

River Region Runners (R3) Meeting
March 20, 2014

The January R3 meeting was held at the Mellow Mushroom restaurant in Prattville, Alabama. Dave Stever, President, opened the meeting at 6:36 p.m. Dave introduced and welcomed new members.

The following officers were present:

Dave Stever, President
Beth Johnson, Vice President
Janet Arant – Co-Secretary

Attendees:

Dave and Barb Stever	Robert Lee	Kevin Banning	David Flack
Beth Johnson	Rita Summerlin	Ken and Renee Linna	Jim Larkins
Janet and Martin Arant	Candace Akerson	Jerry Moore	Jenny Smith
Jerry Carter	Irene Tyner	Mike and Mabel Novak	

Meeting Minutes

Janet Arant passed around copies of the minutes from the February meeting. Irene Tyner pointed out several changes that need to be made to the *Incentive “500/1000 Mile Club”* report. Kevin Banning motioned to approve the meeting minutes as amended. Janet Arant seconded the motion, and the minutes were approved.

Financial Report:

Kevin Banning distributed copies of the financial report for the period from February 21, 2014 through March 20, 2014. There were three new memberships for a total of \$45 and two race payments for a total of \$1,512.00. Expenses totaled \$7.49 for reminder cards, with an ending balance of \$6,055.40. There are two outstanding race invoices. Dave Stever requested new invoices to be sent out for the outstanding invoices. Barb Stever motioned to approve the financial report. It was seconded by Robert Lee, and passed.

Opening Balance:	\$4,435.89
Income:	1,627.00
Expenses:	<u>7.49</u>
Ending Balance:	\$6,055.40

Future Races

Jim Larkins distributed copies of the updated race report and discussed upcoming races. Peggy McLendon’s Emerald Mountain Golf Course race is now scheduled for July 4th which is the same day as the Peavine Falls 8.3 mile race at Oak Mountain State Park in Pelham, which is not an R3 race. Dave Stever pointed out that some non-R3 races such as Peavine Falls and the Color Run will be listed on the R3 website since the goal in our charter is to encourage running. Beth Johnson raised a point about what kind of feedback there may be when we post non-R3 races on the R3 website while removing them from the R3 Facebook page. David Flack asked about future fun runs to which Dave Stever responded by saying there will be more information at a later date. David Flack also asked if any practice runs have been scheduled. Dave Stever responded by saying that practice runs are up to individual members, and that there are groups such as couch to 5K programs in Montgomery and Prattville that meet once or twice during the week and on Saturdays. Dave also mentioned an informal running group in Montgomery that

meets at the Shakespeare Festival parking lot near the restrooms on Saturdays at 7:00 AM. Beth Johnson stated that there are currently no running groups on Sundays and nothing in Wetumpka. A member pointed out that there are free running clubs such as “Moms Run This Town” (MRTT) at momsrunthistown.com where local groups can be established; there is also a Facebook page. Also the Montgomery chapter of MRTT meets on Saturdays at Fleet Feet right before the couch to 5K program.

Old Business:

Hosting Club Runs (OPEN)

Dave Stever announced Peggy McLendon’s Emerald Mountain Golf Course race on July 4, 2014.

Volunteers Needed (OPEN)

Dave Stever called upon each member to help out with at least one race this year, adding that without volunteers things fall apart. Dave suggested that members can volunteer for as little as 5 to 10 minutes before races to assist with equipment while Pete and Patti are busy with computer entries. Help is also needed after races to take down equipment and assist Jim Larkins and Dave and Barb Stever with loading the equipment onto the truck

Incentive “500/1000 Mile Club” (OPEN)

At the January meeting, Irene Tyner had suggested beginning an incentive program for members who log and complete 500/1000 miles. Since the Birmingham running club has a similar incentive program, Irene contacted them to get further ideas. The Birmingham club has a 1200 mile incentive program whereby members report monthly the number of miles they have run. The Birmingham members can earn a jacket embroidered with a 1200 mile club emblem or receive a special gift such as a t-shirt. Runners are responsible for reporting miles earned by participating in runs or training. The jacket can be purchased for \$54 by those who already have jackets. Additional patches can be earned for the jacket each year. After 5 years they can get a coin. For R3 members Irene proposed a 1,000 mile incentive from June 1st to June 1st which would be an achievable but challenging goal. Walking and treadmill activities would also count toward the 1,000 miles. Irene volunteered to be the chair. Pete Preston, Patti Preston and Mary Jo Starcher volunteered to be on the committee.

Trifecta Races 2015 (OPEN)

Dave Stever discussed the proposal from a previous meeting that in 2015 we aim to host three Club Races (April, July, and September) in order to make things more fun. Those who complete all three designated trifecta races would get a special t-shirt.

Alignment of R3 Membership with RRCA Membership (OPEN)

At the previous R3 meeting Pete Preston had made the suggestion that we realign our local R3 membership year from June 1st through May 31st with that of the national RRCA membership year which is from January 1st through December 31st. The advantages to the club would be insurance and support if needed from the national organization, plus a magazine for R3 members

Dave Stever reopened the discussion. Current memberships that are due to expire on June 1, 2014 would renew by paying through December 31, 2015. Dave will post this proposal on the R3 website, and there will be a vote on it at the next meeting in March. David Flack asked if this is covered in the bylaws to which Jim Larkins and Mike Novak replied, “Yes.”

Race Course Signage (OPEN)

At the previous R3 meeting Pete Preston suggested that we explore alternatives to the current flour arrow system course markings (cost of \$10 - \$12) that do not hold up in inclement weather. There are different kinds of reusable signs, with adjustable tripod type stands, on which directional arrows can be placed. We would need 20 to 25 which would run approximately \$400 to \$500.

Dave Stever reopened the discussion by explaining that Velcro arrows placed on stands would eliminate the current problem with runners taking a wrong turn and getting lost on the course when flour markings are erased by rain. Pete will report back to the R3 members.

Labor Day Run

At the previous R3 meeting Jeffrey Vinzant had suggested that if we choose to have an R3 Labor Day Run planning must begin right away. Jeffrey stated that arrangements must now go through the City of Montgomery instead of going directly to the Police Department. Wesley had previously asked for a planning committee. Irene Tyner, Pete Preston, Jim Larkins, John Johnson and Wesley Cure volunteered to be on the committee.

Dave Stever reopened the discussion stating that there will be 8K and 2.0 mile concurrent runs at the Train Shed in Montgomery on September 1, 2014. Ron Macksoud will reveal the t-shirt design on race day. Dave stated that he will ask Jeffrey to set up the race on www.active.com and that Ron will distribute paper applications to everyone on the mailing list and will also deliver them to various locations such as the base, Fleet Feet and Mac Sporting Goods. Barb Stever reported that she submitted the application to the City of Montgomery to hold the train shed for June 1st. The cost of the Montgomery Train Shed is \$250 and the cost for Fort Toulouse in Wetumpka is \$100 with no requirement for police services. Dave emphasized the critical need for volunteers, both runners and non-runners, who can arrive 10 minutes early to do tasks such as setting up tables and cutting up fruit. Irene Tyner has volunteered to take care of the trophies.

Christmas Party 2014

At the previous R3 Meeting Barb Stever had requested ideas for the Christmas party. Irene Tyner had suggested the Biscuits Stadium Skybox where the food is catered. Jim Larkins proposed that we look into Incredible Edibles which is a wedding reception type facility in the Cuco's shopping center. Barb Stever volunteered to check into both options.

Barb reported back that the Biscuits Stadium Club Car charges \$1,000 to hold it, another \$1,000 for food, and the bar tender cost is \$30 per hour. Food plates are \$19 or more. Incredible Edibles is a nice facility which has an opening for December 11th at the cost of \$150, with menu selections ranging from \$10.95 - \$25.95 for tenderloin and Surf-and-Turf. They also have a buffet similar to the one at Bonnie Crest the last several Christmas parties have taken place.

New Business:

Dave reported that Beth Johnson along with Avery Ainsworth from Fleet Feet are looking for ways to increase the number of races we time; have more club races, thereby generating additional funds to donate and reinvest in the club, and to recruit more volunteers. Beth explained that it is possible for one team of volunteers to do both timing and running, but with two teams the same people would not have to do everything all of the time. One suggestion by Dave Stever was to call upon members who never come to meetings to generate interest in volunteering. Barb Stever pointed out that last year there were 38 races but currently there are only 24 to 26 on the 2014 calendar. Due to lack of volunteers many race inquires are turned away, and if a race date needs to be changed there is no flexibility in the calendar to do so. Dave stated that there is a specific need for those with computer knowledge to learn and manage the computer on race days. A member pointed out that she did not know she *could* help. Beth stated that John Johnson is re-establishing an R3 newsletter that would inform members about the officers, volunteer opportunities, and offerings such those from Avery Ainsworth at Fleet Feet with the goal of getting people in the Montgomery area moving. Martin Arant proposed offering incentives to volunteers, such as free race entries, so those who prefer to concentrate on running races could continue to so without feeling pressured to volunteer. Dave suggested the possibility of discounting races by 1 to 2 dollars. Martin replied that he did not think this amount would be enough, given that many people pay an extra \$3 just to sign up on active.com. Kevin Banning stated that it would be easy to reimburse the event volunteers. Dave responded that it could become expensive over time. Martin made another suggestion that some of the money donated to the community could be put back into the club for the volunteer incentives. Dave will refer the proposal to the Executive Committee.

Motion to Adjourn at 7:27 PM

Beth Johnson motioned to adjourn the meeting. It was seconded by Robert Lee and the motion passed.