



## 2023 ANNUAL MEETING OF THE MEMBERSHIP March 13, 2023 - MEETING MINUTES

Approximately 25-30 people in attendance.

Meeting called to order at 7:01p.m.

### President's Annual Report - Stephen Rouleau

In the last year, lots of great events. start to see numbers go up for participation and some new faces.

### Treasurer's Report - Michele Robinson

Kristen takes care of the treasury but Michele handles running to the bank and insurance issues.

Gate City Running Festival - negative amount. In 2020 we took in \$9,221.26 profit sitting in the account, and then when we were actually able to run the run, it now came out to a negative. So it washed itself out. There was a loss in 2022 of \$3,057.60. The \$9,221.26 is the registrations for 2020, the board voted to bring those registrations forward, and gave everyone an opportunity to run the race.

Last year's Running Festival was not a success however in 2022. So the Board has decided that the event will not occur in 2023, and the Board is trying to determine what sort of event makes sense going forward.

Fitness University & PAL allows us to give us the track at the high school at no cost for spring and summer track.

Question from Lea Reilly - what is our net worth at the moment - in 2022 the club netted \$4,800. Plus \$87,000+ in the bank account.

### Youth Program - Jennifer Jordan

Tom Cassetty & Jen run PAL X Country - supports youth ages 6-18 in our area. This year 125 athletes registered. Each athlete competes in an association race, and then qualifies for regionals or nationals. From regionals we had 90 runners who qualified for nationals. There were 11 teams for nationals. 55 athletes who traveled to Texas for nationals. 2 athletes who qualified as all-Americans - finished in the top 25 in the country in their age group. Two teams who came in top 10 in the nation.

2023 nationals will be in Kentucky. Regionals will probably be NY. Association race will either be in Attleboro or Nashua.

PAL Track & Field - Johanna has taken over as of last year. Now comes more under the PAL umbrella more. Registration should be opening soon. Starts in May and runs through July. 37 athletes last year ages 7-14, a little more than half competed in 1 or more meets. Athletes can do multiple events. 12 went to regionals, several qualified but only 2 went on to nationals. Johanna is asking for guest coaches - shot, javelin, hurdles or disc to try and help the kids out.

#### Fitness University-Carolina Tumminelli

Last year, Fit U returned to some sort of normalcy returning to Nashua North High School. We couldn't use South because the track was being redone during the summer, but despite some minor issues we made it work.

In 2022, we raised \$1767.50 through sponsorships and had a total expense of \$1688.73 the majority of which is the "swag" we give away.

We had about 75 kids on average at each session, which was good because we were short on volunteers. That is the biggest concern and struggle with Fit U – having enough volunteers. 2022 almost didn't happen because of a lack of volunteers, but I put a call out to our families and many parents stepped in to help out.

It is important to note that we have been informed by the Nashua School District that the reason we are able to use the track for our Striders track practices in Spring and Summer for free is because of the community outreach we do including Fitness University.

For 2023, we have already raised \$1,100 in sponsorship funds and are still seeking more sponsors and donors. We will open registration in May per usual and will be reaching out to past families and volunteers, as well as on social media channels.

I had stated last year in September, 2022 that I would not return as the director for Fitness University. Unfortunately, we weren't able to find a new director. Lea Reilly however stepped up and has agreed to help me this year as co-director so that we can keep the program going at least through 2023. I will not be returning for the 2024 season however, and I can let Lea respond for herself, but I don't think it is her intention to remain on unless there is another co-director.

### Social Program-Amanda Naro

Amanda's term on the board is over and she is not continuing on as social coordinator but she will help for a little bit to ease the transition

2022 - big increase in events, and in attendance at events.

We were able to hold outdoor track last year and had some social events as well, like opening lap, with a pizza party instead of going offsite to Chunky's. Candlelight relay at the end of track. Plan is to continue that going into 2023.

Start of Track is 4/19/2023.

Scholarship night with ice cream

Health & Wellness night - better turnout this past year between businesses and members attending as well.

Had a local yoga instructor come and offer yoga after track in 2022. May try to do something similar this year.

We did partner with CPTC(Nashua) -discussion night in the fall re: winter training tips, and one in February, 2023 discussing pain. They ended up sponsoring Novemberfest.

Best of Boston/Henri Renaud Awards - in 2022 we had Dave McGillverary. Dave will be returning this year - May 11, 2023. GCS will be making a donation to Dave's foundation.

Haywards runs - hope to continue that in the future.

Amanda is not returning - so if anyone wants to help with social events, the Board will accept the help or any ideas, etc. Right now no one has said they want to join the Board in an official capacity, etc. Amanda will continue to help for a bit with the transition, but the majority of it may fall on the incoming Board.

Social coordinator is not an official position so we aren't leaving the position open.

### Membership-Trevor Ward

Effort to get the word out to try and get new members. During COVID our membership went down about 150 households, it has been a slow trickle back, but we are still not back to the numbers we were before. 428 members in households/300 households currently. Pre-Covid we were closer to 600 members. Each member should try to do more outreach.

There will be a membership table at the first track practice.

Are there any age categories that are lower than usual - Trevor hasn't analyzed the data that way. But maybe we should so we can target them, etc.

Maybe some business cards or postcards to hand out to people passing by - Rob had some at MFSTS because we get a lot of families on the trails. and we could give some out at the different races.

The Board does have a new member committee to look at some ways to specifically target when we get new members in to help make them feel more welcomed and a part of the club. Maybe a monthly or quarterly event for new members. Also looking at the idea of designating pace captains to connect new members with other people in the same pace, etc.

Maybe a QR code at the various events. MFSTS had one.

Trying to be better about more outreach at various events, etc. and having tables at various events like other races, or health & wellness events. It is really about word of mouth.

Last year at this time, membership was probably around 350.

#### Competition - Johanna Lisle Newbold & Tara Towle

Tara is not staying with the board.

2022 Wrap up - competition slates returned to normal for the first time.

2nd place in NHGP behind Greater Derry,

3rd in Mill cities relay.

7 granite runners this year, 5 iron runners, 5 mountain goats.

For 2023, we will continue to participate in the 4 race series.

4 Boston marathon bib recipients. 1 Mt Washington bib recipient.

We still need captains for x-country and mountain series. Bruce & Susanne are sticking on for NH GP and NEGP.

Hoping to increase our participation in the various series - every runner counts. Hoping to fill out more age groups. We can't score in the NEGP and x-country series if we don't fill all the age groups.

We would like to reclaim our NHGP title and the Mill Cities title.

Johanna is continuing on as competition coordinator for next year.

### Communication - Carolanne Taylor

61 members are active on HeyLo, 250+ on FB, 330+ have given us emails.

We are trying to reach out to everyone to make sure that everyone knows what is going on with the club.

General email - twice a month - upcoming events, volunteer opportunities, race schedule, etc.

On the non-member side, people who run our races - receive an email every other month they get an email re: upcoming updates.

HeyLo app - can get notifications just on the things you are interested in.

FB and emails are not going away. Texting members could become an option.

QR code - we have had trouble with people receiving emails. if you scan the QR it will take you to a landing page to resubscribe to emails if you had unsubscribed previously. Will be shared on FB and HeyLo.

The PDF to get on HeyLo app has been pinned in the FB group. If anyone has suggestions for topics for HeyLo just let the board know. There are topics within pace groups, etc.

### Voting & New Business - Stephen Rouleau and Brandyn Naro

Applications for scholarship this year have been launched - deadline is 5/12/2023.

Stay tuned for tomorrow night re: storm and then dinner at Giorgios after. if there is no track, may do it next week at a more local track and then go to dinner

Boston Bus still has openings. Contact Brandyn Also opened it up to other non-member runners. The bus is only about half full, if we do not get the bus filled, the expense will fall on the club. We have reached out to Millennium and Greater Derry. We can also reach out to Marathon Coalition and charity runners

New member - Kevin - current volunteer at United Way - Mike Apfleberg, president, wants to connect with the running community in Greater Nashua. Wants to try and figure out an event to do together between the two organizations.

Kevin also asked why is there only 1 member meeting - and not a more regular member meeting. We have events regularly where announcements are made at those events. And we also have monthly board meetings which members can attend - the 2nd wednesday of every month.

Board nominations: Nominating committee of Kristen, Michele and Brandyn

For Board Member:

Johanna Newbold

Carolanne Taylor

Trevor Ward

Phil Petschek

For president:

Tom Cassetty

Any objection to voting on the slate as a whole - no objections.

All in favor of slate as is: all in favor

no opposition

no abstentions.

Wrap-up & Adjourn

Stephen Rouleau

Steve is encouraged to see how things are getting better and improving with increasing participation at various events. Wish the new board good luck and great success.

Nominate Johanna, Trevor and Carolanne for the nominating committee for 2024.

Motion to adjourn: tara, seconded by Phil.