

PGRC Dec 2023 Board Meeting

06 Dec 2023/ Meeting started at 7:07pm ; Adjourned 7:49pm

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 type="checkbox"/>	<input checked="" type="checkbox"/>
Dave Roeder	<input type="checkbox"/>	<input checked="" 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): Not Achieved; no votes to be conducted


Agenda

1. End of Summer Cookout
 - a. 29 Sep
 - b. Chipotle catering was popular
2. Marathon Training Program
 - a. 24 Registrants between the two programs
 - b. Yvonne, Paul, and Jason coached
 - c. Last race completed 2 Dec! (Yay, Mo!)
3. Half Marathon Training Program
 - a. Coached by Dave & D
 - b. 29 Registrants
 - c. Goal races: NCR, Richmond Half
4. 8K Training Program

- a. Coached by Andrea, Joanne, and Tony
 - b. Goal Race completed 2Dec
 - c. Good conversion of 5K/Running Start participants to Wright Stuff 8K training program participants
5. The Wright Stuff
- a. 61 Registrants (almost twice last year's numbers!)
 - b. Promotions: Facebook and Instagram
 - c. Created reusable Wright Stuff flyer (Dec, but no hard date with QR code linking to the website)
 - d. PGRC timed the race in house with no issues
6. Strategic Planning Meeting
- a. Club to meet with Dr. Chan in the spring (March or April 2024)
 - i. Planning with D and Marina w/Dr. Chan to be held in advance of that
7. Nutrition Workshop
- a. Held 18Oct
 - b. Due out: D reconnecting with presenters to get the video to share with the full club
8. Club Challenge
- a. Board voted in November's meeting to cover the full cost (\$40) for participants
 - i. If registrants don't run, they will need to reimburse the club
 - b. Coached by D and Dave
9. Membership
- a. Consider raising membership rates to offset club offerings
 - i. Club challenge, for example is multiple times what members pay per year
 - b. Need to develop a planned budget, what should the club be paying for, what does the club pay for, operating costs, etc.
10. Holiday Lights Run
- a. 13 Dec at 6:30pm
 - b. Ginny's Address to be made avail
11. PGRC @ ParkRun
- a. PGRC sponsoring/volunteering
 - b. Will provide coffee, cookies, and cocoa
 - c. PGRC will provide volunteers
12. Winesday
- a. Next date: February 28
13. Treasurer's Report

- a. https://docs.google.com/document/d/1lis1q8HaBiNfay63YdCj2q26a_5GgliSziZr5A1bm1U/edit?usp=sharing
14. Looking Ahead
- a. NSTR
15. Other Items
- a. PGRC Facebook group (closed group, not public page) has had multiple instances of advertising not germane to group purpose. Request language to be posted/pinned to group to reiterate group policy re: solicitations

Action Tracker:

 PGRC Action Items