

Q1 2016 GMM Agenda  
3/9/2016

1. President's welcome—Shannon
  - a. Membership renewal, eblast status
2. Upcoming Q2 events
  - a. Pi Run, 3/13 –Mike Carr, Member at Large

People will choose their distance and speed and arrive back at Grove 2 for pie and games.

- b. Miles for Music, 3/20 run or volunteer: Anne and Joel Simpson, Race Directors
- c. Chimney Rock, 3/26
- d. Newsletter, 4/15 –Eric Saurer, VP
- e. Unite table and "team," 4/27
- f. Saturday AM spring ahead, 4/23

Mahesha Chayapathi will host.

- g. Highland Park 5k, 5/1—Angela Hynek, VP
- h. Wednesday run/dinner program

We decided to institute a Wednesday night dinner raffle. Once a month someone present at the dinner would win \$10 toward their meal. A number of eating places were suggested.

- i. Train-ing Run, 6/4 –Ray Petit, Saturday AM Director

Ray gave a talk on the "Train"ing run, highlighting the busses to Trenton for all trains except the 12-minute and 15-minute, and distributed registration forms.

- j. Summer Series, 6/14, 6/28, 7/12, 7/26

Registration forms were distributed.

3. Treasurer's report—Bob Tona, Treasurer
4. Team captains update

Lauren Clark urged women of all abilities to join the women's teams, numbers, not speed are most important..

5. USATF rule change --Gene Gugliotta
6. Speed workout subsidy: *The board proposes spending up to \$800 (\$20 per person for up to 40 people)* to pay former RVRP president, and Go Farther Sports endurance coach, *Pete Priolo* to provide semi-personalized, customized training plans for current club members in good standing committed to Tuesday night Spring *Speed Workouts*. Members will show commitment by signing up on Race-it, and it is first-come first-served. The price for members will be \$50 including Race-it fees for the full 14 week program. In addition to providing workouts and tracking individual progress, *Pete* will be at our Tuesday night workouts to further guide us in our efforts to become fitter and faster runners while targeting USATF Grand Prix team races. We hope the program will help us achieve parts of our mission to better recruit and retain members and will encourage additional team participation. The workouts will commence Tuesday, March 22 and run through Tuesday, July 19 beginning at 6:30pm (there will be no workout on June 7, June 14, June 28 or July 19 to encourage participation in the prediction run and summer series events). There are 14 sessions in total. Workout

location will vary between the Highland Park Track and Donaldson Park for hills,  
similar to the Spring *Speed* Workouts in 2014 and 2015.  
The proposal was passed unanimously, with no nays or abstentions.