

Frederick Steeplechasers Running Club
Executive Board Meeting
27 February 2019

Attendees

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| Robert Hall - President, Coach | Harriet Langlois-Women's Distance Festival, Signature Race Oversight |
| Josh Roane - Vice President, Store, Coach | Nicole Davis – Training Programs, Trail Running (6:10) |
| Crystal Tressler - Treasurer, Coach | Shannon Matthews - Competition |
| Heidi Novak - Secretary, Social, Coach | Lori Menseh – Volunteer Appreciation |
| Tim O'Keefe - Board of Directors, Decathlon, Race Services (6:20) | Kerry McHugh – Membership |
| Pamela Geernaert - Board of Directors, Education | Louis Schiavone – Communications, Public Relations |
| Lou King - Board of Directors, Technology, Community Liaison | Ruth Taylor - Competition |
| Mark Lawrence - Board of Directors, Race Services | Chris VanSant – Racing Team |
| Jill Cameron-Board of Directors | |

Call to Order - Robert Hall

Meeting called to order at 6:05 pm.

Approval of Minutes - Robert Hall

Reference File: Board Mtg Minutes 2018-11-14
[2018-11-14 Board Meeting Minutes](#)

Reference File: General Membership Meeting 2018-11-26
[2018-11-26 General Membership Meeting](#)

Reference File: General Membership Meeting 2019-1-19
[2019-01-19 General Membership Meeting](#)

MOTION: To approve board meeting minutes from November Board Meeting 2018, Membership Meeting 2018, and Annual Banquet 2019

Made by: Mark Lawrence
Second: Pamela Geernaert
Result: Motion carried, unanimous

RRCA-Lou King

As the MD representative for RRCA, Lou King shared updates from RRCA. MD RRCA has typically held two meetings a year (after Club Challenge and in the summer). This year the second meeting will be early fall. In the past, Club Presidents and Vice Presidents attended the mid-year meeting, but this year they will be opening the mid-year meeting up to others, including club leaders or people who are interested in club leadership. MD RRCA is working on having an event that has several learning sessions. There would be three tracks (governance, training, and race directing).

ACTION: Lou King will work on getting this together after Market Street Mile.

Treasurer's Report – Crystal Tressler

Reference File: FSRC Treasurer's Report 2019

[FSRC Treasurer's Report 2019](#)

- Additional expense of \$1k for RRCA Convention travel expenses
- Purchase of annual SurveyMonkey subscription for \$372
- Training items that wash out: shirt sales at slight profit, coolers, coaching certifications and CPR/First Aid renewals
- Financial position remains strong.

MOTION: To approve the 2019 budget

Made by: Lou King

Second: Pamela Geernaert

Result: Motion carried, unanimous

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

Reference File: 2019-02-27 Status Reports-Summary

[2019-02-27 Status Reports Summary](#)

Communications – Louis Schiavone

The committee will continue to post on FSRC Facebook Group page weekly, as well as posting on the FSRC Facebook page. Bi-monthly blogs will be posted on the FSRC website.

ACTION: Lou King will get Louis access to blog analytics

Community Liaison – Lou King

Lou King is working with city to develop new city course which can be used that doesn't require police / traffic control. Lou King will be stepping down from this position.

ACTION: Robert Hall will reach out to the club to find someone to take over this committee.

Competition Committee – Shannon Matthews and Ruth Taylor

Banquet was a success and almost all of the awards have been distributed. 2019 Grand Prix and Equalizer are set up and are underway. Nicole Davis has set up a new Trail Challenge, which is getting great feedback.

Decathlon – Tim O’Keefe

Schedule is posted, and Frederick High School track is booked for June dates. May 29th will be at Middletown High School..

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

Education Nights – Pamela Geernaert

Pamela Geernaert is working on coordinating Education Nights with the training programs. She has been in contact with the Coach at Hood College and has other people to contact.

ACTION: Pamela Geernaert will follow up with Heidi Novak about an Education Night for the Spring 2019 Half Marathon Training Group.

Intervals – Robert Hall

Submissions for the spring edition are due March 1st. Roseann Abdu is stepping down from this position. The Communications Committee will be discussing filling this position or making changes.

Market Street Mile – Lou King

Committee has been formed and are working on sponsors. Had hoped to have an expo at the finish line.

Membership – Kerry McHugh

Two new members have joined the committee. One will help with onboarding new members and one will help with Facebook member requests.

ACTION: Kerry McHugh will share information with Robert Hall and Heidi Novak about 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.

ACTION: Robert Hall and Heidi Novak will lead organization of membership portion of the expo booth.

Memorial Scholarship – Robert Hall

Scholarship went live and has been shared with HS Guidance Counselors.

ACTION: Robert Hall will reach out to Crista Horn and John Stuart about posting something on FSRC Facebook Group.

Officer Nomination – Lou King, Mark Lawrence

Discussed Directors Roles and Responsibilities at the November 2018 Board Meeting. Edits were made.

Public Relations – Louis Schiavone

Discussed possible PR topics.

Race Coordination – Harriet Langlois

Dates for low key races are set. Contractility is up and running.

Race Support – Mark Lawrence

Winter is a slow time, as there aren't as many races. Natasha Keogh will be helping with Contractility. Discussed a time limit for Lewis Run, due to time constraints with the facility.

Racing Team – Chris VanSant

Three new members. Will have members at various races in the upcoming months. Debuted the new singlet at the Club Challenge in February.

Rick's Run – Robert Hall

Date is set for September 22, 2019. Crista is looking for help securing sponsors and marketing. This is typically done by the Race Director, as it differs for each race.

ACTION: Robert Hall will create a group of Race Directors.

Social – Heidi Novak

Banquet was well attended (95), despite the weather. Working on upcoming happy hours, as well as adding additional members to the committee.

Spires – Robert Hall

Spring season starts on March 19th. On target to have 70+ registrants.

Store – Josh Roane

Looking for new items for the store. Welcomes any suggestions.

Summer Solstice – Robert Hall

Race is moving to Walkersville Fire Hall Carnival Grounds. Location is equipped for rain. Tim O’Keefe has been contacted to certify the course. Registration opens on March 1st.

ACTION: Alex Young will meet with Tim O’Keefe to certify the course.

Technology – Lou King

Contractility is up and running. New timing service for Market Street Mile, Women’s Distance 5K, and Summer Solstice 8K (MCRRC). Changes to Google security affected Routetivity and Contractility and caused some minor issues which have been resolved.

Trail Running – Nicole Davis

Lil’B 5K-ish is set for April 6th. 2019 Trail Challenge is underway.

Training Programs – Nicole Davis

Christine Stafford is the Training Program Administrator and is handling rolling out the training programs and keeping the website updated. Half marathon training started on February 11th and is going well. 5K/10K trail program is in the works. A 50K training group has been created targeting the Blues Cruise 50K. Discussed having training program registration open at the same time as registration for the race. In order to focus on current training program, registration opens 4-6 weeks in advance of the start date.

Women’s Distance Festival – Harriet Langlois

Planning is going well and permits have been submitted and/or approved. Registration opens March 1st. Sponsorship levels have been increased. Goal is \$24,000.

Volunteer Appreciation – Lori Menseh

Email will be sent to program leads for a list of volunteers from October 2018 to the end of January 2019. Heidi has been helping with distributing volunteer gifts. Discussed the need for Volunteer Coordination in addition to Volunteer Appreciation. This would be someone who is in tune with the club.

ACTION: Robert Hall will work on finding someone to help with coordinating volunteers.

Board Design– Robert Hall

Robert Hall presented a new design for the Board. The Executive Officers would remain the same, however, instead of having the Board of Directors, five at large Board Members would be voted in by the members of the club. These at large Board Members would oversee two or more committees and would share updates at the Board Meetings. At large Board Members don't have to be Past Presidents.

The proposed board structure is more similar to other non-profits. A President Emeritus status for past presidents was suggested to allow past presidents to stay involved and provide historical input and guidance, without the responsibility of a voting board position.

Upcoming

March 28-31: RRCA Convention

April 1: Trail Training Program registration opens

April 6: Lil'B 5Kish

Next Board Meeting - May 15th

Adjournment

Meeting adjourned at 8:01 pm by President Robert Hall.

Recorded by: Heidi Novak, FSRC Secretary