

PGRC September 2022 Board Meeting

07 Sep 2022/ Meeting started at 7:08pm ; Adjourned 8:35pm

Attendees

MEMBER	PRESENT	ABSENT
Ndegwa Kamau	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Yvonne Hill	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Andrea Hong	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Meredith Davis	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Roxanne Lawrence	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Catherine Francoeur	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tony Bell	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Monique Richards	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Janice Bernache	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Tina Nixon	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Chris Nichols	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Marina Goldgisser	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dave Roeder	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Grace Pooley	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Also Present: N/A

Quorum (8): Achieved

Agenda

1. Summer Series
 - a. 141 registrants (20+ registered in person)
 - b. Purchased webscorer software
 - c. Will need to order 200 bibs next time
 - d. Scoretronics clock damaged; motherboard replacement received, not yet installed
 - e. Adjust volunteer times
 - f. Advertise early
 - i. FB/IG

- ii. Flyers around the rec center/lake
 - iii. Advertising signs
- 2. Half Marathon Training Program
 - a. 27 participants
 - b. REgistration closes October 3rd
 - c. Goal Race: Philadelphia, Richmond, or NCR Half
- 3. The Wright Stuff
 - a. Race registration is open
 - b. Introducing non-binary option in RunSignUp
 - c. 3 Participants registered so far
 - d. Have not yet started FB/IG promotions
 - e. Will not utilize timing company
 - f. Premium (Mittens!)
 - g. Look into adding opt-out of premium option in RunSignUp for race if folks don't want the premium/reduce environmental impact
 - h. Order high quality materials for Marine Corps booth
- 4. Wright Stuff 8K training program
 - a. Maria and Sheila will be coaching, awaiting training plan proposal and approval
 - i. Assuming 8ish weeks (so early-mid October start)
 - b. Need to advertise program
- 5. Board Succession
 - a. Discuss Process: if leaving role at the end of 2022
 - b. Role & Responsibility Changes
 - c. Changes to the By-Laws
 - i. If changes are to be made, need to have prepared by the Annual board meeting to be voted on by the entire board
 - d. Org Chart Update - same as above, if required, prepare in advance of Annual meeting
- 6. Business Cards
 - a. Redesign in the works
 - b. Add social media platforms (IG, FB, Meetup, etc.)
 - c. QR Code to link to PGRC website
 - d. General cards (1000); President card; other personalized cards(250?)
- 7. Nutrition Workshop
 - a. September 14th at 6:30pm ET
 - b. Approximately 40 participants
 - c. Distance race fueling (when to eat, fueling for distance efforts)
 - d. Facilitators will provide a "cheat sheet" with basics covered during the workshop

- e. Looking into future sessions for the wider club, different distance interests, etc.
- f. May end up expanding session scheduled for the 14th to the larger club (though realistically, will have limited spots due to needing to ensure training program participants to whom this has already been advertised are able to attend)
8. Marathon Training Program
 - a. 6 Current Participants
 - b.
9. Wine Wednesday
 - a. Next will be October 19th; same bat time, same bat channel
10. Treasurer's Report
 - a. https://docs.google.com/document/d/1lis1q8HaBiNfay63YdCj2q26a_5GgliSziZr5A1bm1U/edit?usp=sharing
11. Zombie Run
 - a. Saturday October 15th
 - b. PGRC Cheer Squad at Dave's?
 - c. Marina to send Gail/Mo/Meredith email to the club
 - d. Volunteering sign up available via the event volunteer page: <https://runsignup.com/Race/Volunteer/MD/Hyattsville/HyattsvilleZombieRun> - do we want to coordinate as a club for volunteer assignments?
 - e. Marina looking into sponsorship (\$500?)
12. Volunteer Cookout
 - a. No updates

RRCA Info

- State Championship
 - Annapolis 10 Miler on August 28th
 - D was deeply involved (spoke before it started, handed out awards, saved a runner having a medical emergency)
- National Championship
 - Marine Corps Marathon 50K championship
 - RRCA HQ will be in Chicago, so D will be representing at Expo and Race Day
 - PGRC gets the RRCA booth; push RRCA materials on the table and we can promote the club to our hearts' content
 - Will be able to take registration for Wright Stuff during the expo