



Gate City Striders eBoard Meeting Agenda

Meeting Date:
December 14, 2022

Start Time/Location:
7:15 pm Michelle's: 92 Peele Rd., Nashua

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	x	Carolina Tumminelli

Guests:

- **Opening Remarks (Steve Rouleau) (5 minutes).**
- **Secretary's Report (Carolina Tumminelli) (1-2 minutes)**
 - November Minutes - Minutes accepted.
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Treasurer's report -

We were charged a maintenance fee, because we fell below a certain amount. does not happen every month. There is a lot of money at Citizens that we should maybe consolidate all the funds. Michelle will go Saturday to take care of the cds.

Membership -

uptick because of Mill Cities relay.
 income \$8460 - which includes multiple year renewals for 2023 and 2024. corrected number for 2022 - \$7020
 428 members current
 Things haven't really picked up post covid.
 There are lots of memberships that will expire at the end of December - they will get renewal notices from Trevor and RunSignup - so hopefully they will renew.

Should we at some point just do all the renewals at the same time...pro rate the membership dues, if they register in the "wrong" month.

Communications

Email set to go out this week - Elections, indoor track (will also have a dedicated email 1/1-1/2), pennichuck runs, Awards dinner (dedicated email 12/20; 1/1-½), boston bus, Freeze Your Buns - sign ups and volunteers

RE: Peninchuck runs - can we still keep in mind the texting options? Budgeting concerns.

FYB - emails out to people who did past events.

Competition -

Boston Bibs - all selected and notified.

Social

CPTe talk - attendance low - 6 people. Good Presentation though. People found it helpful, and used the injury and pain screenings. CPTe happy to continue working with us, and would like to build the relationship - looking to book something early February for another presentation.

The Nashua library has an auditorium that is free for nonprofits to use - we just need to get on the list. They might have food rules, etc. Could easily hold 100 people. They also have a conference room in case we ever have issues with the Y. Brandyn looked it up and you can serve food in some of the locations.

Amanda got dates for the annual meeting (still lots of dates available in March) and Best of Boston (only date available - 5/15). Wants permission to put the deposit down. Amanda has contacted Martha's but did not hear back - maybe reach out to Bob Thompson to see if he can help with a contact. Wants to get the dates locked down before the awards dinner. Put down a reservation for Best of Boston, and then see about Annual Meeting maybe at the library instead. \$250 deposit - , motion by Steve, 2nd by johanna - all in favor. - 5/15 for Best of Boston

Annual meeting - 3/13/2023.

Awards dinner - 1/20/2023.

Training

Winter track - sign ups are up. Michelle is running Wednesday Group, Obie running Tuesday Group. The person who runs the Jeff Galloway will come to the first two Wednesday track nights.

We will need to make sure we check the mailbox in January for registrations/checks

Freeze Your Buns

Permits in place, registration is open .

Pack Monadnock

Confirming the dates with the State park to get it on the calendar - 5/21/2023 re: mountain series.

Cross Country - just got done at nationals.

Mill Cities Relay

1 team had to step down because of injuries, but still had a great showing. 3rd place. Somerville was 1st, GLRR came in 2nd.

Tara will be sending feedback re: transitions/safety issues.

Novemberfest - \$5,033.33 - great success.

Changes to by-laws: if anyone else wants to be a part of that discussion. Steve & Carolina are going to work with Brandyn if anyone else wants to be a part of it. Ultimately it will then go to the board for approval before going out to the membership for the vote at the annual meeting. It would have to be posted during February.

Race Reimbursement 2022 - 15 people put in for it, 4 people being reimbursed for 2 full series, 1 person being reimbursed for 3 series. More people were eligible for reimbursement but didn't submit the form. \$2,600

Race Reimbursement Changes to the program for 2023 - Tara sent out the proposal via email. We have to determine the purpose for the program and who we are targeting. Right now 15 people are taking advantage of it - it's a very small group of people right now utilizing. Most of the club is doing NHGP. We do have a key group doing mountain and NEGP. Pre-Covid the payout was \$14,000+.

- What is the purpose of the program - is it worth doing? We clearly had a lot before covid taking advantage of it.
- Under the current plan, we have a floor based on the club's financial health.
- Is it to try and get people to go to the events..maybe we need to focus on one or two series and try and have a team?
- Do we try to limit it to just one specific series?
- NEGP is a very competitive series.
- **Maybe have Age Group captains/team captains.**
- **Do we keep it how it is one more year - outside of Covid and see how it goes, and then reconsider it next year.**
- **Do we need to change our messaging to try and include more people?**
- We have something in place to protect the club's financial health. Set the floor at a reasonable level - \$2,500 which also acts as a cap.

Motion to leave executive session, Brandyn, seconded by Phil. All in favor.

One of our scholarship recipients has not cashed her check. We need to reach out to her.

Ordering gate city apparel - conversation.

- **Adjourn Meeting - motion: Brandyn Seconded: Carolina**
- ***Next Meeting: January 11, 2023 @ 7:15p.m. at Nashua YMCA***

