

Empire Runners Club Meeting

Thursday, January 23rd, 2020

Location: Round Table Pizza, Montgomery Village, Santa Rosa

Call to order 6:37 pm by Catherine Dubay

ERC Board Members Present: Andrea Guzman, Dan Karbousky, Catherine DuBay, Chris Gardina, Margie Al-Ghanim, Nicole Jaffee, Karen Frindell Teuscher

Introductions to board, and all members present

ERC Meeting minutes from December 12th still need to be reviewed and approved (will be reviewed and approved via email).

President's Report:

- 2019 year in review
 - o New board members: Karen and Nicole
 - o New Mission Statement and initiate logo
- 2020:
 - o Finish logo design
 - o Design new website
 - o 1st 5k in the park & continue
 - o Continue to focus on members and the community

Board Members Year in review and looking forward to:

- Work on membership and new member outreach
- Excitement for 5k in the park
- Destination runs
 - o Mt Tam, etc
- Race directorships
- Cross Country and increasing participation
 - o New Cross Country uniforms?
- More, consistent Facebook posts and photos on Instagram
- Hiring book keeper
- Summer Track Series enjoyment
- Document our roles to be able to hand over to the next person

Treasurer's Report:

- Club balance: \$84,526.05
- Student Grant Fund: \$2823.72

Committee Reports:

- Club Party
 - o 5 to 10 pm

- @ Deturk Round Barn
 - DJ and dancing
- Picnic
 - Peter wants to get more members out and is open to ideas
- Grand Prix
 - Becky S. will be taking over
- Facebook (Andrea) – she will start to add in the races
- Training Calendar (Larry) – updated it through September
 - Monthly club meetings to be added
 - Possibly
- HOF/Spirit of the Club (Tori)
 - All set to go for Award Dinner this Saturday
- Website – Tanya working with Chris M. on updating the website

Proposals:

- 1) **Increase donation for ERC high school cross country support program (presented by Larry)**
 - a. Increase the donation by an average of 11.6% for local high school cross country groups who volunteer to assist with the club races. The last increase was several years ago and some adjustments are also necessary to justify the workload provided by volunteers to certain events.
 - b. Benefits to ERC and or Sonoma County running community: Continued financial support for local high school and junior college cross country programs
 - c. Estimated impact: The annual donation for this program will increase by \$1075, from \$9,240 to \$10,315.

APPROVED BY ERC BOARD 6-0.

- 2) **Proposal #2: Keep John Harmon as lead contact/liason/contact point person between the club and USATF and the Pacific Association (presented by John)**
 - a. John Harmon is the lead contact for and lead authority for access to our club membership with the USATF and therefore the Pacific Association. He does this as the pleasure and authority of the Board. He is happy to continue in this capacity.

APPROVED BY THE ERC BOARD 6-0.

- 3) **Proposal #3: Update signers on ERC bank accounts, including at Exchange Bank and DCU**
 - a. Remove Signers: Nuvit Salz, Tanya Narath
 - b. Add Signers: the treasurers (Andrea Guzman and Karen Frindell Teuscher)
 - c. Add debit card at Exchange Bank for the treasurers (Andrea Guzman and Karen Frindell Teuscher)

APPROVED BY THE ERC BOARD 6-0.

Announcements: None

Race Reports:

Past:

- 12/14 Last 10K
 - o Numbers were down;
 - o Suggestion for Next Year: Mugs for all racers (and volunteers) with hot chocolate at the end
- 1/1 Resolution Run
 - o Timing was excellent, finish line was smooth, course was fast
 - o Press Democrat covered the race
- CIM relay
 - o Karen and Deanna enjoyed this marathon relay (half marathon each)

Upcoming:

- 1/25 Free 5K Run in the Park
 - o 5 loops, 1km each
 - o A little bit of off road, but mostly on a paved path; mostly flat
- 2/16 Valley Ford Relays
- 3/1 Iljsanjo Classic
 - o Need course monitors between lake and Stonehenge
- 3/15 St. Patrick's Day 5k

Other Announcements:

- Paul Trope – throwing coach in this county – in the past he has arranged his throwing group to be part of the summer track series – used to collect entry fees just from throwers to offset any extra costs (insurance, etc)
 - o They have their own group – Empire Throwers
 - o Could they do shotput and discus?
 - o Would need to be cleared with Montgomery HS, this year's host
- Summer Track Series
 - o On the 5th meet – possibly turn it into an Under the Lights meet
 - o Everything would be shifted by an hour (6:45pm start for the kids races)
 - o This will be Brad's and Paul's 9th year – start looking into getting more help

Actions:

- Secretary to send out meeting minutes from officer meeting for approval (via email).
- President to follow-up with Melanie re: Grand Prix postcard
- Training Calendar to have monthly club meetings added
- Post meeting agendas on the website prior to each meeting
 - o Facebook to announce it once
- Secretary to sign minutes and email them to Tanya

Meeting Adjourned at 8:13 pm

Secretary: Chris Gardina

Secretary's Signature: Chris Gardina Date: Feb. 24, 2020