

LAKELAND RUNNERS CLUB

ANNUAL REPORT

2023



Inaugural Bonnet Springs Park 5k

Celebrating 50 years of running and fitness in the community

Year in Review

2023 was a year that brought several new ventures for our club. January kicked off with the Celebrating 50 Years Running Festival and the addition of the Brew Crew Saturday morning group run. The first annual Bonnet Springs Park 5k proved to be a winner and helped raise funds to ensure the park is there for all runners and walkers for many years to come.

After Covid-19 disrupted our lives over the past few years, race and training program registrations bounced back with a fury. This year's Summer Sunrise Watermelon Series was our biggest yet, with 3,793 overall registrations. A revamped 10k Training Group was introduced, with runners having the additional option of training for a half marathon. Our Kids Run Club hosted, on average, 75 youth runners each Tuesday. While on the other side of Lake Hollingsworth, our Tuesday night LRC Training had interval training options for runners of all paces. I am sure every passerby wondered what are all those running people out there doing?

This past year we grew to approximately 800 members. Behind the scenes your club leadership got stronger with our board of directors mapping out a five-year strategy and working to transition to be a more agile, committee driven organization.

Board of Directors

Chris Baker, President
Angi Griffin, Treasurer
Kim Baker, Director
Scott Primiano, Director
Marshall Babbit, Director

Brian Heipp, Vice President
Kathy French, Secretary
Lynn King, Director
Trish Primiano, Director
Sharon Nance, Director

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Financial Statement

	2021	2022	2023
STATEMENT OF FINANCIAL ACTIVITY			
			*preliminary
INCOME			
Contributions & Other Income	\$ 3,919	\$ 9,219	\$ 21,707
Member Dues & Annual Meeting	\$ 13,464	\$ 17,575	\$ 22,331
Training Programs	\$ 1,848	\$ 2,800	\$ 3,414
Races	\$ 115,301	\$ 134,625	\$ 174,294
TOTAL INCOME	\$ 134,531	\$ 164,219	\$ 221,746
EXPENSES - PROGRAMS			
Members & Volunteers	\$ 12,825	\$ 20,681	\$ 21,061
Training & Group Runs	\$ 4,686	\$ 8,344	\$ 8,504
Races	\$ 82,276	\$ 92,809	\$ 104,338
Donations to Other Organizations	\$ 24,364	\$ 11,135	\$ 26,487
Programs Subtotal	\$ 124,152	\$ 132,968	\$ 160,389
EXPENSES - ADMIN			
RRCA Expenses	\$ 4,980	\$ 5,145	\$ 4,670
Business Expenses	\$ 3,553	\$ 3,450	\$ 6,743
Admin Subtotal	\$ 8,533	\$ 8,595	\$ 11,414
TOTAL EXPENSES	\$ 132,685	\$ 141,563	\$ 171,803
NET SURPLUS / DEFICIT	\$ 1,846	\$ 22,656	\$ 49,943

STATEMENT OF FINANCIAL POSITION			
ASSETS			
Cash and Cash Equivalents	\$ 56,873	\$ 57,154	\$ 116,990
Board Designated Reserve	\$ 35,001	\$ 57,123	\$ 46,680
Operating Assets	\$ 1,339	\$ 1,152	\$ 4,341
Fixed Assets	\$ 7,181	\$ 6,819	\$ 4,982
Donor Restricted Assets		\$ 802	\$ -
TOTAL ASSETS	\$ 100,393	\$ 123,050	\$ 172,993
LIABILITIES			
Current Liabilities	\$ -	\$ -	\$ -
TOTAL LIABILITES and EQUITY	\$ 100,393	\$ 123,050	\$ 172,993

Volunteers Make It Happen!

In 2023 our volunteers generously donated over 3,630 hours of their time. No race, training program or member event could be possible without the generous time donations from our AMAZING volunteers.



Thank you to our 2023 volunteers!

Shannon Abitbol, Erik Adams, Bri Adams, Mike Ahlschwede, Jolene Ahlschwede, Shannon Allen, Ginnie Allen, Hedidt Alvarez, Beto Amador, Allen Ayris, Marshall Babbitt, Glenda Babbitt, Chris Baker, Kim Baker, Alyssa Balbuena, Petra Beemer, Patrice Behnstedt, Lori Bogacki, Sid Bolton, Jeffrey Bowman, Kelly Bowman, Jeff Bowman, Terry Brigman, Donna Brigman, Nailah Butler, William Canales, Jaylen Caneus, Kelly Cannan, Kathy Cargal, Susan Caron, Blake Carter, Aida Casanova, Nicole Celeste, Mark Chick, Audri Collier, Ethan Collier, Melanie Cookson, Angela Costello, Patrick Costello, Sherry Craft, Cyndy Cross, Hailey Dattage, Janett Davila, Robin DeBlake, Caroline Dees, Sumyr DeHart, Megan Delfino, Christina Edmiston, Ashley Ely, Kristhian Estrada, Monica Faison-Finch, Al Fitzherbert, Ingrid Foster, Melanie Fowler, Katie Fowler, Sue Fowler, Kathryn French, Heather Fuentes, Andrew Furciato, Carolyn Gallagher, Heena Gandhi, Karishma Gandhi, Suzanne Garszczyński, Diane Gibson, Tim Gibson, Bill Gilliam, Danellis Goss, Tresa Green, Kim Greenleaf, Angi Griffin, Troy Hambrick, Jill Hamm, Charmaine D Hanley, Dawn Hargrett, Sherry Harter, Bob Harter, Brian Heipp, Michelle Hoffert, Jessica Holland, Wendy Hooth, Scott Hoover, Griffin Hudson, James Hurst, Joey Hutchins, Katrina Hutchins, Brigette Imperato, Stephanie Ingle, Louis Irwin, Cheryl Irwin, David Jackson, Joanna Jackson, Mick Jameson, Ruthe Jameson, Theresa Johnson, Sandra Johnson, Katrechia Jones, Shaniqua Jones, Valerie Jordan, Gaydon Jordan, Luke Kaelin, Matt Karl, Lynn King, Jennifer Kirkpatrick, Jermasia Klopsiš, Richard Knopf, Nim Korda, Sarah Kozul, Vinko Kozul, Sarah Laney Korda, Melinda Lapina, Kristina Lavoie, Deanna Legendre, Connor Legendre, Bill Little, Lisa Lott, Tom Lunsford, Heather Malone, Heather Mason, Ben McConnell, John Metzger, Wendy Miller, Nicole Minott, Rafiat Mirtil, Eion Mitchell, Candace Mong, Gabino Morin, Sharon Nance, Ana Nechaeva, Petra Norris, Hunter Odom, Patricia O'Neal, John O'Neal, Kenneth Orisek, Carolina Ospina, Timothy Owens, Nicole Parisi, Sarah Parker, Clifford Parkinson, Elaine Parkinson, Michelle Patino, Patricia Pendry, Ray Pennick, Web Phillips, Dianne Phillips, Cassandra Pileggi, William Pollard, Bill Pollifrone, Joseph Powell, Mandy Presson, Scott Primiano, Trish Primiano, Jerry Rains, Laura Rains, Diane Rhoden, Margaret Rials, David Richardson, Billy Riddle, Richard Robinson, Yvonne Robinson, Nanette Rodgers, Abigail Rowzee, Margarita Ruiz, Allison Sahm, John Scimone, Kandy Scimone, Kelsey Scott, Michelle Sharrett, Lauren Shiveler, Shannon Simmons, Jadon Smith, Lindsey Smith, Naomi Snowdy, Haley Steiner, Jennifer Stout-Ihland, Donna Tafat, Nicole Taylor, Eric Templin, Kacey Terry, Richard Testa, Sarah Thornton, James Turner, Lauren Vargas, Ellen Vargo, Todd Vargo, Maria Verschage, Isabella Verschage, Birgit Wagner, Carol Walden, Bren Wando, Erica Waters, Sarah Watson, James Watson, Nia Weathers, Patty Welch, Patty Welch, Melody Williams, Dan Windley, Nancy Witt, Roxanne Youngs, Gail Zellars, and Michael Zuccolo

Membership – You Belong!

A big shout out and THANK YOU to our membership committee who all worked so hard to reach out and add new members, all while striving to display the value of membership to current members. Whether shipping shirts, staffing a tent at races or First Friday, coordinating a poker run, showing up to meet new runners or taking pictures to post on social media, the committee was a huge success in making ALL members feel welcome and like they belong.



Membership Committee

Scott Primiano | Trish Primiano | Sharon Nance | Nicole Minot | Cindy Lunsford | Tom Lunsford | Melanie Cookson | Heather Fuentes | Kacey Terry | Carolyn Gallagher | Abby Rowzee | Webb Phillips

Group Training

The Lakeland Runners Club offers a huge variety of training and group run opportunities to our members and the community at large. We currently have Tuesday Training, Thursday Hills, Saturday Brew Crew, Kids Run Club, Middle School Development and Lightning Cross Country, 5k and 10k Training. With all these programs, the need for volunteer coaches never ends. It's only because our volunteer coaches selflessly give their time, week after week, that our club can do what no other club in the country can do. And we do it while making sure to make runners of every age and ability feel welcome.



LRC Volunteer Coaches

Brian Heipp | Dave Quarles | Cookie Quarles | Sarah Kozul | Tim Gibson | Beto Amador | David Aranda | Chris Baker | Jen Loza | Theresa Payne | Jolene Ahlschwede | Yvonne Robinson | Jeremiah Blizzard | Ashley Ely | Glenda Babbitt | Nancy Witt | Trish Pendry

Races

The past year has been a banner year for races! The post-pandemic rebound has shown road racing is once again as popular as ever. Our club was proud to offer the Running Festival track event and Bonnet Springs Park 5k as new additions to our slate. Along with returning favorites the 44th Mayfaire 5k, 28th Summer Sunrise Watermelon Series and the 47th Lake-to-Lake 10k.

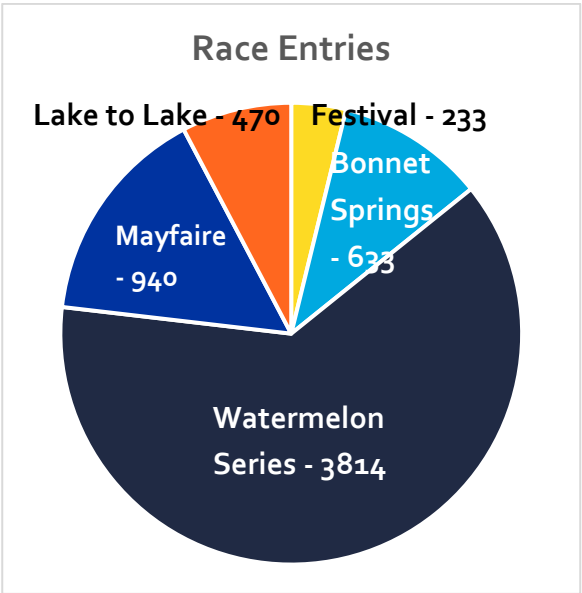
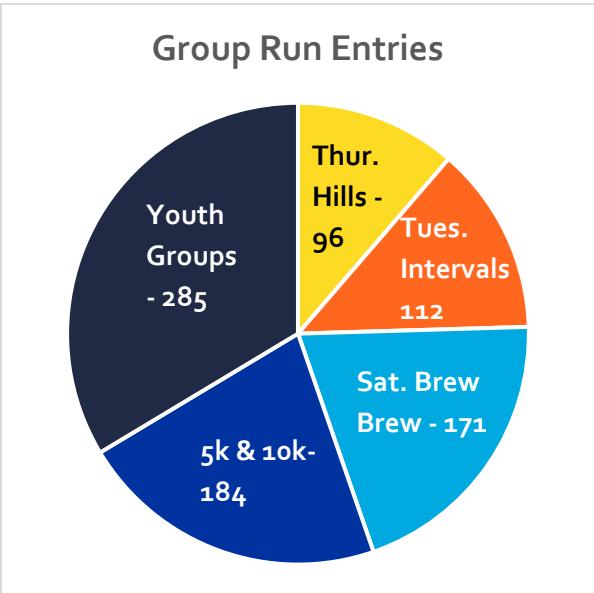
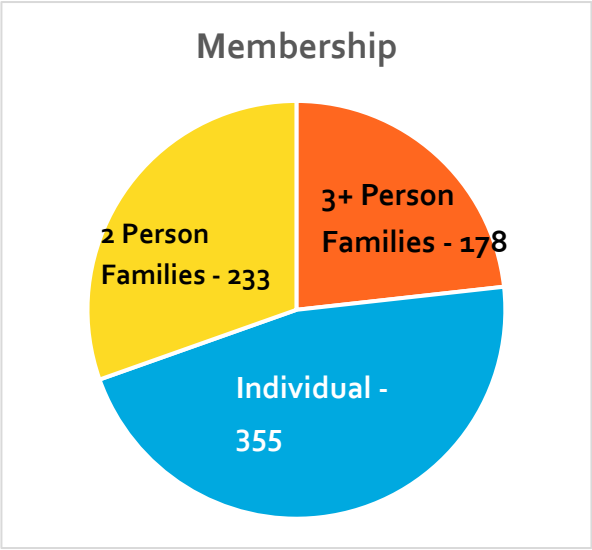
Our race planning committee worked to be sure events went off without a hitch by planning courses, designing shirts and medals, and organizing volunteers. This committee works so hard and we are so proud to have their skills and time!



Planning Committee

Kim Baker | Lynn King | Kathy French | Angi Griffin | Sarah Kozul | Jeff Bowman | Kelly Bowman | Bill Pollifrone | Chris Baker | James Hurst | Marshall Babbitt

Community Impact



Through the proceeds of the 2022 Summer Sunrise Watermelon 5k Series the club sponsored five \$1,500 college scholarships to 2023 local graduating seniors. The club has donated \$107,500 in scholarships since 2011. Congratulations to the recipients: **Rebecca Fallaw** of McKeel Academy of Technology, **Payson Keown** of Haines City High School IB, **Alena Kozul** of Harrison School for the Arts, **Iva Kozul** of Harrison School for the Arts and **Emily Maul** of McKeel Academy of Technology.

Also, this year the board of directors established the LRC School and Community Grant, which will allow local like-minded organizations to request funding to aid in the promotion of running in the community, by way of purchasing new equipment, jerseys, race entries, etc. These grants will be funded by proceeds from LRC races throughout the year.

Sponsors

Thank you to our community sponsors who so generously support our races.



In Memory of Rob Mason

February 4, 1946 - June 8, 2023

As a long-standing member of our organization, Rob's contributions to the Lakeland Runners Club spanned four decades and left an indelible mark on our community. As we review 2023, we celebrate a passionate athlete, a dedicated leader, and a beloved friend to many.



Rob started running in July 1977, and targeted the inaugural Lake to Lake 10K, scheduled for October that year as his first race. In 1977, the Lakeland Runners Club was in its infancy, having been founded in 1974 by race walker John Scimone. The inaugural Lake to Lake 10k was a collaboration between Scimone, Harold Walker, the manager of the Athletic Attic, and Beverly Hill from the United Way.

That first race led to a remarkable achievement that epitomizes Rob's commitment to running: a 46-year streak as the only runner to finish every Lake to Lake 10K race, with a personal best time of 39:56 in 1980. Rob was also part of a small group of runners that has competed in all 46 Gasparilla Distance Classics, running in varied distances over the years.

Rob served as club co-president alongside Norm Strand in 1978, and he served alone from 1979 to 1982 and again in 2009. LRC founder John Scimone passed away from colon cancer in December 1978, and Rob's leadership was instrumental in preserving Scimone's vision and ensuring the club continued to thrive.

Rob's contributions extended beyond his tenure as board president. He had a role in founding three of the club's iconic events. The Mayfaire 5K, established in 1982, has become a celebrated tradition in our community, coinciding with the Mayfaire by-the-Lake art festival. In 1996, the Summer Sunrise Watermelon Race Series replaced the Sun Screemers Biathlon and has also since become a cherished summer tradition. In 2006, Rob introduced the Aching Quad Challenge, a remarkable test of endurance that involved completing four races in 24 hours. The race shirts for the initial six years showcased Rob's own "aching quads".

He was a correspondent for the Lakeland Ledger, submitting race results and running columns, and many in our community were featured in his stories. Rob loved running wherever he traveled and relished racing in Europe. He enjoyed drinking beer with his buddies and had over 300 runs at the weekly Pub Run. He ran his last 5K at the end of April, just weeks before being diagnosed with pancreatic cancer. Rob leaves behind a legacy of determination, leadership, and camaraderie that will continue to shape our organization. Though he may no longer run alongside us, his spirit will forever be present, urging us on.

Lakeland Runners Club
PO BOX 1484
Lakeland, FL 33802



Want to help out? Here's how...

VOLUNTEER — the LRC has always been an all-volunteer organization, we need volunteers to help:

- at a race or training program
- as training program coaches
- on program planning committees
- serve on the Board of Directors

MAKE A DONATION and/or BECOME A SPONSOR — All donations made to the LRC are tax deductible. You may give specifically to one of the LRC programs or choose to show your support as a corporate sponsor.

REFER A FRIEND OR FAMILY MEMBER — to join the club, run a race, or participate in a training program or group run.

PLAN A GIFT — a retirement fund advisor, tax attorney, or certified financial planner may advise you on the best way to make a planned gift benefit you most through:

- your will or bequest
- charitable annuity or trust
- life insurance or retirement gift plan

For more information on the LRC mission or programs
web: lakelandrunnersclub.org email: LRC@lakelandrunnersclub.org