 13th instead of Sunday, or May 21. So date is a bit in flux to accommodate SleepyHollow since they are also part of the mountain series. Brian Ruhm also has an assistant RD.
 - PAL Track & Field **(1-2 minutes)** PAL's relationship with the striders is now the same as with PAL XC so PAL will be doing the administrative stuff.
 - PAL XC - Ongoing. Tom asked for portapotties to stay until December 8th. Trevor asked for a month of credit for a porta potty that was placed somewhere it shouldn't have been.
 - Summer Trail Series (Rob Fiero)- (1-2 minutes) - no updates.
 - Fitness University (Carolina Tumminelli) - (1-2 minutes) - Lea Reilly has agreed to come on as a co-director. It will be a good addition and Fit U is on for 2023.
 - Mill Cities Relay - (1-2 minutes) about 82 people signed up. We are recruiting for several age groups - Jake has put some initial teams together. Will be sending out stuff for volunteers soon. The time of the race is not changing, but the cross over point is changing.
 - Novemberfest - November 20th - everything is on track. Will need some volunteers for course control.

- **Community Outreach -**
 - Roadside cleanups - no news from Deb.
 - probably won't happen this year.
 - **Other**
 - Pennichuck Runs/Communications with members/different apps
 - Tonight there was a crowd at 430, 515, 530...so we need to make the communication happen. Tara and Brandyn working on the app we want to try, pilot program/test group.
 - Should still try to coordinate for now through FB. need to get a hold of the groups to see when groups are going out, etc.
 - New Signature Event/Points chase? - no updates. Brandyn sent out an email to the group to try and build an initial proposal - has only gotten a few responses back so Brandyn needs to follow up. Won't have in place for 2023.
 - Elections - no updates. haven't heard from anyone looking for positions. Need to figure out the president position.
 - Shed cleanup? -Brandyn will follow up. Hoping to cut down to a single unit. The reason we had gone to two sheds was because of the Marathon but it is a big expense.
 - December meeting? Holiday party for the board? How about having a regular December meeting as scheduled - make it quick focused on approving the budget and anything for the Annual meeting and then have a social gathering. Think about it and then make a decision over email.
 - The website seems to be fixed.
 - Carolanne has the mailbox key - has she been?
- **Adjourn Meeting - motion: PHil Seconded: Carolina**
 - **Next Meeting: December 14, 2022 @ 7:15p.m. at Nashua YMCA**