

Lakeland Runners Club
Board Meeting
September 18, 2017, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Betsy Slay, Kimberly Roberts, Chuck McDanal, Amanda Bot, Kurtis Braun, Rhonda Fosser, Angi Griffin, Lynn King, Sarah Kozul, Kristi Lawrence, Vicki Powell, Amanda Speakman, Jeanette Crowley

Quorum Present: Yes
Other Attending: None

Minutes: 2017 Secretary, Kimberly Roberts, provided minutes of the August 2017 meeting with correction to the Motion for repair of ruts at Lake Hollingsworth to read "up to \$85", Kurtis Braun made a motion to accept the minutes as amended, Rhonda Fosser second, all approved.

Treasure Report: 2017 Treasurer, Betsy Slay, presented income statement for August through 8/31/17 with an ending balance of \$61,164.10. Kurtis Braun made a motion to accept the financial report as presented, Rhonda Fosser second, all approved.

New Business:

Question to RRCA - Gail - We are an RRCA running club in Lakeland, FL one of our board members asked me to check to see if we have strollers in a race (we only allow in a few of our races) I know the runner is insured but is the child in the stroller also insured?

RRCA Answer: The child would have to be included in the waiver you have that participants sign and as a participant of the event they are covered by the policy. We do strongly recommend against the participation of baby strollers/joggers in road races and against race organizers creating baby stroller divisions. The reason for this recommendation is that the inclusion of strollers in races increases the potential for injury to race participants and children. The RRCA has no objection to and does not discourage the safe and prudent use of strollers or baby joggers in individual training situations. If allowed in a race, stroller or baby joggers or similar devices should be started in the back of the runners and walkers.

Board decided we will change the working on our race waivers for strollers.

Aching Quad - Postponed - Kristi - we are looking at holding the series the weekend of 9/29 - 9/30/17, we are waiting to hear from the City for the final go ahead for these dates. Frescos is available that weekend for the after party.

High 5 Challenge - A virtual race option will be offered to those who cannot attend the new dates of the series, so they can still be eligible for the High 5 Challenge and Finisher Medal, but will not be eligible for the age group awards. Only currently registered runners will be eligible

for the virtual race option. All virtual runners will need to run and submit their race times to Kristi by 10/1/17.

At this time, we have 123 Registered Runners, 50 of these are High 5 Challenge Runners

Kids race will be canceled for this year, we will reevaluate the kids race for next year, with possibly moving to another one of our races during the year. If someone has registered for the kid's race, we will refund the \$5 to them. Sarah stated that all cross-country kids had paid the \$5, we will get all refunded to them as well.

Sarah Kozul made a motion to cancel the Kids 1 mile race for Aching Quad or 2017, and refund the \$5 registration fee anyone already registered. Rhonda Fosser, second, all approved.

Lake to Lake 10K - Gail is director for this race. Shirts, logo and awards have all been ordered.

Double Down 5K - Kurtis - Awards have been ordered and will be arriving soon. Shirts are ready to be ordered. Kurtis is calling WaWa for donation of water for the race.

RRCA Kids Grant - paper work filed 9/3/17 by Rhonda and Amanda Speakman

Central Florida Speech and Hearing Center - postponed due to Irma - Robin Cole- 30 staffers for lunch on 9/14 at 11:45 pm - located in Highland Plaza Address 3020 Lakeland Highlands Rd, Lakeland, FL 33803 - Black & Brew will supply plates, napkins and cups. We need to bring drinks and ice. Ordered 3 sandwich platters, large summer salad, fruit salad and 3 dz cookies, cost with delivery & tip \$281.72

MidFlorida 9/21/17 - Gail is attending their board meeting to thank them for their support over the years. MidFlorida is very interested in anything to do with our kids runs, pictures, numbers etc. Sarah will get these to Gail for the meeting.

Sponsor letter to review and update - Gail provided copies of our Existing Sponsor Letter, New Sponsor Letter, and 2018 Partnership and Sponsorship Opportunities Flyer. Please review these and let Gail know of any suggestions for changes.

Kristi - Can we list how many runners we get for each race?

Angi - could we add in categories as opposed to what you get for each race:
Platinum, Gold and Silver.

For the \$1,000 LRC Partnership change the wording to show all they get, making it more appealing for those interested in the Partnership level of sponsorship.

Coupon Code with membership - Scott at local races will be giving a coupon code instead of the voucher as we have used in the past. They will create the coupon code and we will send to

members upon joining or renewing. This code will be for 1 race and a 1 time use, we will get a complete spread sheet of all the codes issued.

We will need to have in writing the procedures for this new process. We can start after the Double Down 5K, the last of our races for 2017. All old Free vouchers will need to be used by end of 2017.

Speakers for GMM:

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

Feb. 16th - Milton Lyons Track & Speed Workouts

Mar. 16th- Greg Osborn – stretching for runners

April 20th - Dr. Mantilla – Foot & Ankle Associates

May 18th – Spring Ahead Beginning Clinic

June 15th - Will Shillito – Total Body Conditioning

July 20th Capt. Steve Walker – Safety (863) 298-6677

Aug 17th - Shannon McManus – Mgr. Customer Wellness at Publix Super Markets

Sept. 16th – Aching Quad Party

Oct. 19th – Fun run – Crazy Hat & Tutu Race

Nov. 16th Michael Knaisch MS, ATC, CSCS – Lakeland Cryo and Recovery

Dec. 2rd - Christmas Party