

Lakeland Runners Club
Board Meeting
February 13, 2017, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Chuck McDanal, Kimberly Roberts, Amanda Bot, Kurtis Braun, Rhonda Fosser, Angi Griffin, Louis Irwin, Sarah Kozul, Kristi Lawrence, Amanda Speakman

Quorum Present: Yes
Others Attending: None

Meeting called to order by 2017 President, Gail Hardy at 6:01 PM

Minutes: 2017 Secretary, Kimberly Roberts, provided minutes of the January 2017 meeting, Kurtis Braun made a motion to accept the minutes as presented, Chuck McDanal second, all approved.

Treasurer Report: 2017 Secretary, Kimberly Roberts, presented the Income statement through 1/31/17, as prepared by 2017 Treasurer, Betsy Slay, with an ending balance of \$61,503.85. Kristi Lawrence made a motion to accept the treasurer report as presented, Kurtis Braun second, all approved.

New Business:

Beginning Training Program – Gail, Betsy has some volunteers lined up, we need to get the word out about this program. Please share this information, and we will promote this at the Promise Run.

New club shirts received – Gail will take these to FitNiche.

Race Updates:

Watermelon Series – Angi passed out the proposed art work for this series, several suggestions were made for watermelon placement. They are still looking at the finisher items for each race.

Mayfaire – Gail, we are just waiting on the art work from the museum.

Christina – Kurtis, this race will need to be moved for 2017, the lot we used for parking is now up for sale. The board discussed several options for this race, Kurtis will look into them further and report back to the board.

Cross County/Kids Running – Sarah & Amanda Speakman, the first summer practice will be on 6/13/17 and will be held at Fletcher Park at Lake Bonny or Holloway Park. The first official meet will be the last weekend in August and will then run through November.

Promise Run tent 3/4/17 – Louis to deliver and we will need two people to work the tent. Amanda S. will be there to help with the tent, but is also running the race so we need a couple more volunteers to help out with this. We will have flyers for all our races ready to go, and any shirts or medals to display as well.

Polk Senior Games 3/11/17 volunteers – Louis, Bobby & Sherry Harter will man the finish line.

Website update – Chuck & Sarah have been working on updating all old forms and the site to get everything up and running, great job to you both, and thank you!

Sponsor letters sent to:

Polk State College, Orange Theory, gold/s Gym, Green Construction, Florida Engineering & Design, Geico, Publix Super Markets, Foot & ankle Associates, Leading Edge Physical Therapy, Harrells, Hand & Stone, HAKA Fitness, Howell & Thornhill

Letter sent to the McClurg Family – thanks for the use of their land in front of Lake Hollingsworth that we use for our finish line and runner village area.

Thanks to Chuck for speaking to the Rotary Club on Friday representing LRC.

Speakers for GMM:

January 19 – Tyrone Bell (shoes), cancelled, we had favorite race shirt night

February 16 – Milton Lyons, Track & Speed Workouts

March 16 – Greg Osborn – Stretching for Runners

April 20 – Dr. Mantilla – Foot & Ankle Associates

May 18 –

June 15 –

July 20 –

August 17 –

September 21 – Aching Quad Party

October 19 –

November 16 –

December 3 – Christmas Party

Ideas for meetings:

Do something along the lines of the Left Over race from last year, but with a scavenger hunt type theme, or clues to solve before you can move onto the next check point.

Have just a fun run with dinner provided, free to members, \$5 for guests.

Weight Training for runners

Cross Training for runners

Tech talk on watches and other gadgets for runners

City to talk on parks and trails.

Scholarships – Kurtis, in the past we have awarded (6) \$1500 scholarships to 3 male and 3 female, Polk County Seniors.

Must have a 3.5 GPA

Write an essay on How Running Has Impacted Their Life

Letter from their coach stating they have been active in the sport for 2 years.

Kurtis has the new commitment form for 2017.

Angi, do they need to be a member of LRC? No they do not.

Do they need to have volunteered at an LRC event? No they do not, this is county wide and would be very hard for some to get to one of our events.

Kurtis Braun made a motion to award 6 \$1500 senior scholarships through Polk Education Foundation. Sarah Kozul amended the motion to state 6 scholarships, 3 female and 3 male. Amanda Speakman second, all approved.

Sponsorships – Angi, why do we limit ourselves on overlapping sponsors for our races? Gail, we appreciate our sponsors and don't want to diminish their advertising spotlight by having a competitor also on our shirts and programs.

Kurtis will send a sponsor letter to Taco Bell

Louis will reserve the U-Haul for the Watermelon Series

There being no further business the meeting was adjourned.