

# PGRC June 2024 Board Meeting

05 June 2024/ Meeting started at 7:01pm ; Adjourned 7:36pm

## 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 type="checkbox"/>	<input checked="" type="checkbox"/>
Tina Nixon	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Marina Goldgisser	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Bernard Kelly	<input checked="" type="checkbox"/>	<input 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

## Open Actions - Andrea

Action Tracker:

### PGRC Action Items

- Closed: 1
- Removed (OBE): 1
- New: 3
- In Progress: 3

# Board Updates

## President's Updates/Special Topics - Ndegwa

- RRCA Business
  - New RRCA President as of 1 June
  - RRCA RunPro Camp 14-16 July
  - RRCA Eastern Regional Director will visit
  - Eastern Regional Meeting in July
    - Ndegwa to brief on Grand Prix Races
    - Host Level 1 Coaching Program (PGRC) in the Fall
      - Dave and D looking into locations

## Treasurer - Catherine

- Treasurer's Report
  - Link:  
[https://docs.google.com/document/d/1Iis1q8HaBiNfay63YdCj2q26a\\_5GgliSziZr5A1bm1U/edit?usp=sharing](https://docs.google.com/document/d/1Iis1q8HaBiNfay63YdCj2q26a_5GgliSziZr5A1bm1U/edit?usp=sharing)

## Training

- Current Training Programs
  - Early Bird 5K
    - Graduation race this weekend - DCRRRC WDF - 9 Jun
- Upcoming Training
  - Running Start
    - Starts 15 June
    - Coached by Tony Bell, JoAnn Thomas, & Maria Green
    - Registration is open
    - 10 Registrants
    - Goal Race WDF & Fellas 5K
  - Advanced 5K
    - Starts 15 June
    - Coached by Andrea Hong
    - Registration is open
    - 11 Registrants
    - Goal Race: WDF
  - Beginner Marathon
    - Start Date: ?
  - Base Building Marathon Training Program
    - Began 1 June
    - Lead by Paul, Jason, Catherine, & Torey
    - 20 Registrants (1 week in!)
    - Goal Race: Richmond or other Fall marathon

## Races

- Summer Series
  - Will purchase Web Scorer software & upgrade for the club tablet
  - Order 200 bibs (by when?)
  - Begin FB IG campaign
  - Need to set up RunSignUp for Volunteers
  - Ndegwa will also set up RunSignUp for race (+ Greenbelt waiver?)
- Women's Distance Festival/Fellas' 5K
  - Registration is open
  - 37 registrations to date
  - Premium TBD
  - Approved paid promotions (Facebook)
  - Acquired timing company for the race
  - Flyers in progress - will be year-agnostic

## Webmaster - Bernard

- Base Building Marathon Program Link needs updating for the website (still says 2023); Ndegwa will provide link/correct info
- Update 5K information; Ndegwa to request Janice create email address for [Advanced5KTraining@pgrc.org](mailto:Advanced5KTraining@pgrc.org) to differentiate from Running Start Program's email

## Volunteer Coordinator - Chuck

- Race Volunteer Updates
  - Need to set up RunSignUp for Summer Series
    - Will need support for first week as Chuck will be out of town

## New Business

- Month Ahead
  - Skipped
- Winesday
  - June 26, 2024

## Closing