

Q1 2017 GMM

3/1/2017

Shannon calls to order at 7:52

Bob – Finance report

- It was noted that we have lower income primarily caused due to loss of race income.
- Club finance details are available to members, please ask the board if you would like to see them.
- Questions were asked about strategies for marketing (email lists, word of mouth, club participation, Unite expo, HP street fair and 5k, East Brunswick Day)

Events recap

- Weekly runs - <http://www.rvrr.org/runs/>
- Pi Run – March 12th - <http://www.rvrr.org/events/pi-run/>
- Coach Pete’s speed workout – starts March 14th
- Chimney Rock Trail run, March 25th. Free pizza and only \$15 entry for club members
<http://www.rvrr.org/chimneyrock5>
- USATF racing
 - Team night at Pino’s on Wednesday March 15 after the run
 - Races - <http://www.rvrr.org/teams/>
 - Gene gave an overview of the race calendar explaining the opening weekend with races that count for 700 points in the USATF Individual Grand Prix, and noting that President’s Cup is not a team scoring race for the Grand Prix, but will have its own team scoring system just for that race.
- Highland Park 5k - <http://www.runinthepark.org/>
- Train Run – Ray gave a history of the event and had paper applications available. Online registration coming soon - http://www.rvrr.org/towpath_train
- Summer Series - <http://www.rvrr.org/summerseries>
- EBRR – date to be set by the end of the month
- Turkey Trot – may be able to restart this race

Speedwork Subsidy Vote – passed with no objections. All in favor.

The board proposes spending up to \$600 (\$20 per person for up to 30 people) to reduce the cost of speed workouts for club members in good standing who meet the following criteria.
*1. Pay and participate in Pete's Tuesday night speed workout 2. Run one club race (either EBRR or one summer series) **AND** 2 USATF Team Championship races for RVRR's teams (qualifying races in red at bottom of eblast), **after** which members who met these requirements can submit proof of completion/participation and will receive \$20 back from the board.*

As for the past few years, speed workouts will be coached by former RVRR president, and Go Farther Sports endurance coach, Pete Priolo. He will provide semi-personalized, customized training plans for current club members in good standing and further guide us in our efforts to become fitter and faster runners while targeting USATF Grand Prix team races. Members will show commitment by signing up with Pete on a first-come first-served basis. The price for members will be \$70 for the full 12 week program (after which the subsidy would allow participants who meet the requirements to get \$20 back upon completion of the qualifying races). We hope the program will help us achieve parts of our mission to better recruit and retain members and will encourage additional team and RVRR race participation. The workouts will commence Tuesday, March 14 and run through Tuesday, May 30 beginning at 6:30pm..