

Lakeland Runners Club  
Board Meeting  
October 16, 2017, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Chuck McDanal, Betsy Slay, Kimberly Roberts, Kurtis Braun, Angi Griffin, Louis Irwin, Lynn King, Sarah Kozul, Kristi Lawrence, Amanda Speakman

Quorum Present: Yes

Others Present: None

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

Treasure Report: 2017 Treasurer, Betsy Slay, presented income statement for September through 9/30/17 with an ending balance of \$83,585.71. Sarah Kozul made a motion to accept the financial report as presented, Amanda Speakman second, all approved.

Betsy also provided Income Statements from the 2017 Aching Quad Series and the 2017 Mayfaire 5K

New Business:

Aching Quad Recap - Kristi, thank you everyone for all your help during the whole event. Everything went very well, even with all the weather issues we had to deal with. Next year, we will plan to spend more money on the finisher medal. We had approximately 229 registered runners, which was a record for this event. Kristi will send a list of all virtual runners to Amanda Speakman for the High 5 Awards.

Lake to Lake - Gail, all is set, and the shirt order will be going in soon. Louis will get equipment and set the finish line. Race is 7:30 am, on 11/4/17. At this time, we have 120 registered runners.

Double Down 5K - Kurtis, the awards are in, but did not come as ordered, so we were able to get \$2 each taken off the price. WaWa will be donating 240 bottled waters for the race. The back of the shirt will say FINISHER across the top. Gail will send Kurtis all the sponsor information needed for the shirt. We need to secure a photographer for this even as Jamie Lisbon is not available that morning.

Fall Forward 5k Training - Betsy, we are in week 3, and all is going very well, we have a lot of volunteers each week, and have 30 people registered.

Wednesday night trail runs - Betsy, we will end this run out at Holloway Park at the end of October due to the time change and the park closing earlier. Will poll the leaders to see if we

should continue this run in the spring. Chuck, great change of pace, get off the concrete road and do some trails.

Christmas Party - Kimberly, everything is set for our annual party on December 2, 2017 at 5:30, Swann Hotel. We have Bert Howard for DJ, and Ben McConnell will be setting up his picture booth again this year. Lynn is handling all the door prize goodies. Sarah will get a poster made to honor all our sponsor for the door prizes, Kimberly to get Sarah all the information for this. We will be honoring all our past presidents with free attendance. One more bartender will be added in this year. Gail will be moved to the middle below the DJ booth so everyone can hear announcement and the General Meeting.

Central Florida Speech and Hearing Center - Gail, Robin Cole - 30 staffers for lunch on 9/28 at 11:45 am postponed from 9/14/17 due to Hurricane Irma. Kristi & I attended and thanked them for letting us use the community room.

Midflorida - Gail, 9/21/17 I attended their board meeting to thank them for their support over the years. They were very nice and appreciated all the promotion that we provide them. 25 people attended their board meeting.

Need to promote the Crazy Hat or Tutu race - Gail, this will be held at the Eagles Nest at Peterson Park. We will have a sign in sheet for everyone to sign that will include the waiver. Need to get an email out to promote this fun race. We will provide dinner, cookies and drinks. Free for members, \$5 for guests.

Promote the last two races for this year - Lake to Lake 10K and Double Down 5K. Set up event pages on Facebook for both of these events. Email blasts to all members.

Marianne George with Polk State College - is looking for help with the children's race at Joggin for the Noggin. Brittney Irvine is helping with the children's race.

Hillcrest Coffee - asked about doing a regular run during the week, 119 Hillcrest Street, Lakeland, FL 33815. After much discussion and questions, Chuck will get back with them and see what they have in mind.

Used shoes - Gail had someone contact her about sending our slightly used shoes overseas to be cleaned up and sold. No, we would rather keep them local and have them donated.

Kids Cross Country - Sarah, we have 2 meets left in this season. This is the 4<sup>th</sup> year for Middle School Cross County, and the 3<sup>rd</sup> year for our LRC Kids Team. Our girls took 1<sup>st</sup> place with 4 of them being in the top 15 runners. The Polk County meet has grown over these years, we are having parents come up to us asking how their kids can be on our team. Next year we will be looking at ways to get the word out for all kids that would like to participate in cross county. If we get more kids we will need more volunteers. We will be making some changes for next year after we close out this year. This has been a great season for all our kids.

Speakers for GMM:

Jan. 19<sup>th</sup> - Tyrone Bell (shoes) cancelled had favorite race shirt night

Feb. 16<sup>th</sup> - Milton Lyons Track & Speed Workouts

Mar. 16<sup>th</sup>- Greg Osborn – stretching for runners

April 20<sup>th</sup> - Dr. Mantilla – Foot & Ankle Associates

May 18<sup>th</sup> – Spring Ahead Beginning Clinic

June 15<sup>th</sup> - Will Shillito – Total Body Conditioning

July 20<sup>th</sup> Capt. Steve Walker – Safety (863) 298-6677

Aug 17<sup>th</sup> - Shannon McManus – Mgr. Customer Wellness at Publix Super Markets

Sept. 16<sup>th</sup> – Aching Quad Party

Oct. 19<sup>th</sup> – Fun run – Crazy Hat & Tutu Race

Nov. 16<sup>th</sup> Michael Knaisch MS, ATC, CSCS – Lakeland Cryo and Recovery

Dec. 2<sup>nd</sup> - Christmas Party