

Frederick Steeplechasers Running Club
Executive Board Meeting
21 February 2018

Attendees

Jill Cameron - President	Roseann Abdu – Newsletter
Eric Cameron - Vice President, Public Relations	Billy Clem – (6:11) Training Programs
Harriet Langlois - Treasurer, Women’s Distance Festival, Signature Race Oversight	Nikki Martin – Membership
Nicole Davis - Secretary, Trail Running, Training Programs	Shannon Matthews - Competition
Brent Ayers - Board of Directors	Kerry McHugh – Membership
Lou King - Board of Directors, Technology, Community Liaison	Josh Roane – Store, Coach
Mark Lawrence - Board of Directors, Race Services	Syble Roane – Social, Coach
	Chris VanSant – Racing Team
	Alex Young - (6:14) Summer Solstice

Call to Order - Jill Cameron

Meeting called to order at 6:07.

Approval of Minutes - Jill Cameron

Reference File: 2018-01-11 Interim Executive Board Meeting - Minutes
<https://drive.google.com/open?id=1pCEnzEOxWDIL6kNJZUuvYpYpf8veFFU-t862ffumPVU>

Reference File: Board Mtg Minutes 2017-11-15.pdf
https://drive.google.com/open?id=1HgahuHogx8KyQYP_D6spbG3hZAbiuGua

MOTION: To approve board meeting minutes from Nov 2017 and Jan 2018

Made by: Lou King
Second: Eric Cameron
Result: Motion carried, unanimous

Chamber of Commerce – Lou King

A proposal was made to join the Frederick County Chamber of Commerce for a trial period of one year. Cost is \$360 annually. Anticipate membership would increase visibility of FSRC, provide greater access to local businesses for sponsorship and services, and provide non-profit education and training.

MOTION: To approve budget proposal for Frederick County Chamber of Commerce for one year.

Made by: Mark Lawrence
Second: Harriet Langlois

Result: Motion carried, unanimous

Treasurer's Report – Harriet Langlois

Reference File: *Board Meeting 2018-02-21 - Financial.pdf*
<https://drive.google.com/open?id=1uJYJeRMLu05ToTDPiQb43OIFMq8BD5dC>

- Proposing elimination of \$500 timing subsidy currently given to races with chip timing.
- Insurance increased to \$2 million due to Frederick County Public School system requirements for facilities FSRC uses.
- Increased expenses for 2018 due to one-time expense for coaches training for four coaches.
- Proposing maintenance of 5% race administration fee for 2018.
- Overall financials are robust and healthy.

MOTION: To approve the 2018 budget

Made by: Eric Cameron
Second: Mark Lawrence
Result: Motion carried, unanimous

Youth Policy – Nicole Davis

Reference File: *Training Programs - Youth Participation Policy - 2018-02-21 Update*
<https://drive.google.com/open?id=1jjDoqAkfKxFfTN16uMW2-J1ptW8o7DflocloFjjpm0A>

Proposed updated policy addresses (1) addition of Spires youth program and (2) criteria and process for exceptions to general policy.

MOTION: To approve updated Training Programs Youth Policy

Made by: Lou King
Second: Harriet Langlois
Result: Motion carried, unanimous

Action Items from Last Meeting – Jill Cameron

- Harriet Langlois meet with Frederick County Bank representative to review features/processes. → Finances have been transferred.
- Harriet Langlois talked to Hermine Burnstein regarding Blessings in a Backpack and taking over the Summer Solstice 8k from FSRC. → FSRC will retain the Summer Solstice. A new race director has been found.
- Anne Shubert was to mail full race promotion list once in Nov/Dec with membership renewal information. → Membership information was distributed through other venues.
- Lou King set up a rolling membership process.
- Lou King discontinued the texting service
- Nicole Davis, Rachel Ridgway, and Kerry McHugh are continuing with planning for the Trail 5k, and Little Bennet 12 Hour Challenge.
- Mark Lawrence purchased a propane heater for race services.
- Victor Cretella was to draft a proposal for a weekly track workout. → Status unknown.

For the remaining items, full details can be found at:

Reference File: *2018-02-21 Status Reports - Summary*

<https://drive.google.com/open?id=1Y5fz3dQuDHli0c5EOkURkHbwiJtnQ4FPhF7ARpm0HpA>

Membership – Jill Cameron

Membership has been migrated to RunSignUp. Lou is handling small issues as they arise.

Decathlon – Jill Cameron

Schedule is posted, and Frederick High School track is booked through June.

ACTION: Tim O'Keefe will book Frederick High School track for July and August when that schedule opens in early May.

RECOMMENDATION: FSRC start looking for another individual to do course certifications.

ACTION: Jill Cameron to ask Bill Susa if he might be interested.

Newsletter – Roseann Abdu

Newsletter name has officially been changed to the Intervals Blog. New email address is: intervalsblog@steeplechasers.org.

ACTION: Roseann Abdu to announce official change with next edition.

Deadline for next edition is March 1st.

Racing Team – Chris VanSant

ACTION: Lou King and Chris VanSant to look at statistics to re-evaluate fairness of age-grading qualifications.

Women's Distance Festival – Harriet Langlois

Planning is on schedule.

Lou King and Harriet Langlois's offer to the MD Women's Distance Festival to automate tracking of participation across all nine events was declined.

Training Programs – Nicole Davis

- Half Marathon program is up and running with 180+ participants.
- Women's 5k program is ready to roll out with registration opening March 1st, and the program starting on June 2.

ACTION: Billy Clem to seek coaches for fall programs - half marathon, marathon, and Co-ed 5k.

- RRCA Coaches Training course is set for June 2-3 and registration is full.
- ACTION: Eric Cameron and Jill Cameron will take over the planning and execution of the final details of the course - directional signs, food (two continental breakfasts, two lunches, two snacks.)

Charm City – Jill Cameron

Charm City would like FSRC to participate in an Athletes Serving Athletes fun run and information session in March.

ACTION: Jill Cameron to follow up with Johnny Leonardis at Charm City.

Communications – Harriet Langlois

ACTION: Harriet Langlois to work with Anne Shubert to come up with a social media strategy with the assistance of Kerry McHugh.

Frederick Half Marathon – Jill Cameron

ACTION: Harriet Langlois to lead organization of Signature Races portion of expo booth.

ACTION: Nikki Martin to follow up with reservation of tables for expo booth, reservation of post-race space in infield (same area used last year), and volunteer sign-up for expo and post-race tent. If the Frederick Running Festival is unable to commit to the use of the space, FSRC will consider paying for the space.

ACTION: Nikki Martin and Kerry McHugh will lead organization of membership portion of the expo booth.

ACTION: Josh Roane to lead organization and sales of FSRC Store merchandise at expo booth.

Store – Jill Cameron

Sales are slow.

ACTION: Josh Roane to increase marketing attempts, including featured products, before considering holding sales or coupons.

Public Relations – Eric Cameron

ACTION: Eric Cameron to write article about Summer Solstice

ACTION: Eric Cameron to write article about Spires.

Scholarship/Rick's Run – Jill Cameron

- Overland Timing is confirmed.

- FSRC paid for Rick's Run to be included in the 2018 Trail Runner Magazine race series.
- Looking into Rick's Run buffs as swag included with race registration.

ACTION: Crista Horn to co-lead Scholarship Committee, and will ask John Stuart to assist.

Competition Committee – Shannon Matthews

Banquet and Awards are wrapped up for 2017. Lou King has updated the Hall of Fame on the website.

ACTION: Ruth Taylor to work on a write-up for the Intervals Blog.

Summer Solstice 8k – Alex Young

- Course is moving to the hanger at the Frederick County Airport. Course is fast.
- Planning is on schedule and moving forwards.
- Flying Dog is donating beer for after-party. Gwyn Whieldon and Jason Scaroni will be in charge of beer tent.
- Registration opens March 20th.

Technology – Lou King

- Running routes database - routetility - has been implemented.
- Nicole Davis and Kerry McHugh are reviewing the website for layout/content and are in the process of making updates.

Community Liaison – Lou King

Lou King met with Heather Kirby of Frederick Memorial Hospital to discuss coordination between FSRC and FMH with their [5-2-1-0 Let's Go](#) health initiative.

Trail Running – Nicole Davis

- Planning for two trail races for 2018, both at Little Bennett, is underway - 5k on April 8th to replace cancelled XTERRA 5k on the Trail Series, and a 12 Hour Challenge on October 13th.
- A team of 15 Steeps is headed to the Yeti 50 in Southern Virginia in June.

Half Marathon Training – Heidi Novak

- Good turnout for informational meeting at Charm City.
- 180+ participants from beginners to experienced, including some ladies from the 5k program.
- RunSignUp and routetility are working well, very user friendly.

Market Street Mile – Jill Cameron

- Current race director is stepping down.
- Facebook page is updated, website is mostly completed, an EMCEE is planned, and a truck has been secured. Siobhan Leonardis has been contacted about a logo design, and an inquiry has been placed to a timing service. The race has been added to the RRCA calendar.

ACTION: Jill Cameron will continue soliciting for a new race director.

Education Nights – Jill Cameron

ACTION: Jill Cameron to talk to Pam Geernaert regarding Active Physical Therapy wanting to do an education night.

Spires – Jill Cameron

Inaugural season went well.

Panthers – Jill Cameron

Fall season went well.

Upcoming

Feb 21: Social Hour - Smoketown Brewing Company - Trivia Night
Feb 25: RRCA Club Challenge
Mar 10: Forest of Needwood
Apr 14: Makin Hay 10k

Next Board Meeting - May 16th

Adjournment

Meeting adjourned at 7:42 by President Jill Cameron.

Recorded by: S. Nicole Davis, FSRC Secretary