

PGRC January 2023 Board Meeting

04 Jan 2023/ Meeting started at 7:08pm ; Adjourned 7:54pm

Attendees

MEMBER	PRESENT	ABSENT
Ndegwa Kamau	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Yvonne Hill	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Andrea Hong	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Meredith Davis	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Roxanne Lawrence	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Catherine Francoeur	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tony Bell	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Monique Richards	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Janice Bernache	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tina Nixon	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Chris Nichols	<input checked="" type="checkbox"/>	<input 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. Holiday Lights Run
 - a. Dec 13th, at least 20 people attended at Ginny's house
2. Newsletter
 - a. Developed by Marina, delivered 12.30.22
3. PGRC @ ParkRun
 - a. PGRC volunteered at the New Years Day ParkRun
 - b. 3 new Runners came to Track Night on 3 Jan as a result!
 - c. Provided coffee/cookies/hot cocoa
4. Board Succession

- a. Board members to respond to D with feedback by tomorrow (5 Jan)
 - b. Slate elections for February
- 5. Annual Board Meeting
 - a. Rec center requires 1 month advance notice; will reach out to Catherine's library instead to have in person option
 - i. Action: D and Catherine to follow up
 - b. Will retain Zoom option
- 6. Ten mile Training Program
 - a. Coached by Dave and D
 - b. Starts 7 Jan
 - c. 21 participants as of 5min into the meeting when Andrea remembered to sign up
- 7. RRCA Club Challenge
 - a. 26 February
 - b. \$40/Runner. HCC Gym under construction for the next few years
 - c. Club pays full cost; runners still required to reimburse if you don't run
 - d. Will need to pay for Grand Prix and WDF at the race to RRCA + Check for Challenge Balance; Approx \$900 in 2022
- 8. RRCA Renewal
 - a. Annual dues coming up (based on households from runsignup)
 - b. Directors & Officers Insurance
 - c. Liability Insurance Premium (\$1M Coverage)
 - d. Previous total \$1240
- 9. Springburst
 - a. Saturday, April 29, 2023
 - b. Jan special registration discount ran through 4 Jan
 - c. Team reaching out to timing companies
- 10. Early Bird Walk to Run 5K Training
 - a. Spring Walk to Run group
 - b. JoAnne looking to coach 5K beginner program in the Spring with intended graduation race of either DC or Howard County WDF
- 11. Wine Wednesday
 - a. February 22, 2023 at the Hall CP (location to be confirmed)
 - b. 6:45 meet up; run at 7pm
- 12. Treasurer's Report
 - a. https://docs.google.com/document/d/1lis1q8HaBiNfay63YdCj2q26a_5GgliSzjZr5A1bm1U/edit?usp=sharing
- 13. Training Calendar
- 14. Run Leader Discussion
 - a. Marina sourcing Run Leaders

- b. 5-7 interested
 - c. Looking for folks to sign up beyond coaches so that coaches get a break between training, members who are not part of the training programs feel engaged, and there is continuity
15. New Year Denizen's Kick-Off Event
- a. Getting Menu options
 - b. January 18
16. RRCA Info
- a. MD State Championship
 - b. 2023 RRCA Convention
 - c. RRCA President Meeting