

Prince George's County Running Club

Board Meeting Minutes: January 3, 2018

Time: 7:01pm

Location: Prince George's Plaza Community Center

Board Members Present:

Cindy Cohen

Maria Green (by phone)

Yvonne Hill

Lisa Jordan

Ndegwa Kamau

Fai Nelson-Peyton (by phone)

Chris Nichols

James Roberts (by phone)

Mark Shroder

Joann Tschiffley

Kaya Walton (by phone)

Absent Board Members: Rebecca Cormeny, Markeshia Gould, and Tina Nixon

Quorum present? Yes

Proceedings:

Meeting called to order by President, Ndegwa Kamau

Agenda Items:

- 1: Agenda review
2. Upcoming Races
3. Other board matters/reports
4. Upcoming Events
5. Evaluation, review and appreciations

1. Meeting's agenda

President started the meeting with Training Coordinator's Report:

- The Club Challenge training, coached by Dave and Ndegwa, begins on January 6, 2018.
- 8k Training, coached by Sheila Barfield and Maria Green, will begin on March 3rd. Training will run from March 3rd to April 28th. I will set up the 8k training registration by January 15th.
- The Informal Marathon Training is in its 6th week.

Maria expressed concern for the current pool of Road Runner's Club of America certified coaches in the club. The board discussed expanding the pool of coaches to prevent burnout among the existing coaches. Maria will email club members about current opportunity to be trained and certified as RRCA coach and how the club will reimburse club members the cost of the training.

The discussion about getting new coaches motivated two board-members, Chris Nichols and Joann Tschiffley to consider attending one of the coach training programs in 2018. The links to sign up for the training are below:

April 5-7 in Arlington, VA

<http://www.rrca.org/our-programs-services/programs/coaching-program/level-one-courses>

June 2-3 in Frederick, MD

<https://runsignup.com/Race/MD/Frederick/RRCACoachingCertificationCourseFrederick>

Next agenda item is the club's Weather Cancellation Policy:

The current policy is to cancel events when there is or a threat of lightning. When it comes to inclement weather, such as snow, ice, cold, etc it is the responsibility of the training coaches to assess the weather and how it will impact scheduled training runs. Plus, the coaches communicate cancellations to club members. As for the weekly run leaders, the president will send reminders to the weekly run leaders about their responsibilities to assess weather conditions and communicate cancellations to club members.

Currently, Greenbelt morning runs aren't active and have been removed from the weekly run calendar. The weekly runs, time, and leaders are as follows:

Week Day	AM	PM	Location	Run Leader
Monday	5:30		Bowie	Kimberly Brooks
Tuesday	5:30		Bowie	Kimberly Brooks
Tuesday		6:45	UMD Kehoe track (College Park)	Chris Nichols Cindy Cohen
Wednesday—New		6:30	Herbert Wells Ice Skating Rink (College Park)	Joann Tschiffley
Thursday	5:30		Bowie	Kimberly Brooks
Thursday		6:30	Herbert Wells Ice	Chris Nichols Yvonne Hill

Friday--New		6:30	Herbert Wells Ice	Joann Tschiffley
Saturday	8:00		Greenbelt Park	TBD (Virginia Fromel)
Sunday	8:00		Mission BBQ, Greenbelt	Jen Augsburger

2. Upcoming Races

The next club race is the club challenge on February 25, 2018. This race is a low-key, no-frills event designed for Maryland and DC running clubs to wage a friendly, but competitive race. PGRC covers the cost for members to run the race. An email was sent about the race, including registration link. Ndegwa (as President) receives volunteer requests from the Howard Co. Runners Club race chair for the Club Challenge. He will share the volunteer POC and request with Chris Nichols so she can begin soliciting volunteers for the Challenge.

The Wright Stuff race report was tabled to the next board meeting.

3. Other Board Matters/Reports

Girls on The Run Program

There was significant discussion about the club contributing and collaborating with the Girls on the Run DC chapter. The board expressed desire to help GOR expand to the county to conduct outreach to children and families. The GOR program is expanding in to Prince George's County and is raising \$10,000 to work with the following four schools in Prince George's County by January 31, 2018:

- * Hoyer Montessori in Landover
- * Rosa Parks Elementary in Hyattsville
- * Mt. Rainier Elementary
- * a Southern Management Community near Fort Washington/Oxon Hill area

The board voted to donate \$300 to GOR expansion into PG County. The \$300 will go toward covering some of the program costs for 1 or 2 children participating in the GOR program.

The board also agreed to promote GOR fundraising efforts to club members during the next Federal Holiday run, which is the Martin Luther King Holiday Run. The Holiday Day Run Coordinator, Mark Shroder will email club members about the run and the GOR fundraiser.

In addition to our fundraising efforts, the board agreed to establish a strategic partnership with GOR. Lisa Jordan volunteered to work with Kaya Walton to develop a proposal outlining the perceived benefits and goals of a strategic partnership.

Social Media Advertisement Budget Request

Cindy requested the board to allocate \$500 for advertise the club on social media. The board voted to set a budget of \$500 for social media advertisement and will review the budget allocation in three months.

Timed Mile

Yvonne suggested the club conduct a timed mile for club members at a track night run some time at the end of March 2018. Yvonne and James Roberts will work together to set this up at track night and will inform club members about the timed mile activity.

Reviewing Board Meeting Minutes

Once the board secretary sends the board meeting minutes to the board, board members have seven calendar days to review and edit the board meeting minutes before they are emailed to club members and posted to the club's website.

4. Items Tabled for Next Meeting

The Wright Stuff Race

Couponing/Prizes

Social Media/Website

Growing Club Membership (Brainstorming)

Meeting adjourned at 8:39pm

Minutes submitted by Lisa M. Jordan