



Hudson Mohawk Road Runners Club

Board Meeting

Point of Woods Community Center

July 12, 2017

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Attendance: Marcia Adams, Frank Broderick, Ed Neiles, Ray Newkirk, Brian and Jessica Northan, Chris Nowak, Jon Rocco, Ken Skinner, Cathy Sliwinski, Jim Tierney.

**1. Call to Order (Ray Newkirk):**

Approval of June 14, 2017 minutes. Motion to approve minutes made by Marcia Adams and seconded by Cathy Sliwinski. Motion passed.

**2. Reports of Officers**

**2.1 President (Ray Newkirk):**

Ray thanked Frank for handling last month's meeting in his absence. Ray has been experimenting with Mail Chimp, an email program, for use with the Stockade-athon. It has other uses that might be helpful for the club's communications. The cost currently is \$20-30 per month and is based on the number of people on the email list. As the number of people increases, so does the fee. He will set up a separate meeting with Jon and Marcia who tend to do the club's emails to discuss its capabilities.

**2.2 Executive Vice President (F. Broderick):**

Frank received two thank you notes from two of the Scholarship winners and read them for the Board.

**2.3 Executive Vice President – Finance (C. Nowak)**

Marvin CPA has begun their review and Chris will be passing Quick Book files over to them as part of the process. He has already reconciled the savings account and is working on the various checking accounts to get them reconciled and he has begun the budget process. Cathy indicated she would assist in getting the budget into QuickBooks. Chris has reached out to Nick Webster, the candidate for Executive Vice President, to get him familiar with the system. A meeting has been suggested with Chris, Nick, Cathy, Jon and Ray.

**2.4 Vice President for Running Events (J. Rocco):**

Races since the last Board meeting were:

The Tri-Valley Cats Father's Day Home Run 5K on June 17 had 342 finishers, down from 360 finishers and 365 in 2015. The male winner was Anthony Guilliano in 16:37, his fifth win which is the most wins for a male. Male runner-up was Noah Valvo, a 2017 Shrader Scholarship winner from Schoharie. The female winner was Allison Konderwich in 19:33. Female runner-up was Brina Seguire, who has the most wins at this event with 6. There was a total of 31 father/son or father/daughter teams.

On June 27, 60 runners competed in the Colonie Mile. This number was down from 67 last year and 94 in 2015. Shaun Donegan was male winner with a time of 4:35; Karen Bertasso was the female winner with a time of 5:20. The Mile is a Grand Prix event and 30 men scored points, including all 10 slots in the male 60-69 age group. 15 women scored Grand Prix points.

The 2-person relay was held on July 6 and had a total of 18 runners or 9 teams. Last year there were two teams and in 2015, there were 7.

Prior to next month's meeting, the following events will take place:

The 44<sup>th</sup> Hour Run and 41<sup>st</sup> Pentathlon will be held July 13 and 20 respectively. An email blast and a FaceBook post will be done prior to each race.

On Sunday, July 23, the Indian Ladder Trail Run will be held. As of last night, there were 71 registered online. An email blast and FB post went out last week as a reminder on the race and registration dates. The race director has budgeted for the parking fees the park will charge and he is working out a deal with the Parks Department. Volunteers and runners are not being charged as they enter.

The Dynamic Duo will be held on August 5 and the 1<sup>st</sup> of the Tawasentha XC races will be held on August 7.

The USATF Adirondack has created a Trail Series for 2017. Included are the Indian Ladder Trail Run 15K along with Tawasentha #1 along with Thatcher Running Festival 10K and the Saratoga XC Classic. Those runners participating in 3 of the 4 events will be considered series finishers and will earn a trail themed finisher apparel piece made possible by a grant from HMRRC.

The CDPHP Workforce Team Challenge wrap-up meeting was held on June 22 (report attached). The check presentation ceremony at the Albany Boys and Girls Club to be held July 13 was postponed.

The SEFCU Labor Day 5K has had a date and location change. It will be held on Saturday, September 2 at UAlbany. An email blast and FB post has gone out advising participants of this change. The paper application is not out yet nor has registration been opened. A discussion ensued regarding the change and clarification with sponsors as to who owns the event.

At the June 13 Colonie track event, a new woman's record was set for the 400 meter. Grace Claxton ran 53.9 breaking a 20-year record by a full second. Grace attends UAlbany and competed in the Rio Olympics for Puerto Rico, finishing 24<sup>th</sup> in the 400 meter hurdles. Her pr is 53.42 and 52.89 indoors.

There will be a September coordinators meeting for the Stockade-athon. Brochures are being sent out via Adirondack Sports and Fitness for both the 15K and the team challenge and registration is open.

September 16 is the date of the Anniversary Run.

**2.5 Treasurer (J. Golden):** See attached report. Total of general accounts: \$470,051.89

**2.6 Treasurer of Running Events (C. Sliwinski):** See attached report.

**2.7 Secretary (M. Adams):** No report

### **3. Reports of Committees**

**3.1 Membership (D. Fisher-Golden):** (Not present; report e-mailed)

Total membership: 2,599

Change in membership: -25

New memberships: 12

Facebook followers: 2,819, an increase of 19

Twitter followers: 280, +0 change

### **3.2 Volunteers (M. Adams):**

Marcia will be working on a plan for trying to encourage volunteers. It will be submitted within the next two months.

### **3.3 Public Relations (R. Moore):** No report.

### **3.4 Website (E. Neiles):**

Ed is still trying to set up a meeting with Web Instinct. He is still looking for a Content Coordinator but Frank may have located one. Michelle Davies has expressed an interest. Frank will be meeting with Ed to confirm responsibilities.

### **3.5 Conflicts Committee (C. Nowak):** No report.

### **3.6 Grants Committee (F. Broderick):**

Frank reported that only 2 applications were received for this grant cycle. They are in review now and total \$1100. He will also be checking with Kinderhook Runners regarding the grant that was given them this Spring.

### **3.7 Just Run Program (K. Skinner):**

As reported last month, the track event was held on June 13 and 14. A total of 1200 were signed up to participate. Brown School chose not to attend this year. Results will be posted on the website. The National program advised that school leaders need to submit reports regarding number of children participating; and the total miles they ran. Failure to submit these report will result in not being able to participate in next year's program, per Susan Love. About 8 of the 27 schools have yet to send in their reports. Ken will be sending out a memo in August to determine interest in the fall program.

### **3.8 Annual Meeting (Ray Newkirk and Cathy Sliwinski):**

After a poll of Board members, it was decided that the Annual Meeting will be held on September 20 at 6 p.m. at the Orchard Tavern in Albany. Food will be served. At least 25 club members must attend in order to have a quorum for the election. Cathy will be working on an email to blast to the membership and she and Marcia will set up an event on Wild Apricot so people attending can sign in. A discussion ensued regarding the election and the submission of petition for candidates other than those nominated by the Election Committee.

4. **Old Business:** None

5. **New Business**

Ray proposed a policy for reimbursement for mileage for race directors (see attached). A discussion regarding the policy and the rate ensued. Marcia made a motion that the policy be accepted as written and it was seconded by Cathy. The motion passed.

**Announcements:** None

**Refreshments:** Ray Newkirk

**Adjourn:** Motion to adjourn made by Marcia Adams and seconded by Chris Nowak.