



Gate City Striders eBoard Meeting Agenda

Meeting Date:
January 11, 2023

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

Attendees:

X	Kristen MacWilliams - google meet	X	Amanda Naro
<input type="checkbox"/>	Trevor Ward	X	Tara Roark-Towle
X	Michelle Treworgy Robinson - zoom in at 7:41p.m., in person at 806		
X	Carolanne Taylor	x	Steve Rouleau
X	Johanna Lisle Newbold	X	Phil Petschek -zoom in at 7:41p.m., in person at 806
X	Brandyn Naro	x	Carolina Tumminelli

Guests:

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- **Opening Remarks (Steve Rouleau)**

 - **Secretary's Report (Carolina Tumminelli)**
 - December minutes - Redacted and Unredacted. Minutes accepted

 - **Treasurer's Report (Kristen MacWilliams & Michelle Treworgy Robinson)**

A lot of money coming in for awards dinner and membership renewals. Concerned about cost of storage units. Also concerns re: where the money is kept - wants to move all the money to TD Bank. Are there any penalties for closing out the CDs at Citizens (it's the interest that you would make - last year it was \$1.51 per CD).

Kristen makes Motion to close the citizen accounts and transfer all money to TD Bank account to merge all money into one account, Brandyn seconds the motion. 8 in favor, none opposed. Motion passes.

Storage Units - was able to pay the full amount for the larger unit - still honoring if you pay up front one month free - so paid up through 2/2024 on the larger unit.

Smaller unit is paid through January . If paid in full it would be \$2,000+, or we could continue to pay it month to month which might incentivize us to get rid of it sooner. The monthly rate is \$223.36. if we don't pay it in full we lose the deal to get the free month, but it

could make sense to go month to month so that we can try and consolidate it down to just the one unit.

Steve Motion to go month to month on the smaller unit - seconded by Carolina, 8 in favor, none opposed.

Kristen paid for the PO Box.

Brandyn will have 2 checks for approx. \$1,726 for the Boston Bus - will give them to Michelle for deposit.

- **Committee Reports**

- **Sponsorship/Outreach**

- Updates: none

- **Membership (Trevor Ward) Trevor not at the meeting but had emailed the update.**

- Updates:
 - There has been a lot of renewal activity for January and many expired members were removed.
 - There are about 20 more members expired 12/31/22 that still need renewing.
 - As of Jan 10th I show \$1,870 in income from membership dues.

- **Communication (CarolAnne Donovan)**

Updates: Next newsletter - CPTe event, indoor track, open Board positions, FYB, Pennichuck runs, Boston bus, competition season coming up, USATF price increases.

Carolanne talked to Michelle about giving Michelle the key to the PO Box since that makes more sense.

Can we have someone edit/review the emails before they go out - send a test email out to have it looked over. Johanna and Steve volunteered to do it.

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

- Boston Marathon Application and Awarding Process- All the Boston Bib winners have confirmed they are registered.
 - Boston Marathon Bus/Hotel-
 - Mountain Series-
 - NHGP- sent out request to members re: our suggestions for what we want for our one race. Next Wednesday there will be representatives from Millennium, GCS, Upper Valley and Greater Derry to pick a five race series...5K, 10K, 10 miler, 12 miler, half marathon.

- Tara has our suggestions to present. Nashua Soup Kitchen is the number one choice.
- It's Tara's last meeting for this, so we might need someone to take that over next year.
- NEGP-
- Cross Country
- Tara requested that we be included in the Mt. Washington bibs - there is a new RD for the 2nd year in a row. Tara hasn't heard from the new RD yet, and if we do get bibs we will need to revisit the rubric we used which is a couple of years old.
- USATF fees going up after 1/15/2023 - which may impact our competition numbers.
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- **Race Reimbursement - Tara's proposal for new guidelines, etc.**
 - **We did set the floor/ceiling at the last meeting of \$2,500, (protections for the budget) so anyone looking for reimbursement would get their percentage out of that money.**
 - **Proposal for a per member cap?**
 - **Increase the volunteer requirement to maybe 3 volunteer spots per series you want to get reimbursed.**
 - **Discussion re: the current race reimbursement policy as it is now, but there are concerns that members have never submitted for reimbursements and not get the full reimbursement that they expected because of the financial health of the club, and they may get upset if we are not very clear about the specifics of the policy.**
 - **Maybe an explicit message to the club about the reimbursement program and it may be less than what you are used to seeing potentially. We need to set some sort of expectation. We don't have enough money coming in to have so much going on, especially without a signature event.**
 - **It is fiscally irresponsible to have unrealistic expectations regarding the reimbursement program. We have never not reimbursed people what they have asked for, so if we have to in 2023 that has the potential of angering members.**
 - **Do we maybe ask people to "declare their intent" to submit for the reimbursement program so that we can reiterate the details of the program.**
 - **Steve can give that messaging at the Awards dinner on 1/20/2023.**
 - **Do we set a cap that would cover 1 series? But the mountain series is much higher.**
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 - **Brandyn Motion to amend volunteer requirement 3 volunteer per series you want reimbursement, Tara Seconded, 10 in favor, no opposition. PASSES**
 - **How much money is in the bank at the moment - keep in mind we have transferred over \$11,000 in the last few months.**

\$5600 at TD Bank, \$36,000 at Citizens. - we transferred over a little over \$11,000 from Citizens to TD Bank to cover expenses.

- Do we want to have a cap plus the financial health clause?
 - Brandyn - motion to have a per member cap, seconded by Carolina. Steve doesn't think the cap helps anything since we have the financial health clause. Michelle thinks we should have it and present it right now so people won't be shocked, etc.
 - 9 in favor, 2 oppose, Motion Passes.
- Amount of the Cap - Steve suggested \$300, Tara suggested \$100.
 - Brandyn motion for cap at \$300, Steve seconded - 5 in favor, 5 opposed.
 - Carolina motion for cap at \$250, CA \$250, 6 in favor, 4 opposed - motion passes. Cap will be set at \$250.
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- **Social (Amanda Naro)**
 - Hall of Fame – see awards dinner - Steve, Brandyn & Tara committee.
 - Best of Boston/Henri Renaud Awards - 5/15/2023
 - Scholarship Night - no update
 - Health & Wellness Night :
 - Ultimate Runner Night - no update
 - Candlelight relay/Bell Lap celebration
 - Annual Meeting - **March 13, 2023. the library was completely booked, so Amanda is still looking to have it at NCC. Motion to put \$250 deposit, CKT seconded - 10 in favor, no opposition motion passes.**
 - Awards dinner - date: - **January 20, 2023, 70 people signed up for the awards dinner - about 20 more people than expected. Might put us over the projected budget, big increase over last year.** Steve will work with Amanda to make sure everything is all set for the dinner, etc.
 - new member committee - no update
 - CPTe event - invite already sent out in the FB group.
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- **Training -**
 - Winter Track -
 - Tuesday night - 20 people, increase from last year, and Steve expects a few more people to sign up in the next few days
 - Wednesday night - 10-12 people. People enjoyed the run/walk program. Some people came expecting to do more running, but Michelle is working with them to have separate groups, more couch to 5K.
 - Spring/Summer/Fall Track -

- Couch to 5k - **George is stepping down after this year. We will need a coach for next year.**
- **Events/Races**
 - Freeze Your Buns: 1st race was a success - 181 people ran the race, plus some virtual runners. 112 signed up ahead of time, plus about 70 in person sign ups.
 - Pack Monadnock 10 Miler - no updates
 - PAL Track & Field no updates
 - PAL XC - no updates
 - Summer Trail Series (Rob Fiero) - no updates
 - Fitness University (Carolina Tumminelli) - no updates.
 - Mill Cities Relay - no updates
 - Novemberfest - no updates
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- **Community Outreach -**
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- **Other**
- Elections - any other concerns with having a former president rerun for president? 2 consecutive terms in the bylaws, but if a term has passed in between, are they eligible to be nominated again.
 Nomination committee has to present the nominations on roughly 2/1/2023
- **Executive Session - Steve - motion for exec session, CKT seconded, motion passes.**
 - [REDACTED]
- **Steve - motion for exec, ckt seconded all in favor.**

HeyLo App/Demo - Brandyn had done a demo for the Board, and Brandyn will touch base with a few people in the club to get it set up the way it should be like for pace groups, etc.

- **Adjourn Meeting - motion: CKT Seconded: Steve**
- **Next Meeting: February 8, 2023 @ 7:15p.m. at Nashua YMCA**