

*NCRC Quarterly Board Meeting
Tuesday, September 12, 2023, at 6:30 pm
Grace Lutheran Church on Six Forks Road*

Members Present: Jack Threadgill, Susan Hatch, Dasa Raghavan, Barbara Latta

Other Members Present: Esther Dill

Members Absent: Mandy Posgai, Tyler Pake, Gerald Armentrout

Meeting Start: ~ 6:30pm

1. Approve the minutes of the August Meeting.
 - a. Motion to approve August minutes. Motion passed.
2. August membership Report: Total 213. Includes sixteen lifetime members and 197 regular memberships.
3. August Treasurer's Report

NCRC Treasurer Report September 2023

Race Account

Current (Bank)	\$ 8,798.65
Current (Quickbook)	\$ 8,298.65
August 31, 2023	\$ 7,992.67
August 1, 2023	\$ 4,323.80
September 1, 2022	\$11,799.24

August Expense

Operations	\$ 452.03
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August Income

ATT-10 2023	\$ 4,100.90
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Operating Account

Current (Bank)	\$ 1,261.96
Current (Quickbook)	\$ 1,261.96
August 31, 2023	\$ 1,057.55
August 1, 2023	\$ 783.16
September 1, 2022	\$ 1,929.91

August Income

Memberships	\$ 182.50
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August Expense

Club Operations	\$ 300.00
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Money Market Account

Current	\$12,106.77
August 1, 2023	\$12,105.22
September 1, 2022	\$12,092.28

August Income

Interest Earned	\$ 1.55
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- a. Race donations from the May race came out of the account last month.
 - b. Still waiting for Enloe to deposit their check.
 - c. Almost \$350 came out this month for cross country race entries.
4. Update on the ATT 10-Miler (Brad's update sent via email)
- a. ATT-10 prep continues apace. RaceReach shows our dollar income tracking right along with 2022. As I type this, there are 213 registered for the 10-miler and 60 registered for the 4-miler, with a total registration income of \$10,058.67. Fifteen registrants have used the NCRC member discount code.
 - i. *[Note: as of the time of the board meeting, there were 279 registered for both races].*
 - b. I survived the new application being used by Wake County Sheriff to book deputies on jobs, and so far two of the five deputy slots have been filled.
 - c. Holland Rent-All will be providing the tents, chairs, and tables again.
 - d. Toi-Toi (rebranded Blu Site Solutions) has been contacted about porta-potties.
 - e. Inside-Out Sports has re-upped as sponsor, packet pickup host, and award certificate provider.
 - f. The Wake County use agreement has been signed and submitted.
 - g. Trail signs were put out just before Labor Day weekend; so far 30 people have used the QR code on the signs, and four people have registered right there on the trail.
 - h. Progressive Graphics will be doing the shirts again. I am inventorying the leftover finisher premiums (hats, gloves, towels) from previous years; if we have enough of them, I will clean out the storage by giving the leftovers out again this year.
 - i. Still to engage: Wake County Bike EMS, Triangle Red Cross, White Oak Baptist, NC Horse Council.

- j. No response yet: 1 Red Shoe Realty (finish line water).
 - k. Hoping to clean up the volunteer positions list and start recruiting this month.
 - l. Parking will be at Green Level High School IF the Wake County schools accept my reservation request. Otherwise, we'll have to scrounge for some space among the construction at USA Baseball.
5. Dasa is working on compiled spreadsheet of race finishers, to support a special award for people who had finished all the NCRC races in the year.
- a. There are currently 14 people who have done both races so far; only 2 of them are already registered for the ATT race.
 - b. Brad can email the ones who haven't yet registered for the ATT 10-miler.
6. Report on NCRC Training Program
- a. Training Plan update (submitted by Tyler via email):
 - i. No new Galloway interest. I need to finish their plans and schedule a zoom meeting with them as well for this weekend.
 - ii. I have heard from a few NCRC members during the last two weeks who are interested in plans, and I have meetings scheduled with them.
 - iii. I'd like to the board to discuss how I'll get paid for making these plans. NCRC is offering plans free of charge to existing members and Galloway members who join so they don't have to pay for it. So, I was thinking NCRC could pay me per plan I create.
 - iv. Most custom plans online go for \$20 a week or \$250 for a 16-week plan.

- v. Monthly personal coaching can range from \$129-\$180 a month which includes a plan plus contact with your coach and the ability to make adjustments.
- vi. I've had some reach out wanting more than just a plan and want the month to month coaching and asking me about prices.

b. Training Plan Discussion

- i. Dasa to set up a meeting with Tyler in October to discuss further, including coaching certification.
- ii. Coaching this season is a pilot, need to set prices for coaching services next year.

7. Dasa's Report on the 2024 Board

- a. Have contacted Jacqueline Hung, Janis Akerstrom, and Lauren Smith about possibly being on the board.
- b. Jack and Dasa will be meeting with them in the future to discuss time commitments and roles, etc.
- c. Melissa Fehnel has offered to help with media content (Instagram).

8. President's Report:

a. October Winery Run

- i. October 21st: Winery Opens at 11; meet at ATT trail at 10am. People can run from there or start earlier if they have longer training runs to do. Plan to meet back at the winery at 11am.
- ii. NCRC can provide snacks, last year people brought their own picnics.

- iii. Owners encourage people to bring their own lawn chairs to ensure there is enough seating.

b. Membership Dues

- i. Membership has been \$25 annually for a number of years. Suggest increasing to \$30 annually.
- ii. October membership special drop to \$15; suggest that we change this to apply only to new members, not those who have lapsed.
- iii. Dasa suggested adding a new membership option: multi-year membership. For example, offering a 3-year membership for \$60. Could offer 1 year (\$25), 2 year (\$45) and 3-year memberships (\$60). This would increase short-term cash flow.
- iv. Most members tend to be older, however we have some newer members. Unsure about how to best bring in more younger members. Need to explore options beyond training to bring people in.
- v. Regular runs with Cambridge Fitness may be beneficial for increasing the frequency of social runs.

c. Upcoming Social Runs

- i. First Cambridge Fitness (Brier Creek) Social Run scheduled for 6pm this coming Thursday (09/14/2023).
- ii. Another Social Run coming up September 23 with the Galloway Group; meeting at Fleet Feet at Six Forks.
- iii. October 7, Pancake Run with Galloway in Cary.
- iv. Hopefully there will be another Social Run with Cambridge Fitness again in October.

1. Not formalized yet, but we are hoping that over time we might be able to have bi-weekly social runs in partnership with Cambridge in addition to our own monthly social runs.
2. There is also a Cambridge fitness in Apex, near Walmart. Maybe there is a possibility to alternate weekly social runs from Brier Creek and then from Apex location.

d. Update on the Sept. 30 Cross Country Race in Oxford:

- i. The Race is looking for more adult entries, youth entries much higher than adult.
- ii. NCRC will have a presence at the race; set up a table and flags possibly.
 1. Esther will be out of town, will tables/set up with Jacqueline and coordinate with Judy. The more places we can be visible to people the better.
- iii. Bull City has welcomed NCRC to come to one of their Wednesday night runs and talk about the club.
- iv. NCRC should have a table at the ATT Race as well, in addition to the packet pickup. To promote and represent the club.
- v. Dasa suggests discounts associated with race registration; also, potentially having a drawing at the ATT to give away a membership based on signing up for a race or a combination of NCRC races for the upcoming year.
- vi. Membership information that we have access to doesn't show the area where people are from, difficult to see other members around you.
 1. Strava group shows where members run, which is usually near where they live.

2. Dasa to look into it to see if there is a way to at least show the cities that people are from.

e. Adopt a Highway is coming up on September 30, last Saturday of the month.

NEXT SCHEDULED BOARD MEETING: Tuesday, October 10th at 6:30 pm, Grace Lutheran Church