

NCRC Monthly Board Meeting
Tuesday, May 12, 2023, at 6:30 pm
Grace Lutheran Church on Six Forks Road

Members Present: Jack Threadgill, Dasa Raghavan, Gerald Armentrout, and Susan Hatch, Tyler Pake, Barbara Latta

Other Members Present: Bill Parquet

Members Absent: Mandy Posgai

Meeting Start: ~ 6:30pm.

1. Approve the minutes of the April meeting:

➤ *Motion to approve the minutes. Motion passed.*

2. May Membership Report:

- Membership: 193 total, includes 177 regular and 16 lifetime.

3. May Treasurer's Report (Gerry):

Race Account

Current (Bank)	\$19,564.74
Current (Quickbook)	\$19,410.74
April 30, 2023	\$18,256.63
April 1, 2023	\$10,145.83
May 1, 2022	\$19,442.15

April Expense

April Income	
Classic Half 2023	\$ 5,969.04
ATT-10 2023	\$ 639.71
Spring Forth	\$ 737.05
Snoopy's	\$ 1,613.98

April Donations	
SPCA for Snoopy's	\$ 1,633.98

Account Transfer (from Race to Operating Account)	
Dinner Expense	\$ -1,000.00

Operating Account

Current (Bank)	\$ 1,517.74
Current (Quickbook)	\$ 887.00
April 30, 2023	\$ 1,885.74
April 1, 2023	\$ 1,556.28
May 1, 2022	\$ 2,109.31

April Income	
Memberships	\$ 292.06
Dinner	\$ 104.57 + \$50.00
Spreadshirt	\$ 53.60

April Expenses	
Casa Carbone	\$ 1,472.31

Account Transfer (from Race to Operating Account)	
Dinner Expense	\$ +1,000.00

Money Market Account

Current	\$12,100.65
April 1, 2023	\$12,099.16
May 1, 2022	\$12,091.88

April Income	
Interest Earned	\$ 1.49

4. NCRRC Classic Update (Bill, provided in person and by email):

- Registration:
 - 224 for the Half Marathon - 203 for the 10K (At this time in 2022 we had 310 HM/ 194 10K).
- Status:
 - Agreement with Fleet Feet Sports in Morrisville to host packet pick up (replacing Omega location in North Hills that announced it was closing last month).
 - Permission from Homestead Animal Hospital for Porta Johns on their property.
 - Order for T-Shirts and Medals placed. Medals have shipped to arrive 5/15.
- Concerns:
 - Waiting for Umstead Permit (Submitted 3/7). This length of delay is unusual. Reached out to the park office again.
 - Waiting for Cary Permit (Submitted 4/24). Review deadline is 5/10 (this is normal, not a great source of concern at this time).
 - No officer has accepted the off duty posting at Winstead/Old Reedy Creek.
 - Lack of course monitors for Winstead/Old Reedy Creek, turn arounds.
 - Volunteer support for course setup, Volunteer support for water stop 2.
 - Great source of concern: lack of staffing.
- To Do:
 - Reconfirm with EMS, DJ, Portajohns, rental equipment, Fleet Feet.
 - Purchase refreshments, water.
 - Place advance notice signs and letters.
 - Reach out to the Umstead Coalition if they are willing to have a tent.

- Other Ideas: No race day registration because of short staffing. Update website.
- If we can't get a course monitor- Possibly disband water stop 2, move one person to 10k TA, other to course monitor at Winstead, move water stop 1 about a half mile into the park.
 - Jack expects he can probably cover a course monitor position.
- Cap registration of the half at 275 for medal order.
- (Showing photos of signs) 4 signs for reminding people to stay to the left; keeping people out of the center of the road is what caused us problems last year.
- Fleet feet is only doing packet pickup; they are not doing anything else; we will need to do "homemade awards" again this year.

5. Rewards Celebration Recap (Emily, provided by email):

Rewards Recognition Celebration Committee and Party The Rewards Recognition Celebration Planning Committee consisted of Esther Dill, Susan Hatch, Barbara Latta, Norma Lloyd, Laurie McDowell, Carolyn Quarterman, Jadine Lee, and Dasa Raghavan, and I was the chair. We started meeting once a week via Zoom, with the exception of one week. We worked hard gathering incentives and door prizes. The goal was to make sure the volunteers had a nice goody bag. In addition, we wanted to assure everyone attending received a door prize. Plus, we had grand prizes (valued at \$45 to \$100) for the individuals who had earned 40 or more points. Every individual that qualified in that category and was present was called by age, starting with the oldest -- Barbara Latta -- and going down the line. Each of these individuals was able to pick a prize.

Tasks included finding a location, deciding on the menu, decorating, and soliciting prizes. We worked closely with each other. Everyone, with the exception of one person, was able to secure at least one prize. The exception tried but ran out of time because of traveling, getting a new grandbaby, and buying a house. We were successful.

Next, we plan to look at other places that require a lead time and make note of the time required and follow up to secure additional prizes and possible incentives. We welcome any suggestions of places to secure prizes and welcome any individuals that would like to be a part of the planning process.

Regarding the Rewards Recognition Celebration, there were 45 RSVPs and 41 in attendance. Each of the individuals in attendance having volunteer points received a goody bag with an NCRC embossed logo and BaySix glass, Flying Biscuit coupon, valued at \$5, cookie (Great Harvest Bread Company, Cary (Valued at)Cary, loaf of bread (Great Harvest Bread Company, Cary, valued at) Johnny's Pizza, valued at \$20, Inside-Out Sports, valued at \$9, New Balance \$25 gift card, free Lettuce Wrap and free small plate, Pei Wei , valued at \$9) coupon for a free haircut (30 SportClips coupons, valued at \$26). Plus, at least one coupon in each bag. Among the coupons were Cape Fear coupon for \$25,; two appetizer or dessert, Cape Fear, valued at \$10; Chopstix Chinese Restaurant, valued at \$15; City Barbeque, valued at \$27; Crafty Crab, valued at \$25; five First Watch coupons, valued at \$20 each ; Milton's, Maggiano's, valued at \$25, Milton's, valued at \$25, free salad or pizza at Mod Pizza, valued at \$9, four Pace Yourself Running Company, valued at \$25 each; and Saints & Scholars, valued at \$25. In addition, Run-N-Tri donated a variety of merchandise (armband

phone holders, NC magnets, lighting shoe markers, neck bandanas. Of course, Starbucks gave tumblers, hot and cold cups, 20 pounds of coffee beans.

We ended up spending a bit over \$2,000. We got seven dozen Bundt cakes donated from Nothing Bundt Cakes and used a \$50 gift card from Fresh Market to buy the fruit. We did an evaluation and heard mostly positive comments. Thanks, Emily Newkirk

6. President's Report:

- Spring Forth Recap:
 - Spring Forth donations approved: \$372.59 to Girls on the Run and \$371.53 for the City of Oaks Foundation.
 - About the same number of participants as last year; lots of engagement, the people who participated enjoyed it.
 - May consider moving a week later for next year.
- Rewards Celebration
 - Good turnout, if it gets much bigger a larger venue may be needed.
 - Maybe consider moving back from April to March next year; it will require earlier planning. Emily wants to start planning for next year at the end of September or early October of this year.
- Vouchers for Online Store
 - Just go to the online store, enter the code on voucher at checkout.
 - 15% off right now in the store through Thursday.
 - Take advantage of online store promotion and your rewards voucher to shop our online store this week.
- Social Events
 - May Social Run was this Sunday May 7, at 2pm in North Raleigh at the Kiwanis Park. About 10 people attended. Moving the next run to a Saturday morning.
 - No Social Run on June 10th, Adopt-a-Highway is already scheduled.
 - July Social Run will be the Sunflowers (Dix Park).
 - Also in June we are going to try the Dinner & Moving Outing on June 17. Documentary "Go On, Be Brave" at the Carolina Theater in Downtown Durham.
 - Meet beforehand for dinner, maybe 5:30pm at the nearby Mediterranean place.
 - Attendees will need to purchase their own movie tickets ahead of time, which can be purchased online or by phone (ticket prices are less when purchasing by phone).
 - Adopt a Highway scheduled for June 10th.
 - Wild Bill 5k, August 5, 2032- NCRC to plan to do booth.
 - Sir Walter (back at Meredith) is Friday of the same weekend. Downhill mile is now that Saturday night as well.

- There is some interest in doing an NCRC team for the Sir Walter Relay.
- State USA Track and Field is in Oxford, NC this year (Sep 30). Masters divisions for men and women every 10 years starting at age 40. Teams of 3 up to 5, cash prizes. Would like to get together a men's team and a women's team to enter.
- WakeMed Adidas Challenge is 2 weeks before; we could do a team if anyone is interested.
- Masters Track and Field Cross Country Championships (Over 40) in Greensboro (weekend of the 20th of July).
 - Runners need to be a member.
 - NCRC club needs to become a member (same with the State USA Track and Field in Oxford).
- Katie Zafares, local Olympics triathlon silver medalist available for our December meeting.
 - Sooner the better.
 - Jack to look for a place in or around Cary for Tuesday, December 5th.
- Social run covered for July, but June and August still need ideas.
 - Look for Saturday mornings for Social Runs. Look at the 17th and 24th to see which has less races.

MEETING ENDED

NEXT SCHEDULED BOARD MEETING: June 13th, 6:30 pm, Grace Lutheran Church