

LRC 2013 Board Meeting Minutes Annual Report

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2013 January Board Meeting

Lakeland Runners Club

January 7, 2013, 6:15 PM, YMCA

Board Members Present: Bryan Graydon, Marc Zimmerman, Gail Hardy, Rhonda Fosser, Kevin Fitzsimmons, Kimberly Roberts, Kathy Brammer, Kristi Lawrence, Michael Walker, Janette Wallace, Amanda Bot

Quorum present, yes.

Meeting called to order at 6:18 pm, by 2013 President, Bryan Graydon

Treasurer's Report – Gail Hardy, reviewed highlights from the Income Statement through 1/7/13, with an ending balance of \$45,581.46. Also provided were income statements for Go Green 5K, Christina 5K and Lake to Lake 10K, comparing 2011 to 2012. It was noted that Go Green had more expenses and less income than last year, and we are also waiting on the \$5,000 sponsorship check from Dennis Fontaine for Lake to Lake. Gail reported that all our taxes and completed. Marc made a motion to accept the financial statement as presented; second by Rhonda, all approved.

Amount to give YMCA from Lake to Lake Race? - Our agreement is that we donate back to YMCA, and in the past we have given \$1500, Lake to Lake made \$5,516.44. After some discussion it was decided to keep the donation as we have done in the past, Gail to mail the check to the YMCA.

Request to directly e-mail LRC members on Bartow events (fee or discount to members) – There are 3-4 Bartow events each year and we do have them on our calendar on our website. Janette suggested that we should open this up to our sponsors first. After discussion, we are not in favor of this at this time.

Races we have been asked to time for 2013? –

Polk Senior Fames 3/9 – we are fully committed to this race

FUMC 5K 3/9 – Marc to handle this race

Y Camper Scamper 3/15 (clock only) we just need to set up and take down the clock

Loop the Lake 5K 3/16 Kappa Delta FSC

FSC Bill Duncan 5K 3/29 – Friday night race which is also Good Friday, Brian will check with Ben M, on this date.

All are in favor of timing all these races.

LRC Race Dates –

Mayfaire 5/11

Watermelon Series 6/1, 6/22, 7/20, 8/17

Aching Quad 9/13, 9/14

Go Green 10/19, Bryan is waiting to hear back from Circle B on this date

Lake to Lake 10K 11/9

Christina 5K 11/30

RRCA Convention attendees – Dave and Julie are next in line, Bryan will check with them to see if they are interested in going.

Request to sponsor PSC baseball team – Bryan received a request to sponsor this team, after brief discussion it was decided not to sponsor.

Request to work Polk County Employee Health Fair (2/15 7:30 am to 10:30 am) – Kristie and Kimberly will work this Health Fair. We need to purchase a new folding table as ours was stolen from a water stop at the senior games. Discussion on also doing the School Board Health Fair on 3/9/13, at Church of the Nazarene, we will wait to see how this first health fair goes and then proceed from there on future fairs.

Mayfaire Update – Bryan, the artist is still working on art for this race, and this will cost more than in the past. Race fees will be \$25 in advance, 14 & under \$15, \$30 day of race. Paper work has been sent to MidFlorida asking for this sponsorship for this year.

Art image – will be a tree blowing in the wind

Sponsors, Bryan is checking with our regular sponsors. Black and Brew, would like to provide in kind sponsorship for them as they provide the food for the bag stuffing held at Fitniche for this race. If you know of anyone who might be interested in sponsoring this race, please let Bryan know.

Which Chip to use? (Reusable \$2.00 vs. disposable on bibs \$2.50) - The disposable bibs would be an approximate increase of \$600, but we would also save \$200-300 on the bibs. Motion for using the disposable bibs at the Mayaire 5K race made by Gail, second by Cathy, all approved.

Next Board Meeting Monday, February 11, 2013, 6:15pm at YMCA

Next General Membership Meeting, February 7, 2013, 7:00pm at Red Elephant

Meeting adjourned at 7:05pm

Minutes submitted by Secretary, Kimberly Roberts

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2013 February Board Meeting

Lakeland Runners Club

February 11, 2013 6:15 YMCA

Board Members Present: Bryan Graydon, Marc Zimmerman, Gail Hardy, Kimberly Roberts, Julie Ball, Dave Quarles, Rhonda Fossier, Kevin Fitzsimmons, Kathy Brammer, Kristi Lawrence, Michael Walker, Jeanette Wallace, Ashley Scarpa, Amanda Bot

Is there quorum present? Yes

Others Attending: Susan Inderbitzin with InnerAct Alliance

Meeting called to order at 6:17 pm, by President, Bryan Graydon

Susan Inderbitzin with InnerAct Alliance thanked Lakeland Runners Club for all our help and support of the Red Ribbon Run. Jeanette Wallace also thanked LRC and would like to ask for our support for the New Red Ribbon Half Marathon which will be held on November 9, 2013, along with the Red Ribbon Run for the kids. The Red Ribbon Run will be shorter this year due to the change in venue from Tiger Town to Lake Mirror, and will be approximately .62 of a mile. It was discussed if any adults would be likely to run this new shorter distance, most agreed probably not. Marc suggested a possible re-do of the kids course to go up to Massachusetts Avenue to possible try and get a full mile. The Half Marathon course is all mapped out and we are just waiting on the DOT for the final go ahead. The Half will start at 7:00 am, and the Red Ribbon kids at 8:00 am.

Purchase new time machine vs. computer based software – We have two timing machines and both are working fine, but the charger has a short. We need either a new charger or get this one fixed. Marc & Bryan looked into a computer software program for race finish. Works about the same as the machine we currently have, you hit a button on the computer as people cross the finish line. We would still use our current system and cards, and have this as a backup. Cost is approximately \$99. All agreed this would be a good idea for only \$99. Julie asked if this could be used on multiple computers, Bryan to check on this. Gail suggested that maybe we could get more people trained to help with the finish line process.

Gail Hardy made a motion to purchase the computer based software for \$99, Dave Quarles, second, all approved.

Mayfaire Update – Bryan, the flyers are out. Still working on the award and trying to get them at a tolerable price.

Sponsors: MIDFLORIDA, Noble Juice (will have juice after the race for runners), Foot and Ankle Associates, CPS Investments, Leroy's Bikeworks, Mosaic, Select Physical Therapy, Newton Running (1200 pair of socks for all pre-registered runners, their logo on one side and LRC on the other), Black and Brew, Galloway Training Group, Faith Runners, PR Running, Hulbert Homes, Running with Scissors and Haka Fitness

The Bag stuffing is Monday, May 6th, at Fitniche @ 6:00, dinner provided and volunteers needed.

Treasure's Report – Gail Hardy, reviewed highlights for the Income Statement through 1/31/13, with an ending balance of \$49,308.31. Gail is requesting that we look into moving our bank account to Mid Florida. We are currently at SunTrust and have a very old account that is charging us fees for

everything, even depositing over a certain amount of money in one transaction. Gail to look into options at MidFlorida, all agree this is a good idea.

Request for race timing for April 26h for Lakeland Bar Association – Julie, this will be a 5K race around Lake Hollingsworth, called “Race the Bar, proceeds will go to the Florida Royal Legal Services. LBA will pay \$300 for timing and race results. All agreed to time this race.

Who is working March races we are timing?

March 9th Senior Games in Bartow, 5K run and walk on track – Louis & Kristi, may need a few more.

March 9th Carol Marsh Kids 2 Camp 5K FUMC – Marc, Bobby & Sherry

March 15th YMCA Camper Scamper (clock only) Bryan

March 16th Loop the Lake 5K – Bryan

Scott Lake Elementary running club – Rhonda, can she get money donated again this year to pay for the Marathon Miles t-shirts for her Scott Lake running kids club, there will be around 45-50 kids earning their shirts. SLE shirts were \$358 last year.

Eliska at Logo Out Loud did the shirts for the Tuesday LRC kids group at approximately \$9/shirt. Marc may have a contact for youth tech shirts, will check on this, and get back to Rhonda with the info. Julie Ball, motion for \$500 for Scott Lake Elementary kids running group for shirt purchase, Gail Hardy, second, all approve.

Race sponsors for Watermelon series and possible Friday night number pickup – Bryan, would like to get a sponsor or sponsors for this series. Also, would like a place to hand out the bibs on Friday night to help with the long lines on race morning. If you know of anyone who would be interested in sponsoring this race let Bryan know.

Foot chips vs. bib chips for Watermelon Series? No discussion on this.

March Board Meeting: Monday, March 11th, 6:15pm, YMCA

Next General Membership Meeting, Thursday, March 14th, 7:00pm YMCA

Bryan to check with Haka Fitness to see if someone would like to come and do a demo type class and talk about what all they offer.

For future meeting, Ultra Runner of the Year lives in Lithia.

Meeting adjourned at 7:16pm

Minutes submitted by Secretary, Kimberly Roberts

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2013 March Board Meeting

Lakeland Runners Club

March 11, 2013 6:15 YMCA

Board Members Present: Bryan Graydon, Marc Zimmerman, Kimberly Roberts, Julie Ball, Dave Quarles, Rhonda Fosser, Kevin Fitzsimmons, Kathy Brammer, Kristi Lawrence,

Is there quorum present? Yes

Meeting called to order at 6:19p.m. by 2013 President, Bryan Graydon

Mayfaire update – Bryan, everything is on schedule. More flyers have been ordered, and registration is going well. Bryan is still working on the awards. Dave, all Police paper work is turned in and is going according to plan. Also, Dave reported that the due to Success Avenue being repaved, the certification points will be remarked before the race. Susan from InnerAct Alliance is putting together a group of volunteers. Kristi, asked about setting up possibly at Mayfaire for packet pickup, Bryan stated we do have extra days at Fitniche, so we should be ok there. Red Door has asked about being a sponsor for this race, Bryan as left message and is awaiting a return call.

Summer Sunrise Watermelon Series – Bryan and Dave

Registration forms – same as last year with date changes. We did get a new sponsor for \$500 from FCA Bib chip timing @ \$2.60 each (bib included) – bib chips would cost us \$400 more per race. After discussion, Julie Ball made a motion to approve \$2.60 per runner for Watermelon Series for bib chip timing, Marc Zimmerman second, all approved.

Friday night bib pickup – still working on a location for this, Fitniche is an option, with using our volunteers to man the pickup table.

Bryan showed two new shirt logos for this series. All agree we need to emphasize the Watermelon and down play the Summer Sunrise part of the logos. Make the second logo look more like a watermelon and make it really stand out. Bryan will get with Eliska and have her work on these changes and get back to us.

Facebook group page changes – Bryan and Marc, do we want to make this a private LRC group. Julie, maybe it is better to keep it open, so people know what we are doing and is going on with our club, we may get more members that way. For now we will keep the group page as it is with Bryan and Marc monitoring and deleting anything not approved.

YMCA youth running program – Kristi, the running program at the YMCA has changed from previous years, as has the person in charge of the after school program. There are many restrictions, and only a few kids participating. Kristi, will be holding the end of the year party and needs 3 running shirts, trophies and money for the party. Julie Ball moved to approve \$250 for the YMCA youth running program for party and awards, Kathy Brammer second, all approve.

LRC hats – Dave, Adam Novak gave Dave some samples of hat, visors and towels that he can get for LRC. Price range is \$1.99 - \$1.49 depending on how many we order. \$60 set up fee, and \$75 shipping fee. Just something for us to think about and consider.

Julie shared that the Lakeland Land Sharks group puts out an order twice a year for all their gear for the club. Bryan will check on something similar for our club, we could offer several different styles of hats, visors, shirts, etc, and only order what was needed.

Middle School Cross Country – Marc, Lakeland hosts this cross country meet each year, and we don't have a middle school team to compete. Marc has put together a 5 page proposal to get this in our middle schools and presented to Kathleen Wright. Kathleen loves the idea but we would need to offer to every school in the county, she will talk to the schools and some of the high school coaches to get their input and interest. If we can get some teams going at some of these schools, would LRC be willing to have someone volunteer to adopt a school and help with the program? Each group would also need to have a Polk county school board employee present at each and every practice. Grace Owen is excited about this prospect. Marc will volunteer for Lakeland Highlands Middle School for a Saturday morning workout. Anyone volunteering to help with this program would need to be approved as a volunteer and that runs around \$175.

Julie suggested maybe targeting parents that have kids in each school that would be interested in this program. This would also be a good feeder for our scholarship program we award each year. The cross country meet is held at Holloway Park.

Marc will continue to work on this and get something out to our members to check on interest.

LHS Track issue – Bryan and Marc, Grace Owen was approached last week by an LHS track coach as to who she was and why her group was on the track. Bryan suggested we go ahead and pay for the LRC kids group to be out there, we only have to pay to use the track at \$10/hour, so about \$500 per year. We would need to also provide them with a copy of our certificate of insurance.

Julie Ball move to approve \$500+ expenditure to secure those facilities at LHS track for the LRC kids running group. Marc Zimmerman second, all approved.

Moving LRC bank account – Gail, in an email from Gail “Bryan, I visited MidFlorida on Monday and their Business account has the same type of charge that SunTrust has, 500 free item per month (like checks deposited) and then \$0.25 per item over 500 items. I explained about the large races and the number of checks deposited during race season, MidFlorida said they would waive the fee for us. I think the Business Checking with Interest would be good for us”

Julie suggested that we get in the fee waiver offer in writing.

Marc Zimmerman made motion to move our bank account to MidFlorida from SunTrust dependent upon verification in writing of waiver of fees. Rhonda Fosser, second, all approved.

LRC singlets to sell – Bryan and Mike, talked to a couple of people at Fitniche. We could do Brooks or Nike tank top for about \$9-\$10 plus \$2 for printing. Michael Walker will store them take orders and deliver them. This falls in with the hats above, and Bryan will check all these options out and get back to the board with details.

Using Constant Contact for club e-mails – Bryan, has a new computer and it does not support getting the emails out as we have currently been doing. Bryan would like to try out Constant Contact, we would be charged by how many emails we send out each month, and right now we would fall in the 501-2,500 bracket which is \$21.00 per month for 12 months, or \$24.00 per month for 6 months. Rhonda Fosser made a motion to approve 6 months at \$24.00 per month for Constant Contact, Kathy Brammer, second, all approved.

Request to order finish cards – Louis, if cards are needed it was agreed Louis should order them.

Finance Report – Gail out of town, no formal report, and account balance is \$46,683.37 as of 2/28/2013

Thursday night meeting – Bryan, meeting will be here at the YMCA, 7:00pm. Rebecca Wroten with Haka Fitness will give a talk and demo on injury prevention foam rolling for runners.

April meetings – Next Board Meeting will be April 8, 2013, YMCA, 6:15pm
Next General Meeting will be April 11, 2013 at Red Elephant 7:00pm

Next Board Meeting: Monday, April , 6:15 p.m. at the YMCA
Next General Membership Meeting Thursday, April ,

Meeting adjourned at _____p.m.

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2013 April Board Meeting

Lakeland Runners Club

Minutes: April 8, 2013 6:15 YMCA

Board Members Present: Bryan Graydon, Marc Zimmerman, Gail Hardy, Julie Ball, Dave Quarles, Rhonda Fosser, Louis Irwin, Kevin Fitzsimmons, Kathy Brammer, Kristi Lawrence, Michael Walker, Janette Wallace, Amanda Bot

Is there quorum present? Yes

Meeting called to order at 6:20 p.m. President, Bryan Graydon

Update on LHS track situation – Bryan

A check has been sent to cover the LRC kids running group for the rest of the year.

Race Timing Services – Bryan

Bryan was approached as well as Kevin to time a race on May 25 the Bull Dog Blitz. The Board discussed and decided that we already had our schedule for the year and it was too late to add a new event.

LRC merchandise orders – Bryan

Bryan is working through Fitniche to purchase Brooks or Nike tank tops or shirts. Cost will be approximately \$14.00 + shipping and \$2.00 screen printing for the tank and \$15.50 + shipping and \$2.00 screen printing for the shirts. We decided to market the shirts and tanks for \$20.00 each. Bryan had a hat and a visor from Head Sweats to show and discussed the logo placement but will get us additional information. Several colors were discussed but most like the color white for the hats. Hats will be approximately \$12.00 and visor \$11.00 each so could be sold for \$15.00 each.

Race series with Brandon Running Association – Bryan

Brandon would like to get together with Lakeland for some group long runs, one month in Lakeland then next month in Brandon, first run to be May 25th. We also discussed maybe having a race series with Brandon with 2 of their races and 2 of LRC races. Bryan will be talking with them

Lake to Lake pricing and chip timing – Bryan

A motion was made to raise the entry fee for Lake to Lake by \$5.00 to cover the cost of chip timing the event. Motion made by Gail and seconded by Dave, all approved.

Adding “The Pack” workouts to our club sanctioned activities – Dave

The board discussed adding “The Pack” to our insurance as a sanctioned club run but we would like to know how many runners they have and how many are LRC members before we provide any money for water or Gatorade. This morning run is for fast runners and we don’t want to have any ill feeling as not all LRC members will be able to participate. Dave will discuss further details with John and will get additional information on adding their group to ours.

Update from Race Directors College – Marc

Marc is the race director for the Red Ribbon Half Marathon. The Red Ribbon Board sent him to a Race Directors College. He discussed some of the things that he learned. He will review his notes and print

some of the information up for us. Marc stated that the Tough Mudder Event will be at River Ranch for the next 3 years.

Finance Report – Gail Hardy as of 3/31/2013 our beginning balance is \$46,683.37 and our ending balance is \$45,695.74.

May meetings – No Board Meeting on May 6th due to Mayfaire Packet stuffing
Next General Meeting will be May 9, 2013 at Red Elephant 7:00pm

Meeting adjourned at 7:25 p.m.

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2013 June Board Meeting

Lakeland Runners Club

June 10, 2013 6:15 pm YMCA

Board Members: Bryan Graydon, Marc Zimmerman, Gail Hardy, Kimberly Roberts, Dave Quarles, Rhonda Fosser, Louis Irwin, Kevin Fitzsimmons, Kathy Brammer, Michael Walker, Kristie Lawrence, Julie Ball

Quorum Present: Yes

Others Attending: None

Meeting called to order at 6:17pm, by President, Bryan Graydon

Watermelon Series Recap and Update (Bryan & Dave) – First race went very well, and Friday night bib pick up at Fit Niche was a success. We are ordering 2 more port-a-lets, with 10 being at the start and 2 at the finish, we will also be ordering extra watermelons.

Course congestion was discussed and it was decided to move the cross over onto the sidewalk down a couple more streets and widen the angle a bit. We may need to get more cones to allow for this, Bryan will check on the cost and send out to the board for approval.

Closing down one lane on Hollingsworth Drive was discussed, but would be costly, however, is something to discuss for the future.

We will get some extra volunteers to help guide people through the finish shoot, and to keep the sidewalk clear for those finishing.

Shirt will be a light blue.

Water tables will be moved down from the watermelon tables to help with congestion in those areas.

RRCA Convention recap (Bryan, Marc, Gail, Jeanette) – The convention this year was held in Albuquerque NM, very informative meeting/seminars, and run/races throughout the weekend.

Gail, from the “Insurance and Risk Management” seminar, we need to review our waivers and they need to be kept on file, for 5 years. Marc will look into getting a scanner and he will scan all our waivers to keep on file. We will need clarification for the on-line waivers, Bryan to check on this.

Bryan – All board meeting minutes will now be posted on the website.

Marc – Starting in 2014, we will need to have a “certified race director” attend all our races and any races we time. There is an on-line training/certification course \$250 per person to be certified. Bryan will get more definite information on this issue and forward on to the board. Some question to be discussed and considered:

Does this make us liable for any race we time?

What is the purpose for us being certified, just to time a non LRC race?

Middle School Running Program (Marc) – The first meet will be held at Holloway Park this Saturday, June 15th at 8:00 am. This will be a cross country program and the runs will be on the trails at the park. We will meet each Saturday except Watermelon Race days.

First Aid and CPR Training (Marc) – We are purchasing 4 first aid kits, 2 for races, 1 for kids run group, and 1 for Dave.

We are looking into offering a CPR training course for board members. Kevin knows someone who does the training and has own equipment. Kristie, we could possibly hold the classes at the family life center at her church. Bryan will follow up on this info.

EMS Bike Squad (Louis) – This is a free service offering 1 paramedic and 1 EMT on bikes complete with all equipment needed to treat emergencies. Louis has sent an email to Mike Lunsford, from Polk County Fire Rescue Supervisor, to inquire about getting this for our races.

Go for the Flow 5K (Louis) – Louis would like to have the Go for the Glow 5K and the Caladium Festival 5K in Lake Placid put on our calendar.

Treasurer's Report (Gail) – Finance report provided by 2013 Treasurer, Gail Hardy. Gail reviewed highlights from the income statement thought 5/31/13.

Beginning Balance on 5/1/13 \$47,751.64

Ending Balance on 5/31/13 \$44,938.23

Marc made a motion to accept financial statement, second by Rhonda, all approved.

Aching Quad and Go Green Preparations – Gail is starting to put things together for Aching Quad. Bryan will be working this summer on Go Green 5K, with Kimberly and Gail possibly coming on as co-directors for this race.

Next Board Meeting: Monday, July 8th, 6:15pm, YMCA

Next General Meeting: Thursday, July 11th, 7:00pm, Red Elephant

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2013 July Board Meeting

Lakeland Runners Club
July 8, 2013 6:15 pm YMCA

Board Members: Bryan Graydon, Marc Zimmerman, Gail Hardy, Kimberly Roberts, Kevin Fitzsimmons, Jeanette Wallace, Michael Walker, Amanda Bott, Kristie Lawrence

Quorum Present: Yes
Others Attending: None

Meeting called to order at 6:20 pm, by President, Bryan Graydon

Treasure's Report (Gail) – As of 6/30/2013 we have a balance of \$77,653.62 One the Mayfair Race we are still awaiting the check from MidFlorida, and the bill for the Sheriff Office. The room for Mayfair has already been reserved.

Aching Quad (Gail and Dave) – Gail showed the design for the shirt and flyers; it is the shape of the number 8 to represent all 3 lakes. Working on the shirt color, and Gail will email out shirt color choices for board approval. Budget is being worked up as well as possible party locations. \$40 Series. The 1 mile for the kids on Saturday morning will be \$5, no shirt, but we will have awards for them.

Watermelon Series Update (Bryan & Dave) – all is going very well for the series so far. We will spread the water out and have some pre-filled cups ready to go. We have 945 people registered for the entire series. We will be getting gloves for the people cutting the watermelon. Aliska has ordered the shirts, and the awards will be ceramic tiles, 12x12 for overall and 6x6 for age group.

Go Green 5K update (Bryan) – Bryan is resigning from this race as director effective immediately. We are in need of a race director for this race, if no one takes this on, we will need to cancel the race. There is a possibility of moving the race to the new Holloway Park; however this is the same day as the Cross Country Meet, so our race would need to be run well before the start of this meet.

Lake to Lake 10k update – This race will be on November 16, 2013. Will Strouse and Julie Ball race directors. We are starting to get some inquiries for this race.

Timing of FSC race (Kevin) – We will not be doing this they have hired someone else.

Timing of YMCA race on October 26 – Bob & Sherry Harter will be doing the finish line and timing, but will need a couple more people to help them out at the finish.

Christmas Party – Will be help on December 7, 2013 at the Terrace Hotel.

First Aid and CPR Course – Certification will be \$30 per person if we have 15-20 people. Kristi and Jeanette will head up this class. Kevin will check with Matt Holcomb with Central Florida Health & Safety to see how many people we can have in a class and get potential dates. Board will pay for board members and ½ for club members. Bryan will contact those who originally stated an interested in this certification class.

EMS Bike Squad – we are awaiting word back from Mike Lunsford, have left messages.

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2013 August Board Meeting

Lakeland Runners Club
August 5, 2013 6:15 YMCA

Board Members: Bryan Graydon, Marc Zimmerman, Gail Hardy, Kimberly Roberts, Dave Quarles, Rhonda Fosser, Louis Irwin, Kevin Fitzsimmons, Kathy Brammer, Jeanette Wallace, Amanda Bott, Julie Ball

Quorum Present: Yes

Others Attending: Will Strouse

Meeting called to order at 6:15 pm, by President, Bryan Graydon.

Lake to Lake Update (Will & Julie) – Will submitted a proposed budget and registration flyer for approval. Julie would like to add in advertising for the race this year. \$270 Refund of deposit from last year has not been received back as of yet, Will to follow up on this. T-shirt for this race will be yellow. Will shared a photo of logo for board approval, board offered several suggestions for the logo, and Julie will check with Eliska for any ideas for a logo with the promenade or swans. Gail made a motion to accept the budget for the 2013 Lake to Lake 10K as it written, Rhonda second, all approved.

Conflict of Interest Policy (Bryan) – RRCA, we have to have a Conflict of Interest Policy by next year 2014. We can adopt our own or use theirs. Bryan handed out a copy of the RRCA Policy for board to look over and consider.

Member Code of Conduct (Marc) – Do we want one in place in case the need ever arises. Bryan will check around and see what other clubs have in place and report back.

Race of Champions (Marc) – Invite all the overall winners to run the Christina 5K for free and compete for a special award. Winners would come from Mayfaire, all Watermelon, and the Aching Quad 5K's. Bryan will contact all winners and notify them of this opportunity. Julie made a motion to approve this Race of Champions, Rhonda second, all approve.

Watermelon Series Update (Bryan & Dave) – Port-a-Potty's had not paper last month, Dave will follow up on this to make sure we have the paper for the last race. We need to ramp up the Water and Watermelon volunteers.

Aching Quad update (Gail & Dave) – Shirt will be bright yellow with navy blue logo. Julie has secured Hurricane Alley for the party. Kids 1 mile race, \$5, no shirt, but we will have awards for them. Kimberly will be a race director trainee for the Aching Quad.

EMS Bike Squad Update (Marc) – They will not be at the Watermelon race, but will be there for the Lake to Lake 10K.

CPR Class – This will be a 4 hour class, 8 am to 12 pm, with a minimum of 10 people need to hold the class. Class will be held at First Presbyterian Church, tentatively on October 26, 2013. Class will be \$30

each; board members are free, club members to pay \$15 for the class. Club will provide light refreshments, juice, coffee, donuts, etc. Jeanette will set up and get an email out to everyone.

LRC Board Jackets (Marc) - would like for the board members to get jackets \$32 Leslie Jordan, with embroidery. Rhonda made a motion to purchase jackets for the board members, Louis second, all approved.

Treasurer's Report (Gail) – As of 7/31/13 we have a balance of \$76,438.20.

Accounting Software (Gail) – Gail would like the board to purchase an accounting software program. Everyone is in agreement that this is a good idea. Gail will get pricing and email to board for approval.

Joggin for the Noggin – Bryan was contacted to see if we are interested in sponsoring this race. After a brief discussion, it was decided not to sponsor this race.

Online Registration on FRRM website (Bryan) – Everett would like us to list our races on his site and use this as another way for participants to register for our races. Board decided not to do this for the year, but possibly in the future.

Middle School Cross Country Running Update (Marc) – Program is going very well, with about 5-7 kids each Saturday. We have 11 schools with teams, Southwest Middle and Lakeland Highland Middle from here in Lakeland. There will be 6 Cross Country meets with a final County meet on October 19, 2013. FLRunners.com is donating \$2000 to buy uniforms for all 11 schools.

Go Green 5K Race (Bryan) – This race has been canceled.

Next General Meeting will be, Thursday, September 12, 7:00 pm at the Red Elephant.
Meeting adjourned at 7:40pm by President, Bryan Graydon

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2013 September Board Meeting

Lakeland Runners Club

September 9, 2013 6:15 p.m., YMCA

Board Members: Marc Zimmerman, Gail Hardy, Kimberly Roberts, Dave Quarles, Rhonda Fosser, Louis Irwin, Kevin Fitzsimmons, Kathy Brammer, Jeanette Wallace, Michael Walker, Amanda Bott, Julie Ball, Kristie Lawrence

Quorum Present, yes.

Others Attending: None

Meeting called to order at 6:19 p.m. by Vice President, Marc Zimmerman

Secretary Report for August Minutes, one change on Lake to Lake 10K race, shirt will be teal not yellow. Gail made a motion to accept the August Board Meeting Minutes, Kristie second, all approved.

Treasure's Report, as of 8/31/2013 we have a balance of \$68,630.65.

Old Business: None.

New Business:

Overhead Clock – Dave, I would like us to consider junking the “old monster” overhead clock that is at my house. After some research, I have found that it would not be cost effective to send it to California and have it repaired and returned. I don't think we can use it anyway. I would like permission to do with it as I (or we) see fit. It is of no value as is.

Gail asked how many clocks we have now that works. We currently have 3 working clocks.

Dave made a motion to scrap out the old clock and scaffolding for whatever it is worth, Michael second, all approved. Dave will handle the scrapping of the old clock and scaffolding.

Course Signage – Dave, we need to order more race course directional signs and caution signs and wires as soon as possible. Kristie uses “Advertising Signs That Work” for her real-estate signs, and will work with Dave on this to get some pricing. Signs should be double sided with color with wires and include LRC on them. Gail made a motion to purchase course signs with wires not to exceed \$500, Kristie second, all approved.

Simplot Games – Louis, JR Simplot headquartered in Boise, Idaho, is the main sponsor for the Simplot Games for track and field. They would like to get participants from all across the nation. Louis would like LRC to donate \$1,000 for helping with air fare for some local participants. After some discussion, it was decided that we don't have enough information to make a decision on this matter. Louis will get more information for the November meeting.

Hope for Haiti Race Date – Louis, need to get some possible dates together for this race, that will hopefully bring a larger crowd, and to see this race grow. After going over the race calendar of local events these dates were possible: 2/1/2014, 2/15/2014, 3/1/2014, 3/8/2014 and 3/15/2014

Scholarship for 2014 – Marc, last year we awarded four, \$1,000 scholarships, do we want to do the same for 2014. The scholarship monies come from proceeds of the Summer Sunrise Watermelon

Series. Julie would like to see the applicants come and volunteer with LRC, and or participate in a race. Louis suggested that the applicants possibly come and speak at one of our LRC monthly meetings. After further discussion, we are going to look again at the criteria and discuss this more in depth. Bryan will email out the current criteria to all board members to review and discuss at the October meeting.

Christina 5K Proposal – Marc, for the past few years the Christina 5K has had a toy drive to benefit Heartland for Children’s Rudolph Round Up program that ensures that children in Polk, Highlands and Hardee counties in foster care services have a Christmas with gifts they might otherwise not have. The program serves over 1500 children and those numbers grow a little each year. The Christina race is not currently tied to any type of community program or organization so below is my proposal to the board. Continue with the toy drive to benefit Heartland for Children’s Rudolph round up, Gail made a motion to continue with this, Dave second, all approved.

Extend to promoting the Rudolph Round Up to the LRC membership through club e-mails in hopes that some members may “sponsor” kids through the program and fulfill their Christmas Wish Lists. Gail made a motion to accept this, Julie second, all approved.

Promote the Christina 5K to licensed foster care and group homes in Polk County and offer the kids and caregivers the opportunity to participate in the race for free. All entry forms would be sent out and received through Heartland for Children putting no further stress or efforts on the club or race directors. A deadline for turning in the forms would be set far enough in advance that proper shirt order could be made. After discussion with possible issues of kids being photographed, and, also the roads not being closed to traffic, causing safety issues, we will not move forward with this.

LRC board vote to donate a monetary sum to the Rudolph Round Up program to help purchase wish list items for those children who are not “sponsored” by other individuals or groups. Louis made a motion to donate \$500, Kevin second, No-8, Yes-2, and Abstained-2 we will put on the registration form a place to make an extra donation to the Rudolph Roundup.

Also promote the LRC kids running program through Heartland for Children to the licensed foster care and group homes in hopes of opening the program to that population of kids and to the programs and facilities that will continue to service new kids who may enter the foster care system. Kathy made a motion to accept this proposal, Louis second, all approved.

Middle School Cross Country – Marc, this program is going very well, and we have 13 middle schools participating. Marc asked about help with offsetting the expense of having the county meet professionally timed. Gail made a motion to donate \$500 to help offset expenses to put on the Middle School Meet, primarily the timing of the event by Elite Timing, Rhonda second, all approved. Gail asked could we have our LRC Banner at the meet, and Marc will take care of having the banner there.

Other New Business:

Bill Duncan Race Canceled – Louis, due to lack of participation this race has been canceled. Louis would like to make a donation to the FSC Men and Woman’s Cross Country Team. Julie asked about their formalized sponsorship information. We need more information before deciding on this matter, tabled pending further info.

Updates:

Membership Database Change – Marc, Abooma our current online membership site is closing. Bryan found “Run Sign Up”, and we will be moving our online membership signup to this site.

Aching Quad – Gail, All is going well, we have 139 registered runners as of 9/9/2013. The kid’s one mile race will be at Lake Morton and will start approximately 3 minutes after the adult start.

Red Ribbon Run – Marc/Jeanette, we will need some help with the kids 1K race. Grace Owen is the race director for the kid’s race. Julie, Louis, and Rhonda will be able to help out, and we will send out an email to the membership for help as well.

Holloway Park – Marc, this park is now open every day from 7-11:00 a.m. to run.

Next Meeting Date:

Board Meeting 10/7/2013, 6:15 p.m.

General Meeting at Red Elephant 10/10/2013, 7:00 p.m.

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2013 October Board Meeting

Lakeland Runners Club

October 7, 2013 6:15 p.m., YMCA

Board Members: Bryan Graydon, Gail Hardy, Kimberly Roberts, Dave Quarles, Rhonda Fosser, Louis Irwin, Kevin Fitzsimmons, Kathy Brammer, Amanda Bott, Julie Ball, Kristie Lawrence

Quorum Present, yes.

Others Attending, none.

Meeting called to order at 6:20 p.m. by President, Bryan Graydon

LRC Membership Database (Bryan) – our membership database has been moved to Run Sign Up, runsignup.com, as Abooma has closed down. This new data base will list all members within a family membership.

LRC Scholarship (Bryan) – We currently award four \$1000 scholarships with the following criteria – 3.0 GPA, at least one year on cross country or track and field team, letter from coach confirming involvement with team, essay on “How Has the Sport of Running Changed, Impacted, or Influenced Your Life”.

Discussion on our current criteria and whether or not to keep the same scholarships as last year.

Dave made a motion to keep the four \$1000 scholarships and use the same criteria, Gail second, all approve.

Moving the Track workout (Dave) – Dave would like to see about moving the Tuesday track workout to Monday evening. Fitniche, with Milton Lyons, has a track workout on Monday, at LHS track and there is a possibility of combining both groups. There are some concerns, and things to be worked out, Dave will discuss further with Milton and get back with the board for more discussion.

Mayfaire Registration for 2014 (Bryan) – Bryan is looking into the possibility of having registration for Mayfaire 2014 be online sign up only.

2014 Race Dates (Bryan)

Mayfaire 5/10/14 – Facility is rented

Watermelon Series – 6/7, 6/28, 7/26, & 8/23/14 Bryan to get with City to schedule on their calendar

Aching Quad – 9/12 & 9/13/14

Go Green 5K - ?

Lake to Lake 10K – need to look at dates in November to secure a date

Christina 5K – 11/29/14

Use of Clock and Finish Line Set Up at Hope for Haiti 5K at No Charge (Louis) – Race is 3/15/14 8:00 a.m., at First Presbyterian Church. Kristi motion to allow Louis to use the clock and finish line set up for Hope for Haiti 5K, Rhonda second, all approved.

Holiday Party Update (Julie) –

Party is at the Terrace on 12/7/13, Terrace has been reserved. We are in need of door prizes.

Treasurer's Report (Gail) – Gail reviewed highlights from the income statement through 9/30/13, with an ending balance of \$67,606.81. Gail also presented income statements from the Mayfaire 5K, Watermelon Series, and the Aching Quad races. Kathy made a motion to accept the financial statement, Rhonda second, all approved.

LRC Board for 2014 – Ashley Scarpa will be stepping down. Vicki Powell possible new board member.

RRCA Convention for 2014 (Bryan) – convention will be held in Spokane WA, Bryan will begin contacting the next board members in line to see if they are interested in attending.

November Meeting Dates (Bryan) –

Board Meeting 11/4/13 YMCA, 6:15 p.m.

General Meeting 11/14/13, Red Elephant, 7:00 p.m.

Meeting adjourned at 7:15 p.m.

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2013 November Board Meeting

Lakeland Runners Club

November 4, 2013 6:15 p.m., YMCA

Board Members: Bryan Graydon, Marc Zimmerman, Gail Hardy, Kimberly Roberts, Dave Quarles, Rhonda Fossier, Louis Irwin, Kevin Fitzsimmons, Kathy Brammer, Amanda Bott, Julie Ball, Kristie Lawrence

Quorum Present? Yes

Others Attending: None

Meeting called or order at 6:15pm by 2013 President, Bryan Graydon

Treasure's Report (Gail) – Gail reviewed highlights from the income statement through 10/31/13, with an ending balance of \$69,414.94. Kathy made a motion to accept the financial statement, second by Julie, all approved.

Lake to Lake Update and 2014 date (Julie, Bryan) – 260 Shirts ordered, and an emails has been sent out for volunteers. There is some concern that registrations are down this year. We are just over 100 at this time, and hope for at least 200 by race morning.

Mary Church has donated 60 cases of Vitamin Water; Kevin will have these at Lake to Lake and Christina, as well as the weekly workout runs.

The Red Ribbon Half will be the same time next year, so there is a possibility we may move the Lake to Lake 10K race to late October. Julie will email City to see what is available in October at Lake Mirror.

Christina Update (Kevin) – There is 66 pre-registered runners at this time. Shirts will be red. Someone from Heartland will be there for the toy drive.

Track workouts (Dave) – We had a good response for moving the Tuesday night track workout to Monday night with Milton's program.

Dave made a motion to move the Tuesday Track workout to Monday as a community run activity and list on our website but not as a sanctioned LRC activity. Rhonda second, all approve.

2014 RRCA Convention (Bryan) – We now send 3 people to the convention each year, President and 2 board members at a cost of \$1,000 each. The 2014 Convention will be in Spokane, WA, and will cost more than this per person.

Do we want to up the money allotted per person for 3 to still attend?

Do we want to only send 2 people in 2014?

Do we want to have each person pay the difference in cost in 2014?

After some discussion it was decided to see who is interest in going, and then decide from there.

Race of Champions (Marc) – This will not take place at Christina this year; we will start fresh for 2014.

Holiday Party update (Julie) – Invitations have been ordered, we are limited to the first 100 people to RSVP and pay for their reservation.

2014 New Board members (Bryan) – Vicki Powell will be joining us on the board for 2014. Bryan to see if there are any others interested in serving for 2014 also.

Staggering of Officer Elections (Marc, Bryan) – Marc suggested staggering the election of officers:
President & Secretary elected in 2014 serve for 2 years
Vice President & Treasure elected in 2015 serve for 2 years
Tabled for further discussion at next board meeting.

Time Loop the Lake 5K on 3/22/14 (Bryan) – Bryan will be timing this race and will need a couple others to help.

We have Senior Games at Bartow High School on 3/8/14, and Hope for Haiti 5K at First Presbyterian Church on 3/15/14.

New Jersey Path Community Meeting (Bryan) – to discuss a proposed path on New Jersey Road, meeting is 11/14/13 at Lakeside Baptist Church from 5:30-7:00pm

December dates – General Meeting will be the Christmas party 12/7/13

Next board meeting: Monday, January 6, 2014. 6:15 YMCA

Next General meeting: Thursday, January 9, 2014, YMCA

Meeting adjourned at 7:12 pm

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