

2016 Board Meeting Minutes Annual Report

[2016 January Board Meeting](#)

[2016 February Board Meeting](#)

[2016 March Board Meeting](#)

[2016 April Board Meeting](#)

[2016 June Board Meeting](#)

[2016 July Board Meeting](#)

[2016 August Board Meeting](#)

[2016 September Board Meeting](#)

[2016 October Board Meeting](#)

[2016 November Board Meeting](#)

2016 January Board Meeting

Lakeland Runners Club

January 11, 2016, Lakeland Speech & Hearing, 6:00 PM

Gail Hardy, Julie Ball, Kimberly Roberts, Amanda Bot, Kurtis Braun, Debi Brightwell, Kevin Fitzsimmons, Rhonda Fosser, Louis Irwin, Kristi Lawrence, Chuck McDanal, Jason McCollum, Grace Owen, Vicki Powell, Amanda Speakman, Brad Sundgren, Al Turney, Jeanette Wallace

Quorum Present: Yes

Others Present: None

Meeting called to order by 2015 President, Chuck McDanal at 6:08 PM.

Welcome to new board members, Brad Sundgren and Amanda Speakman.
Cole Bataille has as of today resigned from the board for 2016.

Minutes - 2015 Secretary, Kimberly Roberts provided minutes for the November & December 2015 meetings. Gail Hardy made a motion to accept the minutes as presented, Rhonda Fosser second, all approved.

Treasures Report – 2015 Treasurer, Gail Hardy provided the finance report. Highlights from the income state were reviewed through 12/31/15, with an ending balance of \$63,025.18. Kurtis Braun made a motion to accept the finance report as presented, Kevin Fitzsimmons second, all approved.

Outgoing President's remarks – Chuck thanked everyone for the opportunity to serve as President in 2015, and looks forward to a great 2016 in the running community with LRC.

Election of 2016 Officers

Secretary: Kimberly Roberts nominated by Gail Hardy, second by Jeanette Wallace, all approved.

Treasure: Betsy Slay nominated by Kimberly Roberts, second by Rhonda Fosser, all approved.

Vice President: Julie Ball nominated by Debi Brightwell, second by Rhonda Rosser, all approved.

President: Gail Hardy nominated by Julie Ball, second by Vicki Powell, all approved.

New President remarks – Gail stated that one of the things she would like to implement in 2016 is having a speaker or theme night for each monthly LRC general meeting. This month we will have Dr Steven Love, doing a presentation on the Graston Technique for running injuries.

Theme nights could be to wear your favorite race shirt and everyone would have 2 minutes to tell why this is your favorite, or your favorite medal.

Also, more interaction of races we will be running, to help each other in training, carpooling etc. to races outside LRC.

Fitnice Runner Safety Seminar – this is set for 1/28 with the location to be determined. Gail spoke with Rich and we need to try and find a location for this and hopefully one that would be a free rental.

Cleveland Heights would be \$450 rental with no food and extra money if staff is needed.

Polk State College – Jeanette will check to see if they have a room available.

Sandland Ranch has a room \$150 rental – Louis

Kristi's church has a Family Life Center, she will check to see if available

Debi suggested reaching out to the Promise Run director to see if LRMC has a room available.

Kurtis suggested the community room at the Lakeland Police Department.

Promise Run – this race is coming up on 2/27/16 and we would like to have our tent there at the race. Grace and Amanda Bot have volunteered to man the tent, Louis can possibly get the tent to the venue.

Credit/Debit Cards – we will be switching from Debit cards to Credit cards for all LRC Officers as well as adding Grace in with a card for the Kids Running program.

We need to get a Sam's card for the club, we can get a business card for \$45/8 people, giving the officers and Grace cards as well as the Race Directors for each race.

Debi Brightwell made a motion to spend up to \$100 to purchase a Sam's Club Membership for LRC, Grace second, all approved.

Membership Application – Amanda Bot, brought in the member application with some suggestion for revising the form, and would also like to have a welcome letter to send out with race and shirt vouchers. Jason will check to see if he has the original file to make these changes.

Watermelon Series Director – Kristi asked since Cole has resigned from the board, will he be staying on as Watermelon Series Race Director? Chuck will check with him to see.

Gail will check with Bryan Graydon to see if he is interested in taking the series again as director.

We will need to secure a director for this series as soon as possible. Louis suggested taking this series from 4 races to 3, with one each in June, July and August. Chuck will put together a series of questions concerning this issue and we will send out a survey to membership.

We can throw out the need for a director to the general membership on Thursday evening at the meeting and see if anyone is interested, but we would still need a board member to come along side as co-director. We could possibly divide this series into teams for directing: Awards, shirts, course set up and port-o-lets etc.

Loop the Lake 5K – this race is at Florida Southern College on 2/13/16 and we have been asked again to do the timing, they pay us \$300. Louis will bring equipment, Vicki and Gail to help.

Senior Games – Louis needs help timing races there on 3/12/16, only about 50-100 people, just need the clock and cards for timing. Kurtis and Brad will help out with this race.

Scholarships – Kurtis, do we still want to award 6 scholarships, 3 male and 3 female, \$1500 each for 2016?

Kurtis Braun made a motion for LRC to award 6 \$1500 scholarships, to 3 male and 3 female, Chuck McDanal second, all approved.

Kurtis would like to possibly see about also awarding 2 \$500 scholarships to middle school 8th graders, the process would be handled the same through Polk State Education, and money not disbursed until graduation.

After much discussion the board decided against this scholarships.

General Meeting Options – Louis, some other options to consider for our monthly meetings if Cleveland Heights does not work out in terms of the food:

Sanlan Ranch – this would involve bringing our own food for the meetings. Red Elephant would be interested in catering this for us as well as Chick-fil-et.

Sonny's Bar-b-Que – is remodeling and will have a room that will hold 80 people, \$8-9 per person for food.

Gail stated that we are still working with the food issues at Cleveland Heights, but it does seem to be much better. We will keep these ideas in mind for the future.

RRCA Convention – Louis - the convention is in Dallas on 3/17-3/19/16. Registration is open and is \$380.

The club sends the President and 2 board members to the convention, with the 2 board members being determined on a rotation basis. Gail will send out the current rotation so we can determine who will be attending.

Louis – reminder that the board voted to pay the registration fee, \$380 this year, for any board member wanting to attend and willing to pay their own travel and lodging expenses. Gail stated she is not comfortable with this, and we will revisit at later date.

High Five Award – Debi, bling attracts runners, we would like to award a “High Five” medal to all who run all 5 of our events in 2016.

Florida 10 Awards – Brad, LRC will once again be receiving an award from the Florida 10 Series, somewhere between \$500-\$1000. Rhonda and Brad plan on attending to receive this award on behalf on LRC.

Chop Shop Weekly Run – Chuck – Chop Shop has reached out to see if we are interested in having them sponsor a weekly run night for us. This would conflict with our hill run on Thursday nights unless we picked another night. After some discussion, the board is not interested at this time.

RRCA Insurance – this is due and Chuck will check on and get back with Gail.

Next Board Meeting: February 8, 2016, 6:00 PM

Next General Meeting: February 11, 2016, 6:30 PM

Meeting adjourned at 7:22 PM

[return to index](#)

2016 February Board Meeting

Lakeland Runners Club, Inc.

February 8, 2016, Lakeland Speech & Hearing, 6:00 PM

Gail Hardy, Betsy Slay, Kimberly Roberts, Amanda Bot, Kurtis Brawn, Debi Brightwell, Kevin Fitzsimmons, Kristi Lawrence, Chuck McDanal, Amanda Speakman, Brad Sundgren, Al Turney

Quorum present: yes

Others attending: none

Meeting called to order by 2016 President, Gail Hardy at 6:02 PM

Minutes – 2016 Secretary, Kimberly Roberts, provided minutes of the January 2016 meeting. Kristi Lawrence made a motion to accept the minutes as presented, Chuck McDanal, second, all approved.

Treasures Report – 2016 President, Gail Hardy provided the treasures report. Highlights from the income statement were reviewed through 1/31/16, with an ending balance of \$61,863.78. Chuck McDanal made a motion to accept the financial report as presented, Brad Sundgren second, all approved.

Membership Report – Amanda Bot provided the revised LRC New Member/Renewal letter and membership forms.

New Business:

Red Ribbon Run committee – Jeanette Wallace would like to see if anyone from LRC is interested in help with this committee, they will meet the 4th Wednesday of the month at the Police Department. If anyone is interested, please contact Jeanette.

Loop the Lake Timing – 2/13/16 need help with timing this event. Louis, Gail, Kimberly & Kevin Roberts and Debi will help, 6:30 AM.

Promise Run Tent – 2/27/16, Louis, Grace and Amanda Bot will help out at the tent. Debi is working on a 1/3-page handout with Mayfaire on one side and the “High 5” award on the back side, to be handed out. We will have all our race dates and flyers available, membership forms, hats, magnets, trophies etc.

Florida 10 Award Money – how to spend? New magnets, only in black & white this time. Gail will check into the possibility of an LRC add on band for Road ID bracelets for all members.

GMM (general membership meeting) – speakers – ideas:

Yoga for Runners

Dietician for Runners

New shoe and gear releases

April will be a Volunteer Training & Runner Etiquette

FitNiche Club Membership – free to LRC board members, if you already are a member you will receive an additional year of membership.

Race Directors/Active – race directors need to put the applications into Active by March if possible. We are under contract with Active until April of 2017.

High Five Award – We need a coordinator to take over this award series. Club members will need to complete all our races in one year to receive this award. Roxanne Young has done a beautiful job on creating the logo. Races to complete:

Mayfaire 5K
Watermelon Series 5K, all 4 races
Aching Quad, all 4 races or participate as part of a Relay Team
Lake to Lake 10K
Christina 5K

LRC Race Director updates –

Mayfaire 5K – Debi Brightwell
Watermelon Series – Lyn King & Angie Griffin
Aching Quad – Kristi Lawrence
Lake to Lake 10K – Julie Ball
Christina – Kevin & Wendy Fitzsimmons, Betsy Slay to shadow 2016

Kristi submitted a proposed budget for the 2016 Aching Quad. Amanda Speakman made a motion to accept the proposed 2016 Aching Quad budget, Chuck McDanal second, all approved.

Kristi would like to set up and purchase web-site for the Aching Quad \$150

Kevin, a thank you on behalf of the Heartland Toy Drive, they were able to help 1410 children this past Christmas, and thank us for our donations collected at the Christina 5K Race.

Kurtis, North Lakeland WaWa may be able to donate water for some of our races, call corporate at 800-444-9292.

Race Timing – 2/2/16 requested quotes for race timing from FitNiche & Florida Road Race Management. Gall will send quotes to all race directors when both quotes come in.

Sponsor Lakeland Incredibles – Marc Zimmerman request for up to \$1500 or \$45 per runner as we did last year. Chuck McDanal made a motion to sponsor the Lakeland Incredibles Team at a max of \$1500, Kurtis Braun second, all approved.

Old Business:

Sam's Card – Gail has received cards for the club with one floater card, will need to pay with either LRC Credit Card or check.

Bank Account New Signatures – all processed

Bank Credit Cards – still waiting

RRCA Insurance 2016 – completed

RRCA Participants – Gail Hardy, Debi Brightwell, Al Turney. The convention will be fall on our next general meeting, will need someone to run the meeting that night.

Senior Games 3/12/16 – Louis, Kurtis, and Brad to do timing

Watermelon – 3 race verses 4 race series survey. Chuck is working on questions for survey.

Next Meetings:

Board: March 14, 2016, 6:00 PM Speech & Hearing

General: March 17, 2016, 6:30 PM Cleveland Heights Golf Club

Meeting adjourned at 7:21 PM.

[return to index](#)

2016 March Board Meeting

Lakeland Runners Club

March 14, 2016, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Betsy Slay, Kimberly Roberts, Amanda Bot, Debi Brightwell, Kevin Fitzsimmons, Rhonda Fosser, Kristi Lawrence, Jason McCollum, Chuck McDanal, Grace Owen, Vicki Powell, Amanda Speakman, Brad Sundgren, Al Turney, Jeanette Wallace

Quorum Present: Yes

Others Attending: Lynn King and Angie Griffin

Meeting called or order by 2016 President, Gail Hardy at 6:04 PM.

Minutes – 2016 Secretary, Kimberly Roberts, provided minutes of the February 2016 meeting. February minutes amended to show Amanda Speakman as Coordinator for the High Five Award for 2016. Chuck McDanal made a motion to accept minutes as amended, Brad Sundgren second, all approved.

Treasures Report – 2016 President, Gail Hardy provided the Treasurers report with highlights from the income statement ending 2/29/16.

Beginning Balance \$61,863.78

Debits: \$ 9,030.28

Credits \$ 1,450.00

Ending Balance \$54,283.50

Betsy Slay made a motion to accept the treasures report as presented, Vicki Powell second, all approved.

New Business:

8' Table – we need for our new Club tent - \$79.76 delivered and is just 31 lbs. and fold up – Louis. Rhonda Fosser made a motion to purchase table, Grace Owen second, all approved.

Mayfaire update – Debi, art work is in from the museum and the registration form has been updated. We have 37 registered so far. Shirts will be lime shock green, mens – sleeveless, ladies – racer back tank.

Debi presented a proposed budget for Mayfaire, Gail Hardy made a motion to accept the proposed budget as presented, Kristi Lawrence second, all approved.

Mizuno will be giving away 20 pairs of shoes at the race.

Debi would like to get a water stop director for Mayfaire

Awards will be an art award with Brooke Pottery. Pottery Dish with an engraved plate on back for age group awards.

Watermelon update_– Lynn & Angie, presented proposed logo, medal design and budget for the series.

They would like to set up a Facebook event page.

Could we set up different or large speakers before the race so everyone can hear? Residents don't like the noise that early in the morning. Brad suggested that we could set up another speaker ½ back in the start line so those in the back could hear.

National Anthem, can we play before the start of the race? Yes

Shed Equipment, who gets that and what do we need out of the shed? Dave Quarels has said he would help with these races.

Dr or Nurse on standby? Gail said we should just let EMS know we have a race going on, to be on stand by. Kevin will check with his friend Ian. Lynn has an EMS friend. Debi, what we do for one race we need to do for all races.

Port-o-lets? Gail, \$750 per race plus hand sanitizer.

Gail made a motion to accept the proposed Watermelon Series budget as presented, Rhonda second, all approved.

High Five Award – Coordinator Amanda Speakman – design for medal approval and price 3.5" 100 pieces for \$7.25 = \$725, or 150 pieces for \$6.25 = \$937.50.

Brad, on design will be medal hang correctly or be crocked as it is in design? Gail will double check on this.

Vicki made a motion to purchase High Five Awards, 150 pieces at \$6.25 for a total of \$937.50, Brad Sundgren second, all approved.

Race Timing – Gail requested quotes on 2/2/16 from both Florida Road Race management and Fitniche to time all of our races in 2016.

Fitniche came out cheaper overall than Florida Road Race Manage. We can get custom bibs with Fitniche at a separate cost.

Debi Brightwell made a motion to use Fitniche for all 2016 LRC races for timing, Rhonda Fosser second, all approved.

Trade Show – Grace Owen, St Paul's Trade show and Sports Fest on 4/2/16. This is for up to 8th grade kids and under. Grace has accepted to go and promote the LRC kids running program. Grace will do a 1-hour clinic with demo and then some running at 10 AM. Debi will go and help Grace. Brad and Terry Fosser will go and set up our LRC tent. Grace has a new kids running program flyer to hand out.

Hill Run – Dave Quarles has asked about moving the hill workout from Thursday nights to Wednesday nights. Hill run get bumped once a month with the LRC meeting and some have now started running

from Lakeland Brewing on Thursdays. Everyone agreed to let Dave give this a try if he would like, and we would just need to update website to show the change.

Christmas Party – Kimberly, the party this year will once again be back at the Imperial Swann Hotel, on December 3, 2016. Deposit has been paid to the Swann. Bert Howard has been booked to DJ. Ben McConnell will set up photo booth, and Kimberly will check on the addition of some fun props for the pictures too. Will look into possibly doing an E-Vite invitation this year instead of the mailed invitation.

Club Shirts – Gail, we still have plenty of all sizes except XS, we will need to order maybe 25 more.

We would like to see about getting race shirts for LRC, a singlet, possibly the same as we are using for the Mayfaire race, but different color. We will discuss options at the next board meeting.

Florida 10 award money – how to spend? Gail looked into the Road ID badge, however this would be very complicated and not for everyone.

Towels – small hand towel with LRC logo \$2.50 with one color imprint, possibly Royal Blue with white.

GMM (general membership meetings_ speakers – ideas?

March – Beth Bradford – Yoga for Runners

April – Volunteer training, runner etiquette & Race Scoring (Fitniche)

May- Jennifer Patzkowsky – runner nutrition

We need ideas for Jun, July, Aug., Oct & Nov

Race timing request and review pricing – Summerlin Academy 5K & 10K race on 4/16/16 on Fort Frazier Trail – set up, timing, results & St Josephs catholic school 4/9/16. Gail will check with the Harter's to see if they are interested in taking this on.

Old Business:

Recap Promise run LRC tent – Amanda, Debi, Grace & Louis – all went very well.

Loop the Lake timing 2/13/16 – went well, we received the \$300 check

Bank credit cards – shipped to wrong address, reissued and shipped

RRCA Dallas participants – Gail, Debi & Al 3/17-3/20/16

Watermelon 3 race verses 4 race series survey – put on HOLD

LRC/LBC Thursday run, working on making this an official run

Black & Brew an official LRC even – talk with Dave Quarels

Next Board Meeting April 11, 2016

Next General meeting April 14, 2016

Meeting adjourned at 7:30 PM

[return to index](#)

2016 April Board Meeting

Lakeland Runners Club

April 11, 2016, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Betsy Slay, Amanda Bot, Debi Brightwell, Kevin Fitzsimmons, Rhonda Fosser, Kristi Lawrence, Chuck McDanal, Vicki Powell, Amanda Speakman, Brad Sundgren, Al Turney, Jeanette Wallace, Kurtis Braun, Louis Irwin, and Julie Ball

Quorum Present: Yes

Others Attending: Bryan Graydon

Meeting called or order by 2016 President, Gail Hardy at 6:03 PM.

Minutes – 2016 Secretary, Kimberly Roberts, via email, provided minutes of the March 2016 meeting. Betsy Slay made a motion to accept minutes as amended, Chuck McDanal, second, all approved.

Treasures Report – 2016 Treasurer, Betsy Slay provided the Treasurer's report with highlights from the income statement ending 3/20/16.

Beginning Balance: \$54,283.50

Debits: \$ 2,452.39

Credits \$ 16,095.00

Ending Balance \$67,926.11

Vicky Powell made a motion to accept the treasurer's report as presented, Rhonda Fosser, second, all approved.

New Business:

Merchandise committee: It was suggested by Gail Hardy to have a board member or members responsible for researching, pricing and ordering merchandise for the club. Vicky Powell nominated Jeanette Wallace, suggesting she would be a good choice for this. Jeanette agreed to chair this committee and Brad Sundgren volunteered.

High Five Award:

Gail checked with the company about the design being off-centered and they confirmed it was for balance. The Award was promoted through email and social media by Chuck McDanal. Runners have expressed interest in earning the medal without completing all the races due to life conflicts. After much discussion, it was decided that the medals would be awarded based on registration this year.

TROPICS: The newly formed Lakeland soccer team, the TROPICS, contacted Gail in an attempt to create a partnership with the Lakeland Runner's Club. The TROPICS, provided a flyer which lists the benefits and what it provides through the partnership. The board did not feel that this was a benefit of value to LRC and suggested that Gail send them the LRC sponsorship program information.

General Meetings: We have guest speakers scheduled for the months of:

April (Volunteer training, Runner Etiquette and Race Scoring (FitNiche)

May (Jennifer Patzkowsky on runner nutrition) and

August (Aching Quad Party)

We are looking for ideas for June, July, October and November. It also came to the club's attention that The Cleveland Heights Country Club will be unavailable for the October meeting on October 13th.

Gail Hardy suggested that as a way to clean the shed of leftover shirts and medals from past races, the Club hold a Leftovers Run and cookout for the meeting. Runners pay a fee (suggested \$5), pick a shirt, and, if they are one of the 1st finishers, pick a trophy or medal. The board was interested in the idea and will revisit later. Volunteers to direct the race, run course and venue need to be determined.

Scholarship: Kurtis Braun informed the board he would email a link with the completed applications for LRC Scholarship. The link is through the Polk Education Foundation. He requested that the board members review the applications for the LRC scholarships and email him with your top 3 male and top 3 female choices by April 18th.

Old Business:

Florida 10 award money: Gail Hardy displayed and showed different towels, bottles and a safety light that could be purchased with the award money. The board discussed how many units we could purchase and asked that Gail check with the company for better pricing. The board discussed possibly spending more money to purchase 300 units (towels possibly) so that more members could receive the giveaways. We will revisit this business at the next meeting.

LRC club shirts: FitNiche found more shirts and we have should have plenty (about 2 years' worth) including XS sizes.

Timing other events: Per RRCA, when timing non-LRC events, we need to require that LRC volunteers be covered by the race organizer's insurance and a copy must be provided to the Lakeland Runner's Club.

It was also suggested that clear plastic bags should be included with the clocks when timing to protect the equipment from rain. Members were uncertain as to whether the clocks are waterproof or water resistant.

Senior Games: Gail thanked the volunteers who helped at the event and questioned the board on whether we should continue to help at the Senior Games. All voted to agree to continue offering our services at the Senior Games.

Race Director updates:

Mayfaire: Debi Brightwell discussed the need for volunteers for Mayfaire. Dave and Cookie Quarles and Bob and Sherry Harter are helping. Louis volunteered with renting the Uhaul and using his truck in transporting race equipment to and from the race. Al Turney and Brad Sundgren will be helping with the water stop.

May Board meeting

There will no board meeting next month. We will instead meet at FitNiche on May 2nd at 6:00 p.m. for Mayfaire packet stuffing.

RRCA convention

The board members that attended the RRCA meeting in Dallas shared some of the information learned:

Al Turney discussed the insurance rider needed to cover LRC volunteers from other race organizers, not LRC, when providing services at non-LRC races. Also, he mentioned having an AED and medical personnel trained to use the AED available at races.

Louis Irwin discussed working with Municipalities when organizing races and having the proper number of police and medics on hand to make sure we are covered under insurance. He also talked about diversity among runners.

Debbie discussed using social media and making sure what the club promotes meets the standard of the club's mission statement. She also discussed managing growth in the organization and even having a part-time or full-time employee.

Gail discussed course measurements, certifying courses by running tangents and turns. She gave information about disabled racers and their finishing groups.

She also talked about suggestions from the board director's handbook such as governing and searching for people to be on the board with specific skill sets for certain committees.

Meeting adjourned at 7:36 PM

[return to index](#)

2016 June Board Meeting

Lakeland Runners Club

June 13, 2016, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Julie Ball, Kimberly Roberts, Amanda Bot, Debi Brightwell, Louis Irwin, Jason McCollum, Grace Owen, Amanda Speakman, Al Turney

Quorum Present: Yes

Others Present: No

Meeting called to order by 2016 President, Gail Hardy at 6:07 PM

2016 Secretary, Kimberly Roberts, provided minutes of the April 2016 meeting, recorded. by Amanda Speakman. Debi Brightwell made a motion to accept the minutes as presented with corrections. Brad Sundgren, second, all approved.

NOTES: No May meeting due to the Mayfaire packet stuffing at FitNiche.

Email votes & motion:

1. T-shirt for Kids Running Program – 10 email replies, yes
2. T-shirt for Scott Lake Running Program – 16 email replies, yes

Treasures Report provided by 2016 Treasurer, Betsy Slay. Highlights from the income statements for April & May were reviewed.

April ending balance \$62,054.28

May ending balance \$71,572.66

Grace Owen made a motion to accept the financial report as presented, Amanda Speakman second, all approved.

Betsy also presented a tentative income state for Mayfaire, donation to PMOA not made yet, and we are awaiting a couple more checks.

New Business:

Mayfaire donation to Polk Museum of Art, we had 1183 runners. Last year we donated \$1.50 per runner.

Julie Ball made a motion to keep the donation to Polk Museum of Art at \$1.50 per runner for a total of \$1,774.50. Debi Brightwell second, all approved.

Race Course for Mayfaire & Lake to Lake – 313 South Lake Drive – Owner Bob Rinker

Issues: FitNiche van parked in their driveway

Road blocked off when they arrived home

Runners & volunteers walked on their grass & flowers

Trash left in their yard

Thought we were disrespectful

They would like 2 weeks notice of races, flyer in mail box is fine.

Our options:

Move the start and recertify course cost about \$500
Block off yards and give notice of races to residents

Race announcers said the finish was too far away from the crowd, no one could see the runners as they finished the race.

Louis – would like to talk with the city and see if they will run underground wiring for electrical so the cords are not an issue with our original finish line set up.

Julie – change the course entirely and come in on other side of the lake and finish in front of the grassy hill where we do our awards.

We could maybe do a dry run of this course finish with the Lake to Lake 10K race this year and see how it works.

Discussion tabled for further course investigation and options.

LRC Race Directors updates –

Mayfaire – Debi Brightwell – Museum has requested that for next year, all promotional materials and the shirt be sent to them for approval before anything is sent out.

Florida 10 Award Money – towel distribution

The towels we purchased for members with the Florida 10 Award money have come in, and will be available for members to pick up at the General Meeting on Thursday, June 16, 2016.

5K Left Over Race – Gail, we will table this for a later discussion. We need to decide when, where, and how. This is a possibility for our October meeting running the 3 parks course, but it will be dark too early and the gates will be closed. Need help in working out all details for this race.

GMM (general membership meetings)

- 6/16/16 June – Jennifer Patzkowsky – runner nutrition
- 7/14/16 July – Susan Kane – Physical Therapist – Leading Edge
- 8/11/16 August – Dr Werd – Foot & Ankle Associates
- 9/17/16 September – Aching Quad party (only bib #'s get free drink ticket)
- ? October – 5K Left Over Race (date TBA)
- 11/17/16 November – Rebecca Wroten – HAKA Fitness
- 12/3/16 December – Christmas Party

LRC Cross County Team – Grace would like to pre register the team for the Meet at Disney World. Pre Registration is \$160 if we register by 6/30/16.

Julie Ball made a motion to pre register at a \$160 expenditure for the LRC Cross County Team for the Disney Meet, Amanda Speakman second, all approved.

Grace – has some volunteers wanting to work with the kids group and need to get them screened. Will check with Chuck to see what packaged we purchased with the screening company.

Free Race Voucher Changes – We need to make some needed changes to the race voucher we are currently using.

Watermelon has to date about \$7,000 in race vouchers for the series. We had a lot of people signing up with the club and wanting to use the race voucher for Watermelon last minute.

Gail proposed making this a Race Coupon good for \$20-25 that could be applied to any race we run during the year.

Current Race fees – Mayfaire \$25/35
 Watermelon Series \$40/45
 Aching Quad \$45/55
 Lake to Lake \$30/40
 Christina 5K \$20/25 (would like to up this to \$25/30)

Changes to form:

Take the waiver off, we don't need it since this is to be submitted with a completed and signed race registration form.

Add in bold letters across the top of the form “MUST BE ATTACHED TO A COMPLETED RACE REGISTRATION”

Add in that this must be received/post marked at least 1 week ahead of race date.

Membership application – add Allow 3 weeks to receive your Race Coupon form

Amanda Speakman made a motion to change our current Race Voucher to a Race Coupon for \$25 off a race of your choosing, and to include all of our races on the form. Amanda Bot second, all approved.

RRCA Volunteer Recognition – Gail is checking into nominating some of our volunteers to RRCA for this recognition.

Kids Run the Nation Grant – fund application period opens August 1 and closes October 1 each year. 2010 LRC YMCA kids program received this grant. Gail to check into this.

Merchandise Coordinators – Jeanette & Brad, will be working on LRC singlet and Frequent Miler gifts.

Watermelon Supplies – Louis, there are only 1000 cups left in the shed, 42 gallons of water, 8 cases of Gatorade and 12 cases of bottled water. Gail will check with race directors Angie & Lynn and see what they need for the next race.

Safety Cones – Louis needs about a dozen more cones for the Watermelon course, will get pricing and send out in an email for board approval. Gail would like to have them with the LRC logo.

Next Board Meeting: July 11, 2016, Speech & Hearing Center, 6:00 PM

Next General Meeting: July 14, 2016 Cleveland Heights Golf Club, 6:30 PM

Meeting adjourned at 7:21 PM

[return to index](#)

2016 July Board Meeting

Lakeland Runners Club

July 11, 2016, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Betsy Slay, Kimberly Roberts, Kurtis Braun, Debi Brightwell, Kevin Fitzsimmons, Rhonda Fosser, Kristi Lawrence, Jason McCollum, Grace Owen, Vicki Powell, Amanda Speakman, Brad Sundgren, Al Turney

Quorum Present: Yes

Others Present: None

Meeting called to order by 2016 President, Gail Hardy at 6:00 PM

2016 Secretary, Kimberly Roberts provided minutes of the June 2016 meeting. Kurtis Braun made a motion to accept the minutes as presented, Rhonda Fosser second, all approved.

2016 Treasurer, Betsy Slay provided the Finance Report for June 2016. Highlights from the report were reviewed through 6/20/16 with an ending balance of \$86,935.04
Grace Owen made a motion to accept the Finance Report as presented, Vicki Powell second, all approved.

Christina 5K location and pricing – Race Trac now owns the front lots that we have used in the past for parking for this race. Kevin is trying to locate the owner of the lots behind this to see if it is possible to use that for our parking etc.

Kevin is in need of a shadow this year for directing this race. The registration price will be \$25 this year.

LRC Race Directors update: Mayfaire – Aching Quad

Mayfaire – Debi Brightwell provided the final Income Statement for the 2016 race, with a net income of \$17,133.07 Debi has a notebook put together for this race with everything needed to be race director for this race.

Aching Quad – Kristi Lawrence – getting samples for the awards, shirts will be like last year with the men being royal blue and the women raspberry. There will be a finisher medal this year. We will use the after party as our monthly club meeting. Only race participants with a race number will be given drink ticket.

Please push this race as much as you can, only a few registrations have come in at this time. Debi suggested getting the shirt ready and using that to help advertise the race.

Ben McConnell has offered to do pictures at the party for race participants, \$300. Gail will let him know we are still going over the budget and will get back him.

Grace – the kids this year are much younger and not ready for a full 1 mile run, we may need to adjust the distance and location for them. Possibility of running around the square park area at the 2-mile location.

Web Page Design – Chuck has been working on the LRC web page and making much needed updates and changes. Love the look of the Brandon Runners Club Page. Kurtis will look into pricing for web page design.

YMCA Live Strong 5K Race – October 15, 2015 – LRC Timing & Results – We need some volunteers to help with this race. Gail & Kurtis will be there; we could use a couple others to help also.

SSWS – packet stuffing 8/15 – two days of bib/shirt pickup Thursday 8/18 & Friday 8/19/2016 – Suggested to maybe stuff the packets after the General Club meeting with those who could hang around after and get this done quickly.

5K Left Over Race – Peterson Park Eagles Nest 5:30 PM - 8:30PM \$260 October 15, 2016

Proposal & details discussion:

1. Use three parks trail
2. Ask Bob & Sherry to time using finish cards and the photo book
3. Get all left over t-shirts from the shed and divide into sizes for easy picking
4. Get all left over trophies & medals from shed-remove award age plates
5. Bring label makers so runners can create their own sayings for awards
6. Bring in food & soft drinks
7. Budget of \$700.00 (700.00-\$260.00=\$440.00)

We will not have a race shirt, however, Roxanne Youngs made the artwork for promoting.

Debi & Gail will get shirts from shed and separate into sizes.

This will be free to all current members and \$5 for quests.

Kristi Lawrence made a motion to spend \$260 to rent the Eagles Nest at Peterson park from City of Lakeland for the race, Kurtis second, all approved.

Thank You – Gail, we are now half way through our year, thank you to everyone for all the hard work this year.

GMM (general membership meetings)

- 7/14/16 July – Susan Kane – Physical Therapist – Leading Edge
- 8/11/16 August – Dr. Werd – Foot & Ankle Associates
- 9/17/16 September – Aching Quad Party (only bib #'s get free drink tickets)
- 10/13/16 October – 5K Left Over Race (date TBA)
- 11/17/16 November – Rebecca Wroten – HAK Fitness
- 12/3/16 – December – Christmas Party

Kurtis Braun has received 5 thank you notes from our scholarship recipients.

Amanda Speakman we have 369 runners that are qualified for the High 5 Award for 2016.

Brad Sundgren & Jeanette Crowley have reached out to Logo Out Loud for Frequent Miler awards and club singlet.

Old Business:

Change Free Voucher: put in BOLD letters on top MUST be attached to a completed race application – done

Change Membership application: at Free Entry (allow 3 weeks) – done updated on webpage

Race Course Mayfaire & Lake to Lake –Resident Issues at the start: Options: move start and recertify course – block off yard and give notice of races – Dave Quarles checking on different courses.

[return to index](#)

2016 August Board Meeting

Lakeland Runners Club

August 8, 2016, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Betsy Slay, Kimberly Roberts, Debi Brightwell, Kevin Fitzsimmons, Rhonda Fosser, Kristi Lawrence, Jason McCollum, Chuck McDanal, Vicki Powell, Amanda Speakman, Al Turney, Jeanette Crowley

Quorum Present: Yes

Others Present: None

Meeting called to order by 2016 President, Gail Hardy at 6_02 PM.

2016 Secretary, Kimberly Roberts, provided minutes of the July 2016 meeting, Kristi Lawrence made a motion to accept the minutes as presented, Rhonda Fosser second, all approved.

2016 Treasure, Betsy Slay provided the Finance Report for July 2016. Highlights from the report were reviewed through 7/31/16 with an ending balance of \$93,115.38. Kristi Lawrence made a motion to accept the financial report as presented, Rhonda Fosser second, all approved.

New Business:

LRC Race Director updates: Aching Quad & Christina

Aching Quad – Kristi – Everything is going very well, with 51 people registered so far. Goodies bags with shirts will be given out at packet pick up on Thursday at Fitniche. Award have been ordered. The bid from Frescos has been received, and we are waiting to hear back on the capacity of people the building will hold.

Kids Race will be around Lake Morton same as last year, we will need people to be on bike with the kids or run with them.

Vicki will be putting the volunteer list for Kristi.

Christina 5K – Kevin – getting logo ideas from Logo Outloud. Brad is working on info for using the back lot behind the new gas station.

SSWS packet pick up 8/19 – extra people needed – we will have goodie bags and shirts, 8 people for check-in and 4 people on shirts. Shirt size will be written on bib at check-in for pickup.

LRC race shirts/Frequent Miler goodies – Jeanette brought samples of shirts for board to see, and will check on a couple other shirt color options for the race shirts.

Frequent Miler ideas: Gym Bag, Mason Jar Tumbler, Umbrella, Beach Chair, Beach Cooler.

RRCA Certified Coaching program \$325.00 – Betsy Slay – Rhonda Fosser made a motion to pay for Betsy Slay to get and RRCA Certified Coaching Certificate for LRC, Vicki Powell second, all approved.

Discussion: Al – all for this if going to be used for LRC training and coaching opportunities.

Betsy – Would not want her hands to be tied by only using for LRC

Gail – We would limit the use of coaching certificate for 1 year for LRC purposes.

RRCA Certified Race Director \$250 – Gail Hardy – Rhonda Fosser made a motion that we pay \$250 for Gail Hardy to take the RRCA Certified Race Director course, Chuck McDanal second, all approved.

Chuck suggested that all future LRC Race Directors also take this course.

Couch to 5K Training Program for 2017 – Gail would like to get all our coaches together and work on how to best implement a Couch to 5K training program for 2017 for LRC.

Web Page Design – Chuck started to get some quotes on updating our page, and then decided to do some of the work himself. Updating will be slow going, but Chuck is happy to keep doing the work.

General Meetings – Cleveland Heights/YMCA – Food for the 8/11 /meeting, Kristi and Rhonda will be taking care of this, and will come from Black & Brew, we will provide dessert, chips and drinks.

Cleveland Heights is in the process of getting quotes for new food vendor and hopefully we will be back there for our meetings very soon.

Jeanette – Regal has a room we could use for free and bring in our own food, they have a kitchen area and this may be a good possibility for our November meeting if Cleveland Heights is not up and running by then.

LPD has a community room – Chuck will check into this as well.

Gail – thank to Rhonda for all the phone calls and getting all set up for our meetings.

GMM (general membership meetings)

8/11/16 August – Dr Werd – Foot & Ankle Associates, YMCA

9/17/16 September – Aching Quad Party (only bib #'s get free drink ticket)

10/13/16 October – 5K Left Over Race (date TBA)

11/17/16 November – Rebecca Wroten – Haka Fitness

12/2/16 – Christmas Party

Old Business:

Race Course Mayfaire & Lake to Lake – 313 S. Lake Drive – Issues: Options: move start rectify course – Block off yards and give notice of races – Dave Quarles checking on different options.

We received a nice thank you note form the PMoA for our Mayfaire donation.

Meeting adjourned by 2016 LRC President, Gail Hardy, at 7:00 PM

[return to index](#)

2016 September Board Meeting

Lakeland Runners Club

September 12, 2016, Lakeland Speech & hearing Center, 6:00 PM

Gail Hardy, Julie Ball, Betsy Slay, Kimberly Roberts, Debi Brightwell, Kevin Fitzsimmons, Rhonda Fosser, Louis Irwin, Kristi Lawrence, Jason McCollum, Chuck McDanal, Vicki Powell, Amanda Speakman, Brad Sundgren, Al Turney

Quorum Present: Yes

Others Attending: Lynn King, Angie Griffin, Sarah Kozul

Meeting called to order by 2016 President, Gail Hardy, at 6:01 PM

2016 Secretary, Kimberly Roberts, provided minutes of the August 2016 meeting, Chuck McDanal made a motion to accept the minutes as presented, Rhonda Fosser second, all approved.

2016 Treasurer, Betsy Slay, provided the Finance Report for August 2016. Highlights from the report were reviewed through 8/31/16 with an ending balance of \$83,026.77. Amanda Speakman made a motion to accept the financial report as presented, Chuck McDanal second, all approved.

New Business:

LRC Race Director Updates:

Aching Quad – Kristi – 193 people registered at this time. Awards are in and look very nice. We have 9 relay teams so far.

Christina – Kevin – Logo is done, still working on award ideas, t-shirt will be royal blue and the parking situation is settled using the field behind the new gas station.

Watermelon Series – Lynn & Angie – Income statement provided to the board, there were some very positive changes made to this series this year, with a successful outcome.

Next year option of making this series 3 races instead of 4 races, after some discussion:

Vicki Powell made a motion to make the Watermelon Series a 3 race series in 2017, Rhonda Fosser second, all approved.

We will be working on race dates and try to move the last race so it doesn't conflict with cross country meets.

Race Dates for 2017 – Mayfaire 5/13, SSWS 6/10, 7/8, 8/12, AQ 9/15 & 9?16, L2L 10/28, Christina 11/25

Kids Training Program – trainers & volunteers – Grace is taking a break at this time, Sean Packard, Al Turney, Sarah Kozul and Amanda Speakman are taking care of the kids program at this time with Florida Southern College sending volunteer students to help out.

Al – attendance is very low in the summer and would like to see us take those months off ending the program for the summer at the end of May. Al, will stay on through the end of 2016.

Amanda Speakman interested in leading group, but would like to take the coaching course.

Al Tourney made a motion to end the Kids Running Program on 5/23/17 for the summer, second Vicki Powell, all approved.

We could use a few more volunteers, make announcement at the next general meeting.

YMCA 5K Race October 15 – need race timers and 4 volunteers for results. Kurtis to help with timing, Gail, Kimberly & Louis can help with results.

Race Timing for 2017 other than Active.com – Discussion Tabled

LRC Race Shirts/Frequent Miler goodies p Discussion Tabled

Couch to 5K Training Program for 2017 sometime first of the year Jan-April – Betsy:

Spring – Mayfaire 5K – 3/5 info meeting training from 3/12-5/7-2017

Fall – Christina – 9/17 info meeting, training from 9/24 – 11/19/2017

Program would run for 9 weeks, with 3 runs per week, meeting Saturdays for group training. Everyone would get a schedule to follow through the week. Participants need to be current LRC members. We will need a few volunteers to help with each pace group. Also, will need a couple Gymboss timers. Would like to get participants LRC training shirts with our logo. Link on our website for the program with a Facebook group page for participants.

General Meetings – Mitchell's 11/17 pending – offered a whole dinner, this was out of our price range for general meetings, talking with them to see about scaling dinner down some.

Rhonda – Tim Bosco is talking over the Cleveland Heights Golf Club, will be meeting with them for get pricing and details, hopefully up and running for our November General Meeting.

RRCA Convention 3/9 – 3/12 – start thinking about attending – book hotel now – Detroit, MI, Gail need to go ahead and get 3 rooms booked.

2017 Board Members – please let Gail know if you plan to stay on the board for 2017, or if you know anyone that may be interested in serving next year.

LRC tent at Red Ribbon – loan them tables – 11/12/16

LRC Tent – yes, will need volunteers

Loan Tables – yes

Kids run – Grace will not be heading this up

Lake Bonny Park 5K – Chuck, this would be a great place for a race or run, certified course, restroom, paved 1.1-mile loop.

Weekly Run – Wednesday Dixieland Farmers Market – Chuck, are we interested in heading up a weekly run down around Dixieland with this market weekly, after some discussion, not at this time.

Louis needs to order a couple cans of spray chalk, box is \$62, also need the trigger gun for \$18.

Gail – need to order safety pins

Feathered flags are missing poles, need to order replacements

Vicki – low on some sizes of volunteer shirts

Gail will inventory LRC Club shirts at Fitniche.

GMM (general membership meetings)

9/17/16 September – no official meeting AQ party (only bib#'s get drink tickets)

10/13/16 October – Left over race – Louis working on trophies/Gail collecting shirts

11/17/16 November – Rebecca Wroten – HAKA Fitness

12/3/16 December – Christmas party

[return to index](#)

2016 October Board Meeting

Lakeland Runners Club

October 10, 2016, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Julie Ball, Betsy Slay, Kimberly Roberts, Amanda Bot, Debi Brightwell, Kevin Fitzsimmons, Rhonda Fosser, Louis Irwin, Kristi Lawrence, Chuck McDanal, Vicki Powell, Amanda Speakman, Brad Sundgren, Al Turney

Quorum Present: yes

Others Attending: None

Meeting called to order by 2016 President, Gail Hardy at 6:02 PM

Minutes: 2016 Secretary, Kimberly Roberts, provided minutes from the September 2016 meeting, Betsy Slay made a motion to accept the minutes as presented, Rhonda Fosser second, all approved.

Treasures Report: 2016 Treasurer, Betsy Slay, provided highlights from the income statement through 9/30/16 with an ending balance of \$68,840.35, Kristi Lawrence made a motion to accept the financial report as presented, Vicki Powell second, all approved.

LRC Race Director updates: Aching Quad & Christina & Lake to Lake:

Aching Quad – Kristi – all races went great, we made \$1,000 less than expected, however, Fresco's and the T-shirts were more expensive. \$1,160.99 cleared with 218 registered runners.

Changes for next year: No relay teams. Will do the after party at Frescos, but need to add in more seating.

Christina 5K – Kevin – T-shirts and awards have been ordered. Awards will be a tumbler and the t-shirt will be blue. Parking area is set and all is moving forward.

Lake to Lake 10K – Julie – Everything is set, and we need more volunteers. Julie will be stepping down from directing this race, so if anyone would like to shadow please let her know. Vouchers for this race need to be in by 10/24/16

Gail – City Blanket Permit for all of our races, all dates for 2017 & 2018 have been given to the city. We need race directors for some of our races.

General Meetings – 11/17/16 scheduled back at Cleveland Heights (Bosko's Clubhouse Grill) – Rhonda & I had a meeting 10/4/16 with the owner & chef to go over food options & pricing for our 11/17/16 meeting, they will be serving:

Fresh Cut Fruit

Tortilla Chips and Salsa

Italian Meatballs

Pork or Chicken and Cheese Quesadillas

Boskos House Salad Bowl, Oil & Vinegar, selected dressing of choice

Ice Tea & Water

Budget for \$800, normally spend \$960

Christmas Party – Kimberly – Everything is set for the party once again at the Swann Hotel, 12/3/16.

2014 – 119 attended

2015 – 148 attended

Would like to move to an e-vite type of invitation this year instead of the traditional mailed invite card. Last year we spent approximately \$456.48 on Invitations, labels and stamps. All agreed to go with the e-vite for this year and see how it goes. Chuck will be handling putting this together and sending out to all current members.

Julie will get Sponsor Board order for us.

Please let Kimberly know if you get any door prize items for the party.

Kids Training Program – trainers & volunteers – Amanda Speakman will be taking over this program next year. Sarah Kozul getting dates for track meets next year.

LRC Leftover 5K – new course 3.1 miles – need volunteers for food & drinks and a couple of bikes to patrol the course, with 2 people at the turnaround.

Sponsors: Beer Revolution \$1,000 for 2017 – YES

Loaning our equipment – Gail - Red Ribbon requested to use tables and Joggin' for the Noggin' requested to borrow cones. I think we need some type of paperwork to track our equipment and to have a name and phone number for the responsible party to be sure our equipment is returned in good condition. We should not be giving access to LRC shed, someone needs to be meet them for the pickup and return.

Louis to work on a form to be filled out when equipment borrowed, what they borrowed, contact person, date taken and return date

Julie – do not think we should be loaning out our equipment – labeled with LRC – not sure our waivers cover us or not if someone tried to hold us liable.

Kristi – clip board at shed to sign equipment in and out.

Define family membership on-line sates max of 5 family members – Family membership is defined as 1. Husband, wife and children. 2. All blood relations. 3. All who live in the same household.

We have a member who has been including son, daughter & grandchildren which live in a different location and now wants to add her husband.

OK to add husband to membership.

The Steve Siller Tunnel to Towers run – Rob Mason 9/9/17 – would like us to make this a regular LRC race. We think this could be a very expensive race as city would likely require police at every intersection and street.

YMCA 5K race 10/15/16 – need race timers and 4 volunteers for results. Louis will get the finish line cones and clock, no bibs needed.

LRC race shirts/Frequent Miler goodies – Brad, we will have stainless steel mason jars, duffle bags and tanks & shirts samples at next meeting.

Bob Harter, start a race walking division at our races. We don't have the resources for this at this time.

Cookbook to sell for a profit – not at this time.

RRCA Convention 3/9 – 3/12/17 start thinking about attending – hotel booked, 3 rooms, can be canceled with 24-hour notice. List of board members attached and order of attendance, please let Gail now if you are interested in attending.

LRC Webpage Update – Chuck gave a demonstration of the new updates to the webpage.

\$69 one time cost to purchase for the template program – yes, purchase Sponsorship page – list our sponsors and also how to become a sponsor
Could we have certain photos pertaining to that tab only? Yes, we can.

Great job Chuck, on these much needed updates to our LRC page.

Louis – ordered some new poles for the finish & start line flags and they came with a nice American Flag for the National Anthem.

GMM – General Membership Meetings –

10/13/16 October – 5K Left Over Race – Louis working on trophies/Gail collecting shirts

11/17/16 November – Rebecca Wroten – HAKA Fitness – emailed 10/5 to confirm

12/3/16 December – Christmas Party

Old Business:

Couch to 5K Training Program for 2017 sometime first of the year Jan – April

Race Timing for 2017 other than Active.com

[return to index](#)

2016 November Board Meeting

Lakeland Runners Club

November 14, 2016, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Betsy Slay, Kimberly Roberts, Amanda Bot, Kurtis Braun, Debi Brightwell, Kevin Fitzsimmons, Louis Irwin, Kristi Lawrence, Chuck McDanal, Amanda Speakman, Al Turney, Jeanette Crowley

Quorum Present: Yes

Others Attending: No

Meeting called to order by 2016 President, Gail Hardy at 6:02 PM.

Minutes: 2016 Secretary, Kimberly Roberts provided minutes of the October 2016 meeting, Chuck McDanal made a motion to accept the minutes as presented, Kurtis Braun second, all approved.

Treasures Report: 2016 Treasurer, Betsy Slay, provided highlights from the income statement through 10/31/16 with an ending balance of \$79,307.12. Amanda Speakman made a motion to accept the financial report as presented, Kristi Lawrence second, all approved.

New Business:

LRC Race Director updates: Lake to Lake – Julie, everything went well with the race, no major issues. Bills are still coming in, so no financials to report. Julie will be stepping down as race director for this race.

Christmas Party – Kimberly, we have 95 signed up so far, and the e-vite seems to be working very well.

FM – presentation & goodies – everything ordered, Jeanette will hand out

High 5 Award – Amanda S, 71 have qualified so far

Give away prizes – Kimberly, will need to get this as soon as possible

Kids Training program – 50+ kids, 2 coolers purchased. Had lock on the gate one Tuesday, so we need a plan of where to meet in case this happens again.

LRC Left Over 5K – success!!! Shall we plan one outdoor meeting per year? YES! Ideas: trivia run – stopping every half mile to answer a question like a 5K is how many miles, 26.2 miles = 42.2 km, what year was the first marathon run in the USA? Maybe do this in April before our race season begins.

Loaning out equipment – We have had requests to borrow cones and tables for others upcoming races. I think we need some type of paper work to track our equipment and to have a name and phone number for the responsible party to be sure our equipment is returned in good condition. We should not be giving access to LRC shed, someone needs to meet them for the pickup and return. We need to set up a working system for 2017.

RRCA Convention 3/9-3/12 – Hotel is booked, 3 rooms and can be canceled with 24 hrs. notice. Gail, Kristi and Rhonda attending.

2017 Board Members: Angie Griffin, Lynn King and Sarah Kozul have requested to be on the Board for 2017. Debi Brightwell, Al Turney, Kevin Fitzsimmons and Grace Owen stepping down from the Board.

GMM (general membership meetings)

11/17/16 November – Rebecca Wroten – HAKA Fitness – emailed 10/5 to confirm

12/3/16 Christmas party – Swan Hotel

Crominex Repair – Louis machine needs repair. Kurtis Braun made a motion to have the Crominex machine repaired, Betsy Slay second, all approved.

Race Directors needed:

Lake to Lake 10K

Mayfaire

Christina 5K – Kurtis – relocate race

High 5 Award for 2017 – Amanda Speakman, should we go with those that complete all 5 races for 2017, or stay with just registering for the races?

Gail, we are working on a way to register for all 5 as a package on line.

Chuck, I think we should switch to actual participants & finishers to be eligible for the High 5 award.

Old Business:

Couch to 5K Training Program for 2017 sometime first of the year Jan – April. Betsy coaching class is 11/19-11/20/16. Possibly use Mayfaire as a target race for the training program.

Race Timing for 2017 other than Active.com

Meeting adjourned at 6:56 PM

[return to index](#)