

# PGRC March 2023 Board Meeting

01 Mar 2023/ Meeting started at 7:06pm ; Adjourned xxpm

## 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 type="checkbox"/>            | <input checked="" type="checkbox"/> |
| Roxanne Lawrence    | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| Catherine Francoeur | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| Tony Bell           | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| Monique Richards    | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| Janice Bernache     | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| Tina Nixon          | <input checked="" type="checkbox"/> | <input 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): Not Achieved

## Agenda

1. Annual Board Meeting
  - a. Hybrid Option; in person and on Zoom
  - b. April 2023; date TBD
  - c. Need to reserve room at PG Plaza Rec Center or Library
2. Ten mile Training Program
  - a. Program ended with Club Challenge on 26 Feb
  - b. >20 Participants
3. RRCA Club Challenge
  - a. \$40/runner

- b. Expenses:
  - i. Race registrations - Check to HoCo Striders for \$880 (Club Challenge Balance)
  - ii. \$300 Grand Prix & WDF
- c. We had 24 runners; two had to drop prior to the race, to dropped after and will reimburse the club
- d. Post-Race Award Presentation and Presidents' Meeting
- 4. RRCA MD/DC State Rep
  - a. 1 Year anniversary of Coach D being the state Rep
  - b. State Rep Priorities:
    - i. More communication with and between club presidents (more than just one meeting per year); made an effort to volunteer/visit other club races
    - ii. Increased communication with RRCA corporation
    - iii. Increased communication with larger races (MCM, for example)
  - c. Met with RRCA President George Herbert
    - i. Wants to get D on the board before the end of his (Herbert's) term (next two years?)
- 5. 2023 RRCA Convention
  - a. March 23-26, 2023
  - b. D planning to attend
- 6. Reimbursement
  - a. Jessica Stewart; gave a donation to the club; will remove from list of non-attendees who need to pay back.
- 7. PGRC Coaches Meeting
  - a. Coaches Meeting held Monday, 27 Feb 2023
  - b. RRCA Coaching Program
    - i. Look into Hosting a Level 1 Cert Program
    - ii. Level II Discount
  - c. Coaches Corner - setting up a group list for sharing advice
  - d. GroupMe - set up a coach GroupMe
  - e. Need to develop the pace leader → Coach pipeline
- 8. 10K training program
  - a. Chris Coaching
  - b. Several pace leaders interested so far (Dave, D, Andrea, Yvonne)
  - c. Registration will open March 3
  - d. Program starts March 11
- 9. Springburst
  - a. Saturday, 29 April 2023
  - b. Race website is up and running, registration has been open for a time

- c. Timing company deposit secured
  - d. D purchased a 10x20 canopy
- 10. Early Bird Walk to Run 5K Training
  - a. Walk to Run training to be coached by JoAnne Smith
  - b. Targeting early spring WDF
- 11. Wine Wednesday
  - a. Winesday held 22 Feb 2023
- 12. Treasurer's Report
  - a. [https://docs.google.com/document/d/1lis1q8HaBiNfay63YdCj2q26a\\_5GgliSzjZr5A1bm1U/edit?usp=sharing](https://docs.google.com/document/d/1lis1q8HaBiNfay63YdCj2q26a_5GgliSzjZr5A1bm1U/edit?usp=sharing)
- 13. Training Calendar
- 14. Run Leader Calendar
- 15. New Year Denizen's Kick-Off Event
  - a. Successful event
  - b. Looking to do more, informal Denizens meetups on non-Winesday months