

Q2 2016 GMM
7/15/2016

1. President's Welcome—Shannon

2. Treasurer's Report—Eric

The present club balance is about \$17K, typical for the before-team-disbursement amount. We have income from the Summer Series and the Train Run, but haven't yet written the check to the Cancer Institute. The team balance is about 5K, but some of that will go back to the Club because of bank rules about balances. Presently there is about \$300 for the women's teams and \$700 to \$1000 for the men's teams. A cap can be put on the amounts held and not used by teams. Team captains allocate funds at their discretion. Some save up for trips to national championship races, others provide race reimbursements for team members, or lunches, or jackets.

3. Upcoming Events

Summer Series (July 26)

There's only one race left in the Summer Series. Participation numbers have been down from previous years. Mark says that there will be special stuff for kids at the last race.

Pub Crawl (July 20)

The Pub Crawl will start at 7 pm, heading for a new bar about every half hour. Drew will order pizza at 9 pm. At 10 pm everyone will gather at Old Bay to party until exhaustion.

NYC Bridges Run (August 7)

Runners will meet at Penn Station after taking the train or driving in. Bob will give out more information when he returns from his trip.

Thursday Night Runs

Runs will take place every Thursday as a regular Club run. Bonnie is looking into possible dinner spots after the run. A refueling stop might be possible if participation is high enough.

Pete's Tuesday Fall Speedwork

The Spring workouts are subsidized because they're geared toward USATF races. The fall workout is geared toward preparation for half and full marathon distances. A high percentage of participants of past years have achieved PRs. The fall workouts, to begin on August 9, will not be subsidized. The cost is \$70 per person. To sign up, email

ironpete@ironpete.com.

Adventure Runs

Club members planning a Sunday run are encouraged to tell the club if they want company. Recent Sunday runs have seen 6-7 members tackle trails at Six-Mile Run and Watchung. Next Sunday there may be a run in the Rutgers Eco Preserve or at Sourland. Anyone can lead an adventure run. They don't have to be on a Sunday. Monday holidays are also good. The only dates discouraged are those that would coincide with a regular club run.

4. EBRR

Kevin is the new EBRR director. The races will take place on October 9th this year, but he hasn't decided on the times as yet. Bob will be assisting him. EBRR is a long-standing event. Its organization is separate from RVR. It was started to benefit East Brunswick local charities, and usually we make about \$1k annually.

5. Running for the teams

Upcoming USATF championship races are the Midland Mile on 8/21, the Cross-Country 5K on 8/28, the Liberty Half on 9/18, the Little Silver 5K (Open Women) on 10/2, the Cross-Country 8K on 10/23, the Giralda Fames 10K (Masters Men) on 11/13, and the Ashenfelter 8K on 11/24. RVR needs as many runners as possible to make the teams, because teams short of a runner score no points toward team standings. Team captains can "double dip" their runners, entering them on the team for their age group and also on a team for a younger age group. It doesn't matter how slow they are; they will still count for the team. Open teams need 5 runners, Masters (60+ for men's teams and all women's masters teams) 3 runners.

6. Q&A/Membership Feedback

Members had accolades for the Summer Series. Kevin reported that the 2.5K has been run and enjoyed by adults as well as children.

Tom reported on the progress of our inspirational speaker, Kaila on her bid to run across the continental USA. We will have another speaker, Jen Miller, author of Running: A Love Story, who will run with us before speaking at the 9/10 tailgate breakfast.

Members report that the tailgate breakfasts are well-liked.

There was praise for the Train Run. Louise reported that as a bus volunteer she met two of her internet friends face-to-face for the first time.

Louise and Spencer were thanked for the fireworks night they provided for club members.

Eric mentioned that club members are encouraged to write about their experiences in a newsletter article (not too long). The next newsletter will appear in late August or early September.

7. VOTE: Team Fund Distribution

The board is asking for club approval to contribute \$2500 from the club general account to the team accounts to be used at the captains' discretion to encourage and recognize participation on the RVRR teams. The money will be divided among the teams according to participation from the 2015 season team races, as has been done in recent years. This contribution aims to support the club's mission goals to Run more, Recruit more, and Retain more.

Breakdown:

Open Men:	\$440.71
40s Men:	\$354.02
50s Men:	\$426.14
60s Men:	\$308.13
Women:	\$971.01

The vote was 34 in favor, 0 against, 0 abstentions.