



**Hudson Mohawk Road Runners Club
General Meeting
Point of Woods Community Center
August 13, 2008**

Mission Statement

The Hudson-Mohawk Road Runners Club (HMRRC) is dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle, promoting personal fitness and community through organizing and managing running events, providing means of communication among club members and creating opportunities for social activities. We believe in encouraging participation in running events for individuals of all levels of running abilities and acknowledge that volunteer participation is a foundation upon which HMRRC exists.

Attendance: Debbie Beach, Cathy Sliwinski, Chuck Terry, Barb Light, Ray Lee, Doug Bowden, Robin Nagengast, Josh Merlis, Sara Brenner, John Kinnicutt, Ginger Ellett, Debbie Matthews, Ed Gillen, Roxanne Wunsch, Jennifer Senez, David Newman, Tom and Marcia Adams, Nancy Briskie, Ken Orner, Robert Moore, Ed Neiles, Ray Newkirk, Judy Lynch, Jim Tierney and Elaine Humphrey

**** The meeting was preceded by a short presentation by Kara Wilhelm from Panera Bread on promotion and catering ideas for races, volunteer parties and other club events.**

Call to Order (C. Sliwinski): 7:32pm

1. Reading and approval of minutes (D. Beach): Debbie requested the reading of the July 2008 minutes be deferred until the September 2008 meeting.
2. Reports of Officers
 - 2.1 President (C. Sliwinski): Cathy welcomed Debbie Matthews and Ginny Ellett to the meeting. She reported the picnic went well and there were sufficient meals. She announced a \$500 grant was awarded to Patriot Running RISE (Running in Schenectady Excels), \$500 to ARE to support its summer trail running series and \$750 to support ARE's Froggy 5 Miler.
 - 2.2. Executive Vice President (M. Kelly): Absent and no report.
 - 2.3. Executive Vice President – Finance (C. Terry): No report
 - 2.4. Secretary (D. Beach): No report
 - 2.5. Treasurer (J. Kinnicutt): John distributed copies of this month's reports. He reported \$65000 (proceeds from the GHI Workforce Challenge) was transferred from the race fund into the general club account. He is looking into opening another CD.
3. Reports of Committees
 - 3.1. Membership (E. Gillen): Ed reported there was a total of 29 new memberships and renewals. He reminded everyone e-mails can be sent out to club members to announce upcoming events, etc. There are 125 volunteers and he will forward the information onto Marcia Adams, Volunteer Coordinator.
 - 3.2. Volunteers (M. Adams): Marcia reported she moved forward on compiling the points for the Volunteer Recognition Program, which was approved at the last meeting, The cumulative totals will be in the Pace Setter and are on the web site. If they are not accurate please contact Marcia. She will be updating with the information from July. For those who are race directors, please submit the signed waiver forms to her, which

she is organizing in binders. There are 6 volunteers over 150 points and more are closing in. She estimates about 25-30 volunteers will break 150 point level and 60-70 will break 75.

- 3.3. Public Relations (R. Moore): Rob reported he sent out press releases this week for the SEFCU Labor Day 5K and the Anniversary Run.
- 3.4. Race Committee (N. Briskie/C. Sliwinski): The track series at Colonie are complete and the Hour Run was canceled due to severe weather conditions. Ray Newkirk reported the Two Person Relay had 24 runners with 12 teams. The Pentathlon had 24 participants. The Indian Ladder Trail Run (ILTR) had 153 finishers in the 15K and 135 in the 3.5 Mile race. Josh reported the Tawasentha Cross Country series had 114 and 102 participants with the next race being held on August 18th. Nancy reported a co-director is needed for the Mother's Day race and she is starting to develop the race calendar for next year. Cathy announced the sanction fees have been paid for the Voorheesville 7 mile race, the MHR Marathon and Half Marathon. Copies have been mailed to all municipalities involved. Nancy reported there are still race directors who need to submit contact information (e.g. local government officials, police, t-shirts, etc.) and budgets for their events.
- 3.5. Race Committee Treasurer (P. Zentko): Pam e-mailed her report to the officers. She had an opening balance of \$6664.20 and a closing balance of \$6837.73 following the transfer of \$65000.00 into the general club account. The Hour Run had a loss of \$156.70 compared to \$198 in 2007. The Two Person Relay had a loss of \$170.02 compared to \$264 in 2007. The Pentathlon had a loss of \$206.31 compared to \$273 in 2007. The Valley Cats 5K, Colonie Mile, ILTR and Tawasentha Cross Country reports are outstanding.
- 3.6. Pace Setter (R. Nagengast/M. Adams): Robin reported the August was delivered to the Post Office on August 1st from Mail Works. There is a vacancy on the Production team as Pat Irish has resigned. Cathy thanked Pat for his volunteering on the production team. Cathy will ask Mike McLean for a job description and Robin will put an ad in the Pace Setter and it will be put up on web site.
- 3.7. Website (E. Neiles): No report.
- 3.8. Conflicts Committee (C. Terry): Chuck reported the club recently instituted a conflict of interest policy. Any club member who contemplates entering into a contract or transaction with the club, which could be considered a 'conflict of interest' under the club's policy, should report the facts to the conflict committee. Chuck said the information should be forwarded to the committee one month prior to the event.** The committee consists of himself, Mike Kelly, Cathy Sliwinski and Nancy Briskie. Three contracts were reviewed. The first was submitted by John Haley, race director for the Valley Cats 5K concerning hiring Brian DeBraccio to provide DJ services. The second was submitted by Joe Benny, race director for the Father's Day race in regards to hiring ARE Event Productions to provide finish line services and music. Both were discussed in addition to the club's relationship with Newkirk's. The committee approved all the relationships and contracts. John Kinnicutt asked if this could be considered a general waiver for the same type service for the same type cost. Chuck stated every situation should be reported to the conflicts committee.
** Upon review of the club policy it should be noted "the facts must be reported immediately to the committee."
- 3.9. Safety (V. Juliano): Absent and no report.
- 3.10. Election Committee (Marcia Adams): Marcia reported the ballot in the Pace Setter had a misprint and a correction was put up on the web site. No other nominations have been received and today was the deadline.
- 3.11. Hall of Fame (E. Humphrey): No report.

4. Unfinished Business

4.1 Motion to expand age group awards: Chuck made a motion to reopen the tabled discussion from last meeting with a second by Marcia. All in favor. Ken Orner made a list 26 men on the 70+ age category with one over 80 and there are also a few women. He suggested the awards not have any information other than name of race and age group winner which will allow them to be used at future events. Nancy Briskie presented statistics which shows 3% are in the 70-79 age groups. She offered to make the information available to the race directors but the final decision should be up to them. She will present the information at the race directors meeting next month. Jim Tierney, who is in the age group, supported the break down of the 70-79 to 5 year age groups. It was stated the SEFCU Labor Day 5K has 70+ age group but all the other age groups are in 5 year spans. Nancy said it has been changed but was not reflected in the race application. This issue came up about 12 months ago and was voted down. Ray Newkirk also agreed it should be at the race director's discretion. Award structure should be appropriate to the population who run the race. Numbers are high in the 40-49 age group least are at the ends. Following a reading of the amended motion from last month's meeting a vote was taken. 5 in favor with 10 against and the remaining abstaining. Motion defeated. Nancy again will present the information at the race director's meeting next month.

5. New Business

5.1. HMRRRC Proposed Grant Program Expansion: Ray Newkirk distributed copies of the grant proposal from the long range planning committee. He reported there is \$10000 in grants distributed each year as of now. The request for the grant has to benefit runners but not necessarily HMRRRC members. Because of the criterion applications involving youth/school programs get turned down because they do not benefit runners in general. The first part of the expansion proposal is to add \$10000 to be distributed to youth programs and it will be administered by the current grant committee. The second part of the expansion proposal would be to add a \$10000 special purpose grant program which will be administered by the long range planning committee. The committee will be responsible to proactively explore ways to use this grant money (e.g. putting mile markers up on the bike path). The committee would then come to club for approval. The \$10000 for the general purpose grants would remain as is. There is a need to publicize more and will need to get in contact with school districts in the fall so they can have the money for spring projects. The committee will also come up with criterion for the youth program making modifications as appropriate. Ray stated follow-up is needed with those who grant money has already been distributed to. The current grant committee may have to be expanded in order to oversee the youth program. A motion was made by John Kinnicutt to adopt the grant expansion proposal as submitted with a second by Marcia. Unanimously passed.

5.2. T-shirt/Running Shoe Collection Program (J. Lynch): Judy submitted a proposal requesting funds to start the shoe/shirt collections program which will cover collections materials, shipping materials/costs and advertising. Judy made a motion to allocate \$500 with a second by Tom Adams. Unanimously passed.

6. Announcements:

- Rob reported on November 15-16, 2008 the Adirondack Sports and Fitness Expo will be held and would like the club to have a booth. He would be willing to staff the booth.

Cathy requested he send the information to her. It will then be discussed and voted on at next month's meeting.

- First Annual Doug Ellett Memorial 5K Run/Walk for Melanoma Awareness: HMRRC member, Debbie Matthews, and her mother, Ginger, attending tonight's meeting to announce they are directing a 5K run and walk in memory of her father on September 14th in Cohoes. They distributed brochures and the information is on the web page.
- Snacks for September meeting: Cathy Sliwinski

Motion to adjourn: Marcia made a motion to adjourn the meeting at 8:43pm with a second by David Newman. All in favor.

Respectfully Submitted,

Debbie Beach
Secretary