

# PGRC Oct 2023 Board Meeting

04 Oct 2023/ Meeting started at 7:03pm ; Adjourned 8:40pm

## 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"/>
Catherine Francoeur	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tony Bell	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dave Roeder	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tina Nixon	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Marina Goldgisser	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Bernard Kelly	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Bill Murray	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Michael Broz	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Wil White	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Chuck Wolfe	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**Also Present:**

**Quorum (8): Achieved**

## Agenda

1. Shoutout to Chuck for all his hard work as a new board member!
2. Summer Series Recap
  - a. 156 Registrants (on RunSign) + 30 walk ups
  - b. Purchased the Webscorer software which was very helpful for promoting runner finish time efficiency
  - c. Great partnership from the City of Greenbelt - the Rec Center was very helpful each week, the Mayor visited us as well
  - d. Got a visit from the RRCA President
3. Marathon Training Program
  - a. 24 Total sign ups (Yvonne, Paul, and Jason)
4. Running Start
  - a. 15 Total Registrants

- b. Coached by Tony, JoAnn Thomas, and Joanne Smith with the assist
- 5. Half Marathon Training Program
  - a. Coached by D & Dave
- 6. WDF
  - a. 113 Total registrants (~60 more than last year)
  - b. Utilized social media advertising: paid promotion on FB, reminders on
- 7. 8K Training Program
  - a. 12 Registrants as of today
  - b. Soft kickoff on 8 October
- 8. The Wright Stuff
  - a. Tabled to end of meeting
- 9. Strategic Planning Meeting
  - a. Two successful sessions with Dr. Chan to define our vision for the future
  - b. Good participation from across the board
  - c. Next meeting is Nov 29th
- 10. Nutrition Workshop
  - a. Open to HM and Marathon training groups; will be recorded for wider dissemination
  - b. October 18th
  - c. Workshop from
- 11. End of Summer Cookout
  - a. Shoutout to Dave, as always
- 12. Wine Wednesday
  - a. Nov 1st
- 13. Treasurer's Report
  - a.  PGRC Monthly Report
- 14. Looking Ahead
  - a. Planning Wright Stuff volunteer email send for early-mid November
  - b. Tentative Holiday Run for Veterans' Day at Patuxent River Park
- 15. RRCA Updates
- 16. Redesigning PGRC Shirts:
  - a. Interest in a new shirt design while preserving current logo and club information (i.e. We Run the County, PGRC.org, etc.)
  - b. TABLED to next meeting to have full quorum/board discussion
- 17. Encouraging membership across the county
  - a. Bowie Group Discussion
    - i. Suggested

Action Tracker:

 PGRC Action Items