

2017 Board Meeting Minutes Annual Report

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2017 January Board Meeting

Lakeland Runners Club

January 9, 2017, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Julie Ball, Betsy Slay, Kimberly Roberts, Kurtis Braun, Rhonda Fosser, Angi Griffin, Louis Irwin, Lynn King, Kristi Lawrence, Chuck McDanal, Vicki Powell, Amanda Speakman

Quorum Present: Yes

Others Attending: No

Meeting called to order 2016 President, Gail Hardy at 6:06 PM

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

Treasurer Report: 2016 Treasurer, Betsy, Slay, provided income statements for November & December 2016, through 12/31/16, with an ending balance of 63,138.13. Chuck McDanal made a motion to accept the treasure report as presented, Rhonda Fosser second, all approved.

2016 Recap: I would like to thank the Board for their outstanding work in 2016, together we accomplished so much, a few items are listed below. I feel that you all are a positive influence on our running community and it has been a pleasure working with the 2016 board members.

- Brought back speakers at our general meetings increasing the attendance
- Produced 5 events (11 races) setting new participation records
- Added a new award the "High 5" for participating for all 5 LRC races
- Produced a fun free event for LRC members the "Left Over 5k" race while cleaning out our shed.
- Donated \$1,774.50 to the Polk Museum of Art
- Donated \$ 9,000.00 to provide scholarships for Polk County students
- Donated \$ 1,500.00 to the YMCA
- Donated \$1,500.00 to the Lakeland Incredibles
- Timed races for Loop the Lake, the Senior Games and YMCA Livestrong
- Purchased & distributed LRC black hand towels using the Florida 10 award money
- Sponsored Betsy Slay who is now a RRCA Certified Coach
- Sponsored Gail Hardy who is now a RRCA Certified Race Director
- Produced a Kids Training program & Cross Country Team.
- Updated the LRC Webpage

Election of Officers:

Julie Ball nominated Gail Hardy for 2017 President, Vicki Powell second, all approved.

Kristi Lawrence nominated Kimberly Roberts for 2017 Secretary, Vicki Powell second, all approved.

Gail Hardy nominated Chuck McDanal for 2017 Vice President, Lynn King second, all approved.

Amanda Speakman nominated Betsy Slay for 2017 Treasurer, Vicki Powell second, all approved.

New Business:

Beginning Training Program – Betsy, 10-week training program, \$25, starting 3/4/17 with an informational meeting. The target race will be Midflorida Mayfaire 5K. Group will meet each week on Saturday mornings from 8-9:00 am for group run.

Sponsor Letter Review – thanks to Angi & Lynn for the reworking of this letter. We will need to get these out as soon as possible for the coming race year

Race Registrations - Gail, we will not be using Active for our race registrations for 2017 Talking with a new company that is working on allowing registration for the entire High 5 Challenge at one time, using the race vouchers online, and also being able to sell our race hats, visors and singlets (when available) on line as well.

Sponsorship money distribution – Currently MidFlorida \$12,000 - \$7,000 MidFlorida Mayfaire 5K, \$1,250 to other 4 races. Proposed that we change to: MidFlorida Mayfaire 5K \$7,000 Watermelon Series \$1,500 Aching Quad Challenge \$1,500 Lake to Lake 10K \$500 as they get \$5,000 from Dennis Fontaine Foundation Christina 5K \$1,500 Lynn King made a motion to change the allocation of sponsorship money from MidFlorida as proposed, Angi Griffin second, all approved.

Race Logos – ask Roxanne to design in exchange for free race entry? Yes, if Roxanne designs for a race then we are happy to give her free entry for that race.

Club Racing Singlets for sale – still working on these shirts

Facebook questions – if you are not sure of the correct answer don't reply, refer the person to our webpage or direct them to email their questions to our email account – lakelandrunners@gmail.com

Kids Running – Amanda Speakman, will be taking the coaching class in February. There are 2 people interested in helping out with the kids group, Chuck will handle getting the background checks done for them.

Cross Country – Sarah, tabled for February

Polk Senior Games – Louis, in the past we have handled the timing for the 5K run and walk, this year the race will be on 3/11/17. Please let Louis know if you can help in any way that day.

High 5 Award 2017 – Amanda Speakman, awards will be based on finishers of all our races, and not on registering as was done in 2016. Would like to hand out all the awards after the Christina 5K. We can do awards and then get a group picture.

Christmas Party – Kimberly, booked the Swan Hotel again for our party on 12/2/17. We had 137 registered with 128 attending. Would like to book Bert Howard again for the DJ, YES. Some suggestions for 2017: Move Gail to center in front of DJ booth so all can hear and see better Get another bartender as the bar lines were very long Vicki – make a fun picture frame to add in for the photo fun Kimberly will work on all these ideas.

Meeting adjourned by 2017 President, Gail Hardy at 7:25 PM

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2017 February Board Meeting

Lakeland Runners Club

February 13, 2017, Lakeland Speech & Hearing Center, 6:00 PM

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

Quorum Present: Yes

Others Attending: None

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

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

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

New Business:

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

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

Race Updates:

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

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

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

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

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

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

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

Sponsor letters sent to:

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

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

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

Speakers for GMM:

January 19 – Tyrone Bell (shoes), cancelled, we had favorite race shirt night
February 16 – Milton Lyons, Track & Speed Workouts
March 16 – Greg Osborn – Stretching for Runners
April 20 – Dr. Mantilla – Foot & Ankle Associates
May 18 –
June 15 –
July 20 –
August 17 –
September 21 – Aching Quad Party
October 19 –
November 16 –
December 3 – Christmas Party

Ideas for meetings:

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

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

Weight Training for runners

Cross Training for runners

Tech talk on watches and other gadgets for runners

City to talk on parks and trails.

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

Must have a 3.5 GPA

Write an essay on How Running Has Impacted Their Life

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

Kurtis has the new commitment form for 2017.

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

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

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

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

Kurtis will send a sponsor letter to Taco Bell

Louis will reserve the U-Haul for the Watermelon Series

There being no further business the meeting was adjourned.

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2017 March Board Meeting

Lakeland Runners Club

March 13, 2017, Lakeland Speech & Hearing Center, 6:00 PM

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

Quorum Present: Yes

Others Attending: Linda Southard, Lake to Lake 10K Race Director

Meeting called to order by 2017 President, Gail Hardy at 6:00 PM.

Minutes: 2017 Secretary, Kimberly Roberts, provided minutes of the February 2017 meeting, Sarah Kozul made a motion to accept the minutes as presented, Vicki Powell second, all approved.

Treasurer Report: 2017 Treasurer, Betsy Slay, presented the Income Statement through 2/27/17 with an ending balance of \$57,982.05. Kristi Lawrence made a motion to accept the financial report as presented, Kurtis Braun second, all approved.

New Business:

Beginning Training Program - Betsy - First week we had 55 people, and the second week 70 people are currently signed up. Everyone who is registered for this program will receive an LRC shirt, entry into the Mayfaire 5K, and LRC Club membership for 1 year. We need to get the Training Program shirts ordered and decide on how to work the volunteers running the race with the trainees. After much discussion:

Gail Hardy made a motion to order neon yellow LRC club shirts for the registered Beginning Training Program group. Rhonda Fosser second, all approved.

All runners from the clinic will receive the neon yellow LRC shirt and we would like for them to wear this shirt in the race so we can cheer them on.

Volunteers may pace runners, need to wear their LRC orange volunteer shirt, and not cross the finish line.

Volunteers wanting to cross the finish line and have an official time, or to qualify for the High 5 Challenge will need to be registered for the race or use their club voucher.

Gail will try to get enough extra shirts ordered so that all volunteers can have a Mayfaire 5K race shirt at the end of the race, no guarantees.

Betsy - based on the response to this spring clinic, do we want to hint that there may be a fall clinic that would include running the new LRC Founder's Classic 5K? At this time, the board agrees we should hold off on this until after Mayfaire 5K.

Cross Country/Kids Running - Sarah & Amanda S - Amanda has finished her Certified Coaching Class and now needs to take the CPR course, \$55. The club will reimburse Amanda for this class.

Promise run tent 3/4/17 - recap of tent traffic - we had a lot of people stop by and gained a couple of new members.

Polk Senior Games 3/11/17 - recap - Tabled

Race Directors updates and discussion on Local Races:

Gail introduced Linda Southard, our new Lake to Lake 10K race director. Welcome Linda!

Gail - we will now be using Local Races for race registrations on line. All races are set and read to go on the new site and will be open for registration on Thursday 3/16/17 in the evening. This company encourages transferring of bibs if someone is unable to participate in one of our races. Race applications will now state that our races are transferable but are not refundable.

Volunteers will even be able to go on and register to volunteer for our races, and Vicki will get a full print out of all that have registered including contact information so she can coordinate all volunteers

Race directors will be able to go in and key in all paper registrations so they are ready to go on race morning.

Club LRC hats and visors are for sale on this site as well.

Kristi - can race directors get some training on this new registration process? Sarah, will get with all director's and train on the program.

Christina 5K - Kurtis - we will be moving this race to Fletcher Park at Lake Bonny due to the new RaceTrac station and adjoining lot now being up for sale at Christina. After board discussion, the name of the race will now be the LRC Founder's Classic 5K, and will be a double loop in the park. Start time 7:30 and will still be held on the Saturday after Thanksgiving 11/25/17. We will continue the Toy Drive with Heartland for Children.

Watermelon Series - Angi & Lynn - Lynn is working on finalizing the finisher medals for all 3 races. We have 3 MidFlorida signs that we need to hang at the finish and we need to extend the finish shoot to have enough room to hand out finisher medals to everyone. Flexible fencing staked to the cones was suggested, this would not be as easy for people to move and would not allow cars to park in the finish line area. Lynn asked about Beer Revolution giving out beer in the finishers village, due to the way our race permits are filed we cannot have any alcohol given out, they could hand out coupons for later use at their place of business.

We need to take photos of all our sponsors and vendors and put them on our web page.

Vicki - we have had 3 incidents where we have need to call for an ambulance at our races, is it possible to have one at all our races on standby? Gail - we notify local fire department that we are having a race, we call 911, and 911 will notify them so they can get there quickly.

We need to have a First Aid Sign at our Club table so people know where to go for help.

Lynn knows volunteers at the Polk County Health Dept., she will contact and see if we could get someone to come out, they are volunteers and get credit for hours served. As long as LRC doesn't pay them then they would be covered under our insurance.

Each race director could make a separate Facebook page for each of their races and also the training class, but would need to come back and post an update on our main LRC Facebook page.

Discuss Race Budgets - all race directors please prepare your budgets and bring to the next meeting for discussion.

Polk Education Foundation Scholarship - Kurtis - I will be getting all the information right after Spring Break and will be forwarding on to the board members.

Julie Ball has submitted her resignation from the LRC Board. We are sorry to hear this as Julie has served many years and will be very much missed on the Board. Julie would like to volunteer at races and we look forward to seeing her there.

2017 Sponsors

Polk State College, Foot & Ankle Associates, Howell & Thornhill has stepped up for \$1500 requesting to be listed right under MidFlorida on all print material.

○ **Speakers for GMM:**

- Jan. 19th - Tyrone Bell (shoes) cancelled had favorite race shirt night
- Feb. 16th - Milton Lyons Track & Speed Workouts
- Mar. 16th - Greg Osborn – stretching for runners
- April 20th - Dr. Mantilla – Foot & Ankle Associates
- May 18th
- June 15th
- July 20th
- Aug 17th - Shannon McManus Nutrition - Customer Wellness Manager at Publix Super Markets
- Sept. 21st – Aching Quad Party
- Oct. 19th
- Nov. 16th
- Dec. - Christmas Party

There being no further business, meeting is adjourned.

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2017 April Board Meeting

Lakeland Runners Club

April 17, 2017, Lakeland Speech & Hearing Center, 6:00 PM

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

Quorum Present: Yes

Others Present: Linda Southard, Lake to Lake 10K Race Director

Meeting called to order by 2017 President, Gail Hardy at 6:05 PM

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

Treasure Report: 2017 Treasurer, Betsy Slay, presented the Income Statement through 3/24/17 with an ending balance of \$63, 128.20. Chuck McDanal made a motion to accept the financial report as presented, Rhonda Fosser second, all approved.

Club membership: Amanda Bot entered the new members from the beginners' workshop, LRC is now at 732 members. That is an increase from 601 last year! The member count was certainly boosted by the beginners' workshop, but it seems our membership in general has also increased! Amanda further reported that as of 4/17/17 we are at about 750 members. Amanda stated that it takes about 2 weeks for new members to receive their member package and voucher in the mail if they register on line, if they mail in their membership application it can be a little bit longer.

New Business:

Beginner Training Program - Betsy Slay - we just finished our 6th weekly workout, and we have a total of 79 people registered, and are averaging about 41 participants each week, and 9 volunteers. On 5/6/17, we will run a mock Mayfaire 5K on the actual course.

Betsy would like to do a fall clinic with our November race being the target 5K. Program would run from 9/30/17 - 11/18/17. The first meeting would combine the registration, introduction and first workout. Would like to keep the meeting location the same.

Cross Country/Kids Running - Sarah & Amanda S - We will start cross country practice on 6/13/17. Lakeland High School will be doing some maintenance on their track so we have a list of alternate locations to meet and practice through the summer.

Amanda Speakman has passed her Certified Coaching class and also her CPR Certification.

Race Directors budgets, shirt color, discussion awards Custom bibs \$1.50 for over chips

Mayfaire - Gail Hardy - presented the budget for the 2017 race as well as the 2016 budget for comparison. The proposed income for 2017 is down a little from last year. We need to seek out some new sponsors. This year will be the 38th running of this race, we need to be creative in how we promote our races to pull more runners in for our events.

We have a new contract with FitNiche for timing our races and it is basically like last year's contract:

\$300 for each race
\$2.50 per chipped runner
\$1.50 per left over bibs that are custom designed, these are hand chipped and cannot be used for any other races.

Rich Wills talked with Gail about them not being listed as a sponsor for all of our races. FitNiche does so much for us, we should list them as an in-kind sponsor on all races. All board members agreed.

The shirts this year will be blue, women will get a singlet and men a regular shirt. Women can opt at registration to receive a mens shirt if they would like. Gail showed pictures of the medals for age group winners, they will be gold, silver and bronze and the ribbons will state, 1st, 2nd, and 3rd. Overall, Masters and Grand Masters awards will be wooden plaques.

Vicki needs a rough draft of where and how many volunteers Gail needs for the race. Gail will send a list of where all volunteers need to be to Vicki. Gail will handle getting volunteers for registration and packet pickups.

Sarah Kozul made a motion to accept the 2017 proposed MidFlorida Mayfaire budget minus the \$350 double entry for samples, Vicki Powell second, all approved.

Summer Sunrise Watermelon Series - Angi Griffin & Lynn King - presented a proposed budget for the 2017 Watermelon Series. Last year the series had about 4500 total registered runners, this year we are preparing for 1200 runners per race on race morning.

Angi & Lynn provided a picture of the finisher medal, we would like to offer a finisher medal for each of the 3 races in the series. Each medal will be \$2.15 each with free shipping. We wanted something fresh and new, we dropped the 4th race from last year wanting to offer the runners a little something extra and new.

Also provided were pictures of the Age Group award, a medal hangar and the Overall, Masters and Grandmaster awards which will be a teal colored insulated cooler with LRC logo

Jeanette asked if we could add LRC to the Age Group award? Lynn, yes, we will make that change.

Shirts this year will be white, and that will save us \$1 per shirt.

Runner Village will stay the same as last year.

There will be no virtual race option for the series.

Sarah Kozul made a motion to accept the proposed 2017 Summer Sunrise Watermelon Series budget as presented, Betsy Slay second, all approved.

Kristi, if the numbers grow this year for the series, we need to look at alternate parking arrangements, possibly a shuttle from the church parking lot.

Aching Quad - Kristi Lawrence - provided a proposed budget for the 2017 Aching Quad series, noting that some of the sponsors needed to be revised.

Each runner will receive 1 drink ticket.

The shirt will be the same type as last year and small changes to the logo.

Lynn King made a motion to accept the 2017 proposed Aching Quad budget with the following changes:

Move the kids races into their own column

Remove Orange Theory sponsorship \$200

Add in Watson Clinic sponsorship \$200

Kurtis Braun second, all approved.

Kimberly stated that she will be out of town that weekend, so we will need to find someone to take over running the kids race on Saturday morning.

Gail talked with the City of Lakeland and we will now be required to notify all residents that live in the area of where we hold all our races of the event. The City will be making up a standard form letter and will provide the mailing label for the surrounding area of each race, we will be responsible for picking these up and getting them mailed out.

Lake to Lake 10K - Linda Southard - working on the budget and will get it sent out to everyone for review. The logo is ready to go, and Linda is working on some sponsors as well. Also, trying to get water and Gatorade provided for all of our races.

Christina 5K - Kurtis Braun - budget is not finished, closely mirrors last years budget. Checking to see if we can have port-o-johns set up in the park. We will not need police this year, with the race being held completely in the park area. Checking to see if there is a facility rental fee.

Christina race name: Founders' Classic - Coyote Wild 5K - Gail & Kurtis walked a loop of the course and there are signs warning people of possible Coyotes in the area. Thought this might be a catchy name to help draw more runners in for this race.

Our history of LRC is based on an article that was published in the Ledger some years ago. John Scimone started the YMCA Runners Club, which later transitioned into LRC. The article is not totally accurate as John died before the Lakeland Runners Club was started but we still consider him as one of our founders. We should make an effort to honor all the past presidents and people who helped the club continue and to make our club grow. Maybe it would be nice to honor all past presidents at the Annual Christmas Party.

After much discussion, the topic has been tabled so that Gail can talk with John Scimone, we do not wish to hurt anyone's feelings with a race name change. For now, the race will be listed on our website as the "LRC 5K"

Kurtis stated that in talking with a few people, he is concerned the 2.5 loop course may keep people from registering. We need to sell the course and not start off negative.

Holloway Weekly Run - Betsy, from March to October Holloway Park is open until 7:00 PM, would like to add in an LRC weekly run out there with having the option to run either the 3K or the 5K course. Betsy would like a couple of members to help out with this and rotate weeks to be out there and get things started. We will need to start right at 6:00 PM, they are strict about being out of the gate by 7:00 PM

Sarah, we will need to keep a check on their website when the rainy season hits, they will close down for the day if it is too wet out there.

All agreed this will be a great addition to our club activities, Betsy will get this going.

2017 Sponsors

Polk State College, Foot & Ankle Associates, Thrivent Financial, Hand & Foot, Beer Rev, Black & Brew, Watson Clinic Foundation, Howell & Thornhill has stepped up for \$1500 requesting to be listed right under MidFlorida on all print material.

Orange Theory \$300.00 for Mayfaire only and Publix Charities \$500.00 for SSWS only.

Race volunteers: how to draw in new people

Speakers for GMM:

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

Feb. 16th - Milton Lyons Track & Speed Workouts

Mar. 16th- Greg Osborn – stretching for runners

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

May 18th - Spring Ahead Beginners will talk about their progress & volunteer appreciation

June 15th

July 20th

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

Sept. 16th – Aching Quad Party

Oct. 19th – Two Mile Tutu Race ??? – fun run

Nov. 16th

Dec. - Christmas Party

Angi shared an idea for the May meeting, maybe some of Betsy's Beginning Clinic participants would like to share about their experience with the Clinic. We could recognize all participants and volunteers that night. All agreed this would be a great night, Betsy will check with her group to see who might be interested.

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2017 May Board Meeting

Lakeland Runners Club

No monthly meeting.

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2017 June Board Meeting

Lakeland Runners Club

June 12, 2017, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, Chuck McDanal, Betsy Slay, Kimberly Roberts, Angie Kurtis Braun, Lynn King, Sarah Kozul, Kristi Lawrence, Vicki Powell, Jeanette Crowley, Amanda Speakman

Quorum Present: Yes

Others Present: None

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

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

No May meeting - Mayfaire packet stuffing

Treasurer Report: 2017 treasurer, Betsy Slay, presented income statements for April and May through 5/31/17, with an ending balance of \$56,966.61. Kristi Lawrence made a motion to accept the Treasurer report as presented, Kurtis Braun second, all approved.

New Business:

Mayfaire Recap - Gail provided the 2017 budget, including totals for Free Race vouchers, Sponsor Comps and Discounts given to groups for registration. We had 1130 registered runners.

We need a better sound system, possibly something wireless with batteries.

Donation amount for Polk Museum of Art, \$1.50 per runner or a flat amount? We had 1130 registered runners x \$1.50 = \$1,695 - 2016 1183 x \$1.50 = \$1,774.50 - 2015 1108 x \$1.50 = \$1,662.00 - 2014 \$1107.00 - 2013 \$1,500.00 After some discussion it was decided to donate a flat fee.

Sarah Kozul made a motion to donate \$1800 to the Polk Museum of Art for the MidFlorida Mayfaire 5K Race, Amanda Speakman second, all approved.

Gail suggested some changes for next year's race:

A lower fee for kids running the race, with a kid sized shirt

Remove guaranteed shirt size from our race app and replace with "shirt size not guaranteed on day of race packet pickup"

SSWS - update and any issues - Lynn, everything when good, no negative comments. The finishers medals were a big hit, we had 3 people refuse them. The stroller start seemed to work very well. We do need some cones down around the water and watermelon area to block off some holes in the grass area. The water stop should be moved to the lake side of the sidewalk and not on the street side.

Kristi requested a couple of new knives for cutting the watermelon. Gail Hardy made a motion to purchase 2 new knives for watermelon cutting, Kurtis Braun second, all approved.

New Race formerly Christina 5K - Kurtis, suggested the race name "Double Down 5K", all agreed to this name change by a show of hands. YES

There will be no strollers allowed in this race, the path areas are too narrow.

Kurtis would like to change up the race shirt a little, and have the shirt be awarded as a finisher shirt at the finish line upon completion of the race. He is working with Aliska to possibly have some kind of reflective material on the shirt. Age group awards will possibly be Tervis Tumblers.

Keeping board meeting discussions confidential until the final plans are released - Gail, even though we publish all of the minutes from our meetings, please be mindful to not discuss any details or plans outside of our meetings before all formal plans have been released to the membership.

Hill workout - Dave Quarles contacted Gail about possibly moving the monthly meeting to Tuesday nights so as to not conflict with the hill workout.

We do not feel moving the meeting to Tuesday would work as Fitniche has the building for the Tuesday Pub Run, also we have a contract with Bosko's Grill for the third Thursday of the month for the remainder of the year.

After much discussion, we decided to move the time for the food to be served to 6:45 from 6:30 to allow the hills runners time to make it over to Bosco's for the meeting. Possibly change the start time of the hill run for that one Thursday to 5:30 or 5:45.

Purchase items for FM program now - Polar water bottles - 24 oz. Tervis Cups w/lid. Jeanette will head this up again this year. Other suggestions are a clip-on shoe light, and beach towel
GMM 12x5 points = 60, 10 races x 10 points = 100
Categories are for 75 miles, 100 miles and 125 miles

Training Programs

Betsy - Fall program, there is already interest groups for both participants and volunteers, the target race will be the Double Down 5K in November.

Amanda - Kids Running Program - the younger kids will start back when school begins in the fall. We do need to purchase new water guns; the older ones are moldy and broken.

Sarah - Middle School Training Program - the first practice session will be June 13, 2017. Would be nice to have shirts for these kids, they don't get one unless they join the cross-country team. We do need to get a cooler for the middle school group, it would be nice to have one with wheels for use at Holloway Park since it's a long way from the parking lot to where the team sets up. Or we could compare costs for one of the big wheeled wagons that could carry the LRC tent and the cooler.

Gail Hardy made a motion to allow \$200, for the purchase of a cooler and water guns for the kids and middle school running groups, Lynn King second, all approved.

Will need to do some checking on size, weight limit and cost of a wagon for the middle school group to use.

LRC Lightning Team - Sarah

Tentative/Preliminary Schedule for LRC Lightning Team and entry fees. We do not have to finalize this list until July. First summer run is Tuesday, June 13 and so it will be July before we have a good idea of how many runners we may have for the teams.

Tentative 2017 CC Meet Schedule (cost is for both genders to register)
\$100 Sat 8/26 9:20 am start - Jim Ryun Season Opener at Holloway Park

\$90 Fri 9/8 5:10 pm start - PREHeat Meet at Holloway Park
\$75 Sat 9/16 7:30 am start - Gus Gallup Open in Plant City
\$70 Sat 9/30 7:20 am start - flrunners.com Invitational
\$250 Fri 10/6 4:00 pm - Disney Classic at ESPM Wide World of Sports
TBD 8:30 am - Polk Country MS Championship at Holloway Park
\$100 10/27 10:30 start time - FLYRA at Holloway Park

Purchase Trailer for LRC use instead of using U-Haul - Vicki, someone approached and asked about the possibility of purchasing an LRC trailer to use for races, possibly giving up the storage shed and keeping all we need in the trailer for all races.

The board has looked into and discussed the purchase of a trailer many times over the years and due to the cost of the trailer, monthly fee to store, insurance coverage, and making sure we would have a truck large enough to pull to all events, we feel this is not cost effective at this time.

Team Shirts - Gail has some team shirts in very limited sizes for LRC members to purchase, \$10 each. Singlet for the ladies and regular t-shirt cut for the men.

Volunteers for Races - some options were discussed to get the word out to volunteer and what jobs are needing to be filled on race days.

Sarah said we are still on the on-line volunteer signup to make it more useful for LRC. At this time, we are still reviewing the on-line program and plan some training. This would assist the volunteer coordinator with a list of those willing to serve, and for which races and where they would like to help out. This would be just one of the systems used to gather volunteers. Vicki does a great job coordinating all volunteers on race morning and getting them to their place of service for each event.

Plans for 2018:

- Update sponsor letter - send out first of January
- Have draft race applications ready by January
- Local Races working on an on-line voucher system for 2018 ETA September
- New Race, a Duathlon, 5K run - 10-mile bike - 5K run
- A joint venture with LRC and Lakeland LandSharks

Speakers for GMM:

Speakers for GMM:

- Jan. 19th - Tyrone Bell (shoes) cancelled had favorite race shirt night
- Feb. 16th - Milton Lyons Track & Speed Workouts
- Mar. 16th - Greg Osborn – stretching for runners
- April 20th - Dr. Mantilla – Foot & Ankle Associates
- May 18th – Spring Ahead Beginning Clinic
- June 15th - Will Shillito – Total Body Conditioning
- July 20th _____
- Aug 17th - Shannon McManus – Mgr. Customer Wellness at Publix Super Markets
- Sept. 16th – Aching Quad Party
- Oct. 19th – Fun run – Crazy Hat & Tutu Race
- Nov. 16th
- Dec. 3rd - Christmas Party

Meeting adjourned at 7:45 PM

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2017 July Board Meeting

Board Meeting

July 17, 2017, Lakeland Speech & Hearing Center, 6:00 PM

Gail Hardy, chuck McDanal, Betsy Slay, Kimberly Roberts, Amanda Bot, Angi Griffin, Lynn King, Kristi Lawrence, Amanda Speakman

Quorum Present: Yes

Others Attending: None

Meeting called to order by 2017 President, Gail Hardy, at 6:07 PM

Minutes: 2017 Secretary, Kimberly Roberts, provided minutes of the June 2017 meeting, Betsy Slay made a motion to accept the minutes as presented, Lynn King second, all approved.

Treasurer Report: 2017 Treasurer, Betsy Slay, presented income statement for June through 6/30/17, with an ending balance of \$71,348.88. Lynn King made a motion to accept the financial report as presented, Amanda Speakman second, all approved.

New Business:

Training Programs:

Betsy - Fall program - we have 51 interested in the fall program. The target race will be the Double Down 5K.

Amanda - Kids Running - 30-40 kids so far and all is going well.

Middle School - added in an extra run at Holloway Park, all going well.

Gail - we received \$250 from Fitniche for the kids running program.

Thank you to MidFlorida and to Speech & Hearing Clinic, what can we give them?

Many options were discussed among the board members, and it was decided that a catered lunch would be picked up and brought in for the 35 employees of the Speech & Hearing Center.

MidFlorida has 12 board members we would like to recognize and thank. Some ideas discussed:

Sway bag for each board member

Engraved glass or plaque

Have Nick Sudzina come to an LRC Board meeting and we present him with the gifts for MidFlorida Board members

Have sponsors come to next LRC general board meeting and recognize them.

Invite board members to LRC Christmas Party.

Poster made showing all our sponsors, take a club picture with poster and send to all sponsors.

Team Shirts - very limited sizes - selling well.

Volunteer shirts singlets & tank tops - Gail has requested pricing from Eliska for these.

SSWS - update, any issues - Lynn, no issues. We had a total of 75 volunteers.

Amanda Bot, we need to rinse the watermelons to get the dirt off before cutting them.

Packet stuffing for SSWS race #3 - will be held at Fitniche on Monday 8/7/17, and volunteers are needed.

Tail Gate Zone at St. Pete Run Fest - Sunday 11/19/17, we have been invited to come over and set up our tent and promote our club and races, Lynn volunteered to man this tent. St Pete Run Fest will be at the 3rd SSWS race to promote their race as well.

SSWS Registration Concerns on Local Races - We had several runners express concerns that they could not distinguish between series registration vs Race 1 registration. Can we run 2 events at the same time on the site? Yes, we can

Race director training for Constant Contact and Local Races - Sarah is happy to set up training, one on one would be a better fit for this.

SSWS Virtual Goody bag email via constant Contact for SSWS registrants only - The board all liked the idea of sending out t Constant Contact before a race giving additional information like:

Packet pick up information

Parking

Course maps

Awards information

Race save the date information for remaining 2017 club races and 2018 club races.

The board discussed a Virtual Goody Bag, but wanted more information on program costs, what to include, and how to promote current sponsors.

The board discussed getting race discounts for other races and giving out to our members, but this does not benefit LRC. We work with a few local races but it is an exchange of services.

Plans for 2018:

Update sponsor letter – send out first of January

Have draft race applications ready by January - Lynn is working on a template drop

Local Races working on an on-line voucher system for 2018 ETA September

New race a duathlon 5k run – 10 mile run – 5k run – Joint venture LRC and LandSharks

Speakers for GMM:

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

Feb. 16th - Milton Lyons Track & Speed Workouts

Mar. 16th- Greg Osborn – stretching for runners

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

May 18th – Spring Ahead Beginning Clinic

June 15th - Will Shillito – Total Body Conditioning

July 20th Capt. Steve Walker - Safety

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

Sept. 16th – Aching Quad Party

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

Nov. 16th

Dec. 3rd - Christmas Party

Meeting adjourned at 7:03 PM

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2017 August Board Meeting

Lakeland Runners Club

August 14, 2017, Lakeland Speech & Hearing Center, 6:00 PM

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

Quorum Present: Yes

Other Attending: None

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

Treasure Report: 2017 Treasurer, Betsy Slay, presented income statement for July through 7/30/17 with an ending balance of \$66,320.04. Sarah Kozul made a motion to accept the financial report as presented, Rhonda Fossier second, all approved.

Mayfaire & Lake to Lake - facilities rental contracts completed & signed for 2018

Peterson Park Eagles Nest - rental contract signed and the check mailed.

Volunteer shirts & singlets & tank tops - samples received and getting prices

Menu change at Bosko's - chicken tenders will be replacing the meatballs and we will have BBQ sauce and honey mustard

Kids Running Program - RRCA Kids Grant, we would like to apply for the grant next year for our kid's program. Amanda and Sarah reviewing the application process, Rhonda will assist with the forms.

Amanda S - kids kick off is tomorrow 4/15/17 at Common Ground Park. We have 33 volunteers from FSC Run Team. Water guns have been replaced and getting new prizes for the treasure box

Aching Quad - Kristi, awards have been ordered, and the shirt is being worked on. We need to push this race series. Kristi is working on volunteers needed list and paper applications. Sarah will send out emails to data base.

Gail, race directors, as soon as you are done with your 2017 race, go ahead and update your race registration dates for 2018 and add in any changes needing to be made.

Lynn will work on the Lake to Lake 10K race application. Sarah will send the logo to Lynn.

Lynn, would like to have a signed waiver from parent or guardian for the child seated in a stroller participating in our races. Gail to check with RRCA on this and see what the guidelines may be.

Gail, Ansley's Angels would like to participate in our Lake to Lake 10K race, the board agrees this is a wonderful idea, we would love to have them.

SSWS - updates any issues - 1105 Registered runners and 902 finishers for the last race, a record for Angi and Lynn.

Sarah had someone ask about running all 3 races but not being eligible for the final awards if not registered for the series. The Race application states that you must be registered for the series to be eligible for the series awards. Sarah will take care of getting on line application worded the same.

There were some ruts left in the runner's village area by a couple of large trucks. Angi received an estimate to fill these in with some top soil at about \$60.

Gail Hardy made a motion to spend up to \$85 to fill in the ruts at the SSWS runner's village area. Chuck McDanal second, all approved.

Kristi made a suggestion of getting some of our sponsors to provide a washcloth for runners at the finish. We can keep these is ice buckets for the runners.

Middle School Shirts - email approval to purchase training shirts for the Middle School Program 25 students. Approval emails from: Amanda Bot, Rhonda Fossier, Kristi Lawrence, Jeanette Crowley, Louis Irwin, Kimberly Roberts, Betsy Slay, Angi Griffin, Vicki Powell, Gail Hardy, Kurtis Braun, Chuck McDanal

Frequent Miler award suggestions - Seat cover, gym bag, blinkie lights, wind breaker, beach towel, seat belt cover

Certify the Double Down course - estimates at \$400-425.00, Kurtis maybe we should wait for next year to see how the race goes this year. We need to run a test group through the loop. After much discussion, we tabled this for the September meeting.

Kurtis, the logo is set, just waiting for proof to come back. Awards with be tervis tumblers with different color lids for race placement. We will not do the reflective shirt, as it is too expensive. Kurtis is still working on the shirts.

Gail, there is no charge for the park unless the city has to send someone out to collect and empty garbage etc. Central Florida Speech and Hearing Center – Robin Cole – 30 staffers for lunch on 9/14 at 11:45 pm – **Located in: [Highlands Plaza](#) Address: 3020 Lakeland Highlands Rd, Lakeland, FL 33803** - Black & Brew will supply plates, napkins, and cups. We need to bring drinks and ice. Ordered 3 sandwich platters, large summer salad, fruit salad and 3 dz. Cookies, cost with delivery & tip \$281.72.

MidFlorida 9/21/17 I am attending their board meeting to thank them for their support over the years. They have 11 board members

Fall Run Program - everything is set and we have some interest again in the program. Repeat participants will receive 9 weeks of instruction and their race entry into the Double Down 5K, not shirt and no membership. The shirts will stay the same for the fall program.

Volunteer Coordinator - the board discussed the volunteer coordinator job description and race director responsibilities for race volunteer placement and contact.

Speakers for GMM:

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

Feb. 16th - Milton Lyons Track & Speed Workouts

Mar. 16th - Greg Osborn – stretching for runners

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

May 18th – Spring Ahead Beginning Clinic

June 15th - Will Shillito – Total Body Conditioning

July 20th Capt. Steve Walker – Safety (863) 298-6677
Aug 17th - Shannon McManus – Mgr. Customer Wellness at Publix Super Markets
Sept. 16th – Aching Quad Party
Oct. 19th – Fun run – Crazy Hat & Tutu Race
Nov. 16th Michael Knaisch MS, ATC, CSCS – Lakeland Cryo and Recovery
Dec. 2nd - Christmas Party

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2017 September Board Meeting

Lakeland Runners Club

September 18, 2017, Lakeland Speech & Hearing Center, 6:00 PM

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

Quorum Present: Yes

Other Attending: None

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

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

New Business:

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

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

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

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

High 5 Challenge - A virtual race option will be offered to those who cannot attend the new dates of the series, so they can still be eligible for the High 5 Challenge and Finisher Medal, but will not be eligible for the age group awards. Only currently registered runners will be eligible for the virtual race option. All virtual runners will need to run and submit their race times to Kristi by 10/1/17.

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

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

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

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

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

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

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

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

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

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

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

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

Coupon Code with membership - Scott at local races will be giving a coupon code instead of the voucher as we have used in the past. They will create the coupon code and we will send to members upon joining or renewing. This code will be for 1 race and a 1 time use, we will get a complete spread sheet of all the codes issued.

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

Speakers for GMM:

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

Feb. 16th - Milton Lyons Track & Speed Workouts

Mar. 16th- Greg Osborn – stretching for runners
April 20th - Dr. Mantilla – Foot & Ankle Associates
May 18th – Spring Ahead Beginning Clinic
June 15th - Will Shillito – Total Body Conditioning
July 20th Capt. Steve Walker – Safety (863) 298-6677
Aug 17th - Shannon McManus – Mgr. Customer Wellness at Publix Super Markets
Sept. 16th – Aching Quad Party
Oct. 19th – Fun run – Crazy Hat & Tutu Race
Nov. 16th Michael Knaisch MS, ATC, CSCS – Lakeland Cryo and Recovery
Dec. 2rd - Christmas Party

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2017 October Board Meeting

Lakeland Runners Club

October 16, 2017, Lakeland Speech & Hearing Center, 6:00 PM

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

Quorum Present: Yes

Others Present: None

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

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

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

New Business:

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

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

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

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

Wednesday night trail runs - Betsy, we will end this run out at Holloway Park at the end of October due to the time change and the park closing earlier. Will poll the leaders to see if we should continue this run in the spring. Chuck, great change of pace, get off the concrete road and do some trails.

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

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

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

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

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

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

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

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

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

Speakers for GMM:

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

Feb. 16th - Milton Lyons Track & Speed Workouts

Mar. 16th - Greg Osborn – stretching for runners

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

May 18th – Spring Ahead Beginning Clinic

June 15th - Will Shillito – Total Body Conditioning

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

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

Sept. 16th – Aching Quad Party

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

Nov. 16th Michael Knaisch MS, ATC, CSCS – Lakeland Cryo and Recovery
Dec. 2nd - Christmas Party

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2017 November Board Meeting

Lakeland Runners Club

November 13, 2017, Lakeland Speech & Hearing Center, 6:00 PM

Members Present: Gail Hardy, Chuck McDanal, Betsy Slay, Kurtis Braun, Angi Griffin, Louis Irwin, Lynn King, Sarah Kozul, Amanda Speakman, Jeannette Wallace, Vicki Powell, Rhonda Fosser

Quorum Present: Yes

Others Present: James Hurst, Rebecca Kimble, Jacob Deese

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

Treasure Report: 2017 Treasurer, Betsy Slay, presented income statement for October through 10/31/17 with an ending balance of \$83,007.55. Sara Kozul made a motion to accept the financial report as presented, Angi Griffin second, all approved.

New Business:

Lake to Lake Recap–Gail provided us with a recap of L2L. We had 293 runners. She stated that the city reviewed our permitting 4 days prior and requested we move our finish line to accommodate a wedding that had rented the upstairs of the pavilion. Gail advised the city that due to the course certification we could not make this accommodation. Also, Men/Women’s Extra Small shirts had been mistakenly given to another group at the time of pick up from Logo Out Loud. The Men’s shirts were retrieved; however, the Women’s were not. They were re-ordered and mailed to participants at a rate of \$50.00 picked up by Logo Out Loud. Two new items for the 2018 L2L race will be: 1) it will be moved back to October; and 2) Sydney Devore will be the new director.

Double Down 5K – Kurtis provided an update. Shirts have been ordered. Water is being donated by Wawa and will be delivered in the coming week. He will provide Vicki Powell with the number of volunteers needed and positions to be filled. Course signage/set up was discussed as well as food suggestions of half bananas, cookies, oranges and granola bars. Post-race shirt pick up will take place after participants have crossed the finish line and will be notated on the bibs. Pavilion bathrooms will be available along with an extra set of port o lets being rented for use. A table for High 5 will also be available for award distribution as well as a table for the Heartland for Children Rudolph Toy Round Up. Chuck and Sarah will send out another email blast highlighting this charity.

Fall Forward 5k Training – Betsy provided an update. They have 31 registered participants with 21 to 25 who will finish the program with the Double Down 5K. Their participant shirts are also in. Numbers are down from the spring group and she recommended that we not do another fall program.

Christmas Party – Gail provided an update. The menu of chicken, beef, pasta, green beans, carrots, and red apple cobbler has been set. The cost is \$10.00 per club member and \$15.0 for non-club members. Chuck stated that so far 67 have paid via their Event Brite invitation. We will also be honoring our past club Presidents at this years’ party. The past President invitations went out via Event Brite today. The deadline to RSVP is November 24th.

Crazy Hat or Tutu race – Gail provided an update. 75 people attended this race. We were hurt by the Joggin’ for the Noggin’ 5K which took place the next day. Plenty of fun and food were had by

all. Food was provided by Mitchell's Coffee House. Rhonda stated that Michelle was very appreciative of the club using them.

RRCA Convention-Gail reviewed the RRCA convention rules and guidelines; Club President and two others may attend. She has already booked 3 rooms for the 2018 convention. All three attendees will be automatically entered in to the 2018 Cherry Blossom 10K which coincides with the convention. Our Florida state representatives will also be in attendance. Potential attendees so far: Kim (no), Kurtis (yes), Jason (unknown), Amanda (yes, if a spot is open), Betsy (unknown), Sarah (unknown).

Speakers for 2018-please think about any potential speakers we may want to have for 2018 and let the board know.

Scholarship Program \$9,000 (3) males and (3) females @ \$1500.00 each-The scholarship criteria was reviewed and discussed. The current criteria of a 2.5 GPA will remain. A motion was made by Sarah Kozul to increase the number of scholarships from 3 male/female athletes to 5 male/female athletes at \$1500.00 each due to need. Chuck McDanal second, all approved. This will be reviewed annually.

Frequent Miler Logo Change to LRC logo w/Outstanding Volunteer-Jeannette provided an update. The name and logo will now be the LRC logo with Outstanding Volunteer. Shirts will now be tanks for men/women alike. Frequent Miler/Outstanding Volunteer Status awards will be as follows: Gold-A tank top and a seat belt cover with the LRC logo. Diamond-tank top, seat belt cover and car seat cover with the LRC logo. All board members are Diamond status. Gail also reviewed the Frequent Miler points program.

2018 Board Changes-Gail reviewed board changes for 2018. Vicki Powell will remain on the board but will be stepping down as Volunteer Coordinator. Kim Roberts will remain on the board but would like to step down as the Christmas party Coordinator. Betsy Slay will remain on the board but will stepping down as the Treasurer. Amanda Bot will not be returning to the board and will be stepping down as Membership Coordinator. At this time, all other board members will remain the same. Board nominees are announced and approved or disapproved at the Christmas party.

Bosko's Changes-Rhonda announced that Bosko's will have 3 new beers on tap for Thursday night's general meeting and that a Budweiser Representative will be on hand to provide samples.

LRC/Landshark Duathlon-Gail provided an update. She states that per our club insurance, it will not insure the club or participants for this type of event. Rebecca and Kurt suggested that USAT may cover it; however, it would have to be a sanctioned event. Gail will review other insurance and cost parameters, and we will table this for further discussion in 2018.

Kids Races-Amanda asked if there was a way to include the kids into the High 5 award challenge. Gail stated that the 2018 Mayfair 5K will have a youth pricing and shirt option; possibly youth awards. Chuck mentioned a Buddy Bib system where in parents can run with their children for a reduced yet, but the parent/adult would not be eligible for awards, etc. Discussion raised on how to best monitor parent/child finishers which was tabled to 2018.

High 5 Challenge-Amanda provided an update. The program, started 2 years ago which features a reduced rate of \$10.00 for all club races; now has 60 participants who qualify for the award. Vouchers may also be used when signing up for a total savings of \$35.00. Last year, awards were given at the Christmas party. For 2017, awards and photos will be done immediately following the Double Down 5K on 11/25/17 with the possibility of another photo being done at the Christmas party for. Gail proposed for 2018 a medal holder. She presented a mock up from Sport Hooks Co. which featured a design and would hold 5 medals. The cost would be \$15.00. If approved, could be used for early 2018 promotions.

Monday Night Track-Sarah provided an update. This is now back to an LRC event at Lakeland High School with Milton Lyons. Kids track has been moved to Crystal Lake Middle as insurance has now been approved for this.

Facebook-Sarah provided an update. She stated that we should now be seeing LRC events popping up on Facebook now that we have an LRC business Facebook page being made. It is used to promote our events and can be shared within the LRC Community Forum page. This will allow people to mark our events as interested, going, etc.... and will allow LRC to be tagged in other posts as well. This method will also be transferred to the Mayfaire 5K and the Watermelon Series Facebook pages. There are multiple layers of administration and all Race Directors will be administrators, the Volunteer Coordinator and any run Group Leaders will be editors. There will also be an option to send an Instant Message feature where visitors to the page can ask questions and chat. Reminder: once the business page is open, you will need to post as yourself or on behalf of LRC. More information forthcoming. All changes pending approval.

Watermelon 5K-Angi provided a budget update. Projected income was \$47,700.00; actual income was \$46,225.25 (difference of -\$1,474.75). Projected expenses were \$33,554.15; actual \$32,024.41 (+\$1,529.74). Projected Net Income was \$14,145.85; actual was \$14,200.84 (+\$54.99).

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2017 December Board Meeting
Lakeland Runners Club
Annual Christmas Party - General Membership Meeting
Imperial Swan Hotel December 2, 2017, 5:30 PM

Meeting called to order by 2017 President, Gail Hardy:

Proposed Board Members for 2018:

Gail Hardy
Chuck McDanal
Kimberly Roberts
Kristi Lawrence
Rhonda Fosser
Louis Irwin
Betsy Slay
Amanda Speakman
Vicki Powell
Angi Griffin
Lynn King
Kurtis Braun
Sarah Kozul
Jacob Deese
Milton Lyons
Rebecca Kimble
James Hurst

Membership all approved, no objections.

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