

PGRC Oct 2024 Board Meeting

2 October 2024/ Meeting started at 7:07pm ; Adjourned 8:04pm

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"/>
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 type="checkbox"/>	<input checked="" type="checkbox"/>
Bernard Kelly	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Bill Murray	<input checked="" type="checkbox"/>	<input 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

- Board Succession Planning
 - Open Roles and/or Roles that should be opened due to non-activity
 - Encourage board members to understand and consider the responsibility of the role when running
 - Yvonne to assist Ndegwa with board membership continuity inquiries
 - Ndegwa suggests adding a "President-Elect" position for the upcoming 2025 slate to aid in future succession planning; board is in agreement

Treasurer - Catherine

- Treasurer's Report

Training

- Current Training Programs
 - Marathon Training (2)
 - 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
 - Half Marathon
 - Nutrition Workshop for Half and Full Marathon Training Groups
 - Last year's facilitators' availability in question, November at best
 - Ndegwa will share recording of last year's meeting to those running earlier races (i.e. Marine Corps)
- Upcoming Training
 - Wright Stuff
 - Coached by Andrea, starts October 15th
 - 1 Registered so far
 - Goal Race: Wright Stuff 8K

Races

- Wright Stuff
 - Race registration is open (7 so far)
 - Working on advertisements (paid on FB, etc.)
 - No timing company - PGRC-timed
 - Premium TBD - open to wintry suggestions

Volunteer Coordinator - Chuck

- Volunteer 'Cookout' (Inside)
 - Pizza (TBD)
 - Date: TBD - 2 or 9 November
 - Vote by email to be conducted on appreciation (certificate, etc.)

Closing