

Minutes: FSRC Board Meeting - 2025-05-21

Attendees

Voting

- Lou King - Race Services Chair, Director, Technology Chair
- Harriet Langlois - Races Committee Chair, Summer Solstice 8K Race Director, Women's Distance Festival Race Director, Director
- Barb Cosgrove - Vice President, Membership Chair, Pie Run Race Director
- Michele Newton - Training Coach (RRCA Certified), President
- Heather Rook - Treasurer

Non-voting

- Aidan Callery - Communications Chair, Newsletter Editor
- Ruth Taylor - Competition Chair, Racing Team Member (Jan-Dec)
- Jake Sisler -
- Caren Clark - Panthers Coach, Independence 5000 Race Director, Spires Coach, Training Committee Chair, Training Coach (RRCA Certified), Racing Team Member (Jan-Dec)
- Greta Young - Volunteer Chair, Training Coach
- Johanna Schick - Summer Solstice 8K Assistant Race Director, Racing Team Member (Jan-Dec), Training Coach

Action Item Summary (updates since 2025-02-19)

- Michele Newton (closed):
Michele will write up the description of the 50th Anniversary Committee and put a communication plan into place.
- Greta Young (closed):
Greta to recruit for a new Group Run coordinator
- Lou King (closed):
Lou to create the role/responsibility document for the Racing Team Committee
- Lou King (closed):
Lou to create the roles and responsibilities document for the Competition Committee
- Michele Newton (open):
Meeting to Review Budget
- Michelle Felux (open):
Rick's Run Memorial expansion
- Barb Cosgrove (open):
Membership survey
- Michele Newton (closed):
Scholarship Communications
- Aidan Callery (open):
Aidan to work with Communications Committee about a centralized place for graphics and images.
- Harriet Langlois (closed):
Harriet and Heather to change storage locker expense so it goes fully to General

- Erin Snyder (closed):
[fake, for demonstration only] review the competition roles and responsibility document

Motion/Vote Summary

- (approved)
Motion to approve budget request for additional storage space.
- (approved)
Motion to approve the minutes of the February 19 board meeting
- (approved)
Motion to approve minutes from March budget discussion and approval.
- (approved)
Motion to approve April 2025 FSRC Memorial Scholarship awardee nominations

Discussion Items

Call to Order

Meeting called to order at 6:38

Approve Minutes from February Meeting

https://docs.google.com/document/d/1IIBXXLKJwP6GuBk_Bd0jD1scR-TeXzYK1djmLOT2W1M/edit?tab=t.0

MOTION approved [mover Barb Cosgrove, seconder Michele Newton]:

Motion to approve the minutes of the February 19 board meeting

votes: Barb Cosgrove (approved), Harriet Langlois (approved), Heather Rook (approved), Lou King (approved), Michele Newton (approved)

Approve Minutes from March budget discussion and approval

https://docs.google.com/document/d/1vGzLn_kpH08VbuHmU0mKhDNG7LxCQTsxm68Y9VdhXyY/edit?tab=t.0

MOTION approved [mover Barb Cosgrove, seconder Michele Newton]:

Motion to approve minutes from March budget discussion and approval.

votes: Barb Cosgrove (approved), Harriet Langlois (approved), Heather Rook (approved), Lou King (approved), Michele Newton (approved)

Approve minutes from April 2025 FSRC Memorial Scholarship awardee nominations

<https://docs.google.com/document/d/12LnR4lgV4Cz3hu7KPp09TKWM5icvqaQgONIH9CP-ECY/edit?tab=t.0>

MOTION approved [mover Barb Cosgrove, seconder Michele Newton]:

Motion to approve April 2025 FSRC Memorial Scholarship awardee nominations

votes: Barb Cosgrove (approved), Harriet Langlois (approved), Heather Rook (approved), Lou King (approved), Michele Newton (approved)

2025 Operating Budget Review [Heather Rook / Treasurer]

- Q1 Highlights
- [2025 Operating Budget Review](#)
- 2025 Q1 Performance and Variance Explanations
- Categories of Interest
 - Membershio
 - Race Services
- Finance Overview
 - Balance Sheet 3/31/25
 - Committee Updates

During discussion Heather mentioned that expenses are better than budget so far, and while income is a little behind we expect it to catch up in Q2.

ACTION: Harriet Langlois (closed)

Harriet and Heather to change storage locker expense so it goes fully to General

Races

Solicitation of volunteers for non-FSRC races using FSRC promotional channels [Harriet Langlois / Races Committee Chair]

It takes hundreds of volunteers to put on the 8 FSRC races, plus all the volunteers needed for training, race services, etc. It would be helpful to decide whether we allow non-FSRC races (or their surrogates even if they're FSRC members) to solicit volunteers on our Facebook Groups. The exception would be sanctioned FSRC support such as the JFK50 aid station).

Harriet asked if we should allow posts for non-FSRC races looking for volunteers.

Michele asked the Facebook group moderators to watch out for these posts, and flag or deny the post.

We allow 1-2 posts for non-FSRC races and are happy to be stewards for other local races.

Storage Unit Consolidation Budget Proposal [Lou King]

Space is getting tight in our storage units. This budget proposal suggests a way to consolidate the two units into a single larger unit.

https://docs.google.com/document/d/1-8KN_KYwuhplOeVIEggFGq-g9DSnDqxPXIAXQIhEMqM/edit?usp=sharing

Comments were in agreement that space has been an issue for a while, so this would solve a long term problem. There is enough room in the budget to expand the space. Timing would be in the next 1-2 months

MOTION approved [mover Lou King, seconder Barb Cosgrove]:

Motion to approve budget request for additional storage space.

votes: Barb Cosgrove (approved), Harriet Langlois (approved), Heather Rook (approved), Lou King (approved), Michele Newton (approved), Tim O'Keefe (approved)

50th Anniversary [Barb Cosgrove / Membership Chair]

Discuss options and call out for volunteers

President's Report

Frederick Running Festival - Steeps tent at the afterparty [Michele Newton / President]

Our assigned space on the field after the Frederick Half is only big enough for two tents. Ironically, the rain saved us as two other organizations did not occupy their tents next to us. We filled in the space without even trying. It would have been an unpleasant experience for our members and those with tents next to us had they been there. We need to secure a bigger space next year. I know that our space is given to us free of charge by Corrigan Sports as a goodwill gesture for supporting the preview run. I recommend that we find out how much it would cost allow us to have a larger space on an end so that we would not crowd into someone else's space.

Frederick PRIDE event, invite to participate [Michele Newton / President]

We received an invite from Annika Kushner, an FSRC member and lead planner for Frederick's PRIDE parade on Friday, June 27th. The cost to participate is \$100. I am trying to find out more information on what it means to participate in the parade beyond marching. I am bringing this opportunity to the Board's attention to gauge interest. Though there are competing races and race volunteer activities in June, the fact that it is scheduled for a Friday evening might make it easier to solicit interest in participating.

The board discussed seeking if current members would be interested in participating. There was also discussion about if the current climate allows for the club to participate in the event. The board needs to better understand the full details of the commitment before deciding. Possible for next year given all the race commitments in the summer.

Committee Highlights

https://docs.google.com/presentation/d/1R8a8WExaarUwnN85OXcy4al_tbVntWFNot3rn8i3w-M/edit?usp=sharing

The board discussed an improvement plan for the Preview Run of the Frederick Half Marathon. Michele proposed reserving a larger space next year at the Frederick Half after-party. While discussing the Merchandise Committee it was brought up that we need a centralized location for our graphics and images, like Canva or Google Drive. Sue walked the board through the survey results from the half marathon and 5k training groups.

ACTION: Aidan Callery (open)

Aidan to work with Communications Committee about a centralized place for graphics and images.

President's Report

Hold this item for Training Program Update - Status and Options for Fall Half Marathon Program [Michele Newton / President]

Currently there is no plan for a half marathon program. For the past few fall seasons, we have had more interest from both members and coaches in marathon training. Is this acceptable? Can we put a plan in place to formalize guest coaches to support a half group in conjunction with the marathon training group?

Connecting ideas and efforts between committees [Michele Newton / President]

Some committees work on overlapping projects. Going forward, when the training committee considers ordering training shirts, they should reach out to the Store Chair to see if there is an opportunity for the store to add the item to inventory. It might be too late for the fall training program items.

Our membership and training committees often plan special trainings for members. There is an opportunity for these committees to coordinate and perhaps open up these events to more members. (Example, strength training session for runners).

Idea to recruit coaches [Sue Searcy / Training Committee Chair]

Pub night to recruit coaches and pacers for training programs - maybe in the new RAK space

Idea - Training Pop-Up for Fall [Sue Searcy / Training Committee Chair]

Training pop-up for Fall - a one night session (1 hour- 15 min training; 45 min run). Have some coaches share a training technique or tip (i.e. How to add tempo runs into my workouts...)

Date for next board meeting

The next board meeting will be held Wednesday, August 20. Location TBA.

Meeting Close

Meeting is adjourned at 8:30 pm.