



Hudson Mohawk Road Runners Club
General Meeting
Point of Woods Community Center
August 12, 2009

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

Attendance:

Call to Order (M. Kelly): 7:30 PM

1. Reading and approval of minutes (B. Light): Motion to approve minutes made by Marcia Adams, seconded by Ray Lee. Motion approved.
2. Reports of Officers
 - 2.1 President (M. Kelly): The proposal to change the constitution will be placed in the September Pace Setter based on recommendations from election committee.
 - 2.2 Executive Vice President (M. Warner): No report.
 - 2.3 Executive Vice President – Finance (C. Terry): No report.
 - 2.4 Secretary (B. Light): No report.
 - 2.5 Treasurer (J. Kinnicutt): SEFCU accounts have been opened. Pam Zentko and John Kinnicutt have access online.
3. Reports of Committees
 - 3.1. Membership (E. Gillen): Since the last business meeting we have had 40 new members join. The total active members in the club equal 2100. A membership article was submitted to the Pace Setter for publication in October. Newest member's names were submitted to the Pace Setter and will appear in the September issue. October renewals will be sent out next week. Race directors and board members should consider using the email feature of the Wild Apricot system to publicize business meetings, race deadlines, races, etc.
 - 3.2. Volunteers (M. Adams): Very successful meeting of training volunteers for timing. Set up training sessions for timing so we will have timing teams ready for next year. Looking at teams of 6 people. Training includes timing, results, assisting, setting up finish line and having team leader. Next session will be for registration. By setting up these training sessions we are trying to get more volunteers involved and hoping that once they see what is involved they won't be scared of helping out.
 - 3.3. Public Relations (R. Moore): Press releases for SEFCU out this week. Adirondack Sports Expo weekend is 9/19 at the Schroon Lake.
 - 3.4. Race Committee (N. Briskie): The research on a club van isn't complete. Will have that information together for the next meeting. Doug Bowden held the Hour Run on July 22nd. 55 participated in the run. Doug felt that having an email sent out for notice of race was very effective. Todd Mesick directed the Pentathlon on July 29th-13

participated on a rainy night. Mike Kelly held the annual Indian Ladder Trail Run 15K and 3.5 miler. 135 finishers in the 15K and a total of 119 finishers in the 3.5 miler. Mike felt that the numbers were down this year due to weather. He used the new Wild Apricot system and thought it worked well. Mike suggests to other Race Directors to do both Wild Apricot and Active.com. That will give runners a choice and some runners are members to active.com. Two people were injured-Cathy Sliwinski will get injury report to Mike so he can have it filled out. Net loss of \$543; loss of \$497 for picnic. Everything went well and everyone seemed to enjoy the picnic. Might suggest for next year rolling out expense of picnic on its own and have the club pay for it. John Kinnicut thought it may decrease the runners. Marcia Adams was concerned that you should charge a nominal amount so you will have a feel for how much food to order. Josh Merlis held 2 of the 3 Tawasentha Cross Country 5K's with 127 finishers and 197 at the Grand Prix. Special thanks go out to these Race Directors for another successful year. Also, special thanks to Cathy Sliwinski and Marcia Adams for taking charge of the club picnic. Upcoming on the calendar is Josh's final Cross Country 5K this Monday and John Parisella's SEFCU Labor Day 5K.

- 3.5. Race Committee Treasurer (P. Zentko): Did get Winter Series 5 report-a loss of \$532 vs \$399 last year. Colonie Mile is the outstanding report.
 - 3.6. Pace Setter (R. Nagengast/M. Adams): No report
 - 3.7. Website (E. Neiles): No report
 - 3.8. Conflicts Committee (C. Terry): No report
 - 3.9. Safety (V. Juliano): No report
4. Unfinished Business: Grant Committee has met and had 11 grant applications submitted and approved 9 of them. Have two periods-January and June-had fewer in January and more in June so more money out this June. One of the criteria is that the use of the grant is to basically benefit runners in general and not a small group. Three youth programs received money. We haven't done a good job promoting youth programs so we are going back to remind youth groups of the opportunity. Team Utopia applied for a timing clock to be put at the SUNY Albany track. Ray contacted Jim Bowles and he has contacted the coach at SUNY so that we can store the clock there and everyone who is training at the track can use it. Rob Moore asked that we send out press releases about the grants and Ray will send the press releases to Rob to send out. Grant applications are located on the website. No nominations received in the mail for election of officers.
 5. New Business: Cathy Sliwinski working with the Long Term Planning Committee Youth Programs. Ray Newkirk discovered online "Just Run" a web based program used in schools to promote running. HMRRC could use this and act as a liaison with the schools. If anyone is interested it is justrun.org. The committee had a conference call with administrator of the program and feel it is a viable program and will look more into it. Meeting with coaches, school administrations and USATF to get feedback from them of any gaps in youth programs and hopefully from that will put together a presentation to the club on what to consider for financial support. Further discussion will follow on this. Elaine reported on the Mohawk Hudson Marathon-Elaine does organizing part, Jim Gilmer usually does the day of race things. Elaine does administration and Jim will be working with volunteers. Jim has been appointed to a government task force and is not able to do this job and Elaine has been taking on more training for work. What we need for this year is a Watervliet coordinator and a volunteer coordinator to make sure we have enough people to put on the event. She needs to

make sure that there are volunteers for both marathon and half marathon. Mike is asking that anyone in the club that is available to help out and to please let us know. This is our club race and our club marathon so we need to work together to put it on. Vince sent email out about our next big event the Stockadeathon-everything is going according to plan. Applications are printed so if anyone is going out of town feel free to ask Vince for some to take. Online website is up and running and have received twenty entries so far. Major change in starting time from 10:30AM to 9AM. Police feel it will help with traffic control. Vince concerned about out of town runners and has done notifications about hotels so that they can make their reservations. The Kids Run will follow after the 15K. Schenectady Gazette is on board as a sponsor and Fleet Feet and Expo in same place as last year. Nancy Briskie is resigning as Race Committee chair effective October. Anyone who would be interested in taking on this role, please let Mike Kelly know. Cathy Sliwinski will still be doing the insurance for the races. Doug Bowden described what is involved in the position: being in touch with Race Directors for all the races; putting together the race schedule for the club; banquet and award ceremony, and keeping track of all inventory of all the race equipment. Mark Warner wondered if there were tasks that could be broken up so that the position wasn't so overwhelming. Mike Kelly will work on setting up the race calendar for next year on a temporary basis. Usually sets up schedule in September and October 80% of dates are in by that meeting, then they work on race directors for races.

6. Announcements:

Adjourn: Motion to adjourn by Marcia Adams; seconded by Ray Lee. Meeting adjourned at 8:25PM

Respectfully Submitted,
Barb Light
Secretary