

Tidewater Striders Board of Directors

Meeting Minutes

Date: February 4th 2019

Call to Order: The meeting was called to order by President Steve Shapiro at 6:45 pm

Location: Running Etc.- Regency Hilltop Shopping Center, Virginia Beach
 Running Etc.- 1707 Colley Ave, Norfolk

The following Board members were in attendance:

Steve Shapiro Marie Price Randy Cook Stacin Martin
 Jim Martin Drew Midland Tim Robinson Dan Edwards
 Scott Ward Thomas Hicks Tim Westfall William Tallent.

Guests: None

President's Report: (Steve Shapiro): Steve called the meeting to order by stating that the Tidewater Strider Awards Banquet was very successful with 140 people in attendance and thanked Randy Cook for all his efforts in coordinating the event. The Strider Blanket Rollups as a gift was a big hit as well. In talking with Jean Phelan, Steve reported that the second Striders Distance Series race had 400+ registered runners. He also reminded everyone the final Striders Distance Series Race is February 23rd at the Dismal Swamp and we are at 250 registered runners to date. 300 fleece headbands have been ordered as the give-away for the race with a Technical Hoodie as the give-away for participants of ALL three races. Dan Edwards mentioned that he could look through storage to find either gloves or some other appropriate give-away should the headband supplies run out. Steve reported that the 61st Road Runners Club of America (RRCA) National convention will be held March 28-31 in New Orleans, Louisiana. Currently no board members are planning to attend. He mentioned that we do have voting privileges if anyone was going to attend. Dan Edwards mentioned that we could give Goody our proxy should anything unusual be up for vote. In closing, Steve mentioned he had some left-over banquet awards he intends to get to the recipients. Jim Martin also has the left-over grand prix awards and will reach out via email to each recipient to determine which Running Etc. they'd like to report to pick them up.

Vice President's Report: (Randy Cook)

No report, but Randy will have plenty to say under each committee group he is assigned to.

Treasurer's Report: (Tim Robinson)

Hardcopies of the "Profit & Loss" and "Balance Sheet" were provided to each board member for review

Committee Reports:

Advisory: (Sam Wittenberg)

Stacin provided Sam Wittenberg a copy of the RRCA waiver for runners who opt to continue running if race staff determine they should not continue. After lengthy discussion, Sam saw nothing wrong with the waiver, however both of them found it difficult to justify using it. Perhaps the 50k might be a good candidate to promote this, but it has not been used in the past. The final decision reached, based under advisement, was to not introduce the waiver for any race.

Audit: (Dan Edwards)

Dan Edwards completed the review of the audit Tim Robinson produced and plans to return it to him. No major oversights were found. Dan is looking forward to mentoring his successor (Scott Ward) in the near future.

Awards: (Marie Price)

Banquet: (Randy Cook)

Randy reported that there were no complaints regarding any of the venues the Striders used for parties/ceremonies and suggested that we continue to use the same venues again: Norfolk Yacht and Country Club for the Awards Banquet and Oceanview Fishing Pier for the Volunteer party. He also wanted to determine what the member's cost should be for the next banquet as for years the Striders only charged \$25 per member. This year the Norfolk Yacht club charged \$52 a plate and the price is certain to go up for next February's banquet. It was decided that the board hold off on any price decisions until we know for certain what the venues will cost. There was discussion in the past about moving the Picnic directly after the Strider 1miler August 3rd at Virginia Wesleyan. No firm decision was made at this time regarding the picnic and will be discussed at a later time.

Randy motioned to have the Volunteer party at the Oceanview Fishing Pier in early November and the 2020 Awards banquet at the Norfolk Yacht Club in early February. Second the Motion: Stacin Martin; All in favor; None Opposed; No abstentions.

Randy thanked everyone for lending a hand helping out with the banquet. Special thanks to Marie for coordinating the awards.

Action Item: Obtain new price quotes from Norfolk Yacht Club and Oceanview Fishing Pier (if they will give them this early) to discuss what we charge members.

Budget: (Tim Robinson)

Constitution & Bylaws: (Randy Cook)

Elections: (Lori Sherwood)

Grand Prix: (Stacin Martin/Lisa Armistead/Bunny May/Debbie Redmond)

Stacin Martin reviewed participants from previous races and determined there were at most 6 male competitors that would fall into the 75+ category and none for female competitors. Marie Price determined from previous Grand Prix results that 1 to 2 men and 0 women would fall in the 75+ category. It was pointed out however, that there are some younger age groups that don't do any better with regards to the numbers of competitors, but they have their own category. After reviewing Policy and Procedures there were no defined age groups listed for grand prix or non-grand prix races. There will be no issue for the grand prix committee to score results as they use the race's overall results instead of age group results.

After discussion, Randy Cook made the motion to add the "75+" age group for both men and women to the Grand Prix results. Dan Edwards second the motion, All in favor, none opposed, no abstentions

Hall of Fame: (Bee McLeod)

History: (Randy Cook)

2018 History has been completed and will be added to the website as soon as possible by Jim Martin.

Marketplace: (VACANT)

Steve reported that the Striders are signed up for a booth at the 2019 Shamrock Expo and we will be selling merchandise. Will need volunteers.

Membership: (Bob Brunner)

Strider membership ended January 2019 with 1761 members. That is 191 members ahead of one-year-ago (1570 members). There were 63 transactions involving 91-members. That was slower than one month ago when we had 92 transactions involving 151-members.

Nominations: (Rich Hildreth / Jean Phelan)

Policies and Procedures: (Randy Cook)

Randy mentioned that Barb Mathewson said the Policies and Procedures Addendums have not been updated in twenty years. Marie Price will review all the Addendums (minus the Presidential Award). Each addendum will now display the date on which the Striders board members approved the most recent change(s).

Programs: (VACANT)

Publications: (Jean Phelan)

Public Relations and Publicity: (Marie Price):

Race: (Dan Edwards)

All races are posted on the website. The next race before the final distance series race is the “Love Run” February 16th in the Thalia neighborhood of Virginia Beach. Come on out and run and/or help volunteer. Nice scenic 5k. Unfortunately, no after party at Steinhilber’s.

Stacin Martin brought up the fact that he has heard some complaints regarding the food at the after-race parties and the fact they are not catering to vegetarians. Dan mentioned this will be fixed for the next race.

Dan started work with the ERR race. In dialog with the city and submitted a tentative race route for potential permitting. Dan is mentoring Thomas Hicks as Race Director for the ERR.

Scholarship: (Dan Edwards / Jim Dare)

One application has been submitted to date. Dan asked to get the word out.

Teams: (Thomas Hicks)

Stacin and Thomas talked with the two other clubs in working out a “Team” race schedule that includes: ERR 10K, Mel Williams 5k, Yorktown 10 miler and adding the Victory at Yorktown 10k, Run the D.O.G 5k and Jamestown 10k and perhaps the Neptune 8k. Thomas mentioned he’d like to also include other local run clubs like: Endeavor, NARC, RWB, etc. and maybe incorporating different scoring methods: Straight up -vs- Age group. Stacin asked to keep some of the historic races as is (age group scoring).

There is a Shamrock Masters 8k now and Thomas mentioned if anyone wants to put together a team to contact him. He also requested it be announced via social media and webpage.

The idea of a Cross Country race at Bells Mill Park around October/November was brought up and met with great interest.

Triathlon/Multi-Sport: (Lisa Armistead)

Dan Edwards filed (hopefully) the final 99 report for Breezy Point vanishing from the IRS horizon.

Volunteer: (Marie Price)

Walking: (Bunny May)

Social Media: (Jean Phelan- Face Book / Jim Martin- Twitter / Marie Price- Instagram)

Website: (Jim Martin)

- Updated Policies and Procedures with regards to the Golden Runner changes.
- Updated Scholarship page and Application Form per Jim Dare’s advice for the new year.
- Added ALL Grand Prix and Super Grand Prix races to race schedules and grand prix page
- Optimized the site’s SQL database by removing 6,000+ revision entries. Configured site to only save at most 20 revisions per page from now on. This will keep the storage volume low and improve speed of site.
- Updated Volunteer page for the new year

- Updated the Seashore Nature Trail 50k website for 2019

Youth: (Angelo Celesia)

1. We officially ended 2018 with 317 Roster Members. This is an increase from 286 in 2017.
2. We had 16 New Energy Runners at the First AAU Indoor Track Meet of 2019 at Boo Williams Sportsplex on Jun 13th Meet #2 was Jan 20th and we had 13 run in that meet. Top 3 Medal Winners in one or both meets were: Carson Sadler, Zachary Cameron, Joshua Cameron, Rachael Zimmer, Alex Temple, Adrianna Dunlap, Elianna Kananen, Leonard Moses, Ty Schasse, Noah Boyce, Brooke Scully, Beatrice Wingenbach and Edwin Carter. Coaches Thomas Tate (Peninsula) and Elissa Schasse assisted Coach Steve with the Meet, Over 700 Athletes were at the Meet on 1/13. Numbers were slightly lower at the 1/20 Meet, since VA Showcase at Liberty University was same day.
3. New Energy hosted it's 2018 Youth Grand Prix Awards Pizza Party last weekend. Thanks to Coach Thomas Walsh and Tammy Sadler for assisting Coach Steve Sheppard with the awards. We followed the awards with a nice group run of 4 miles on FLSP Trails. New Energy 2018 YGP Age Group winners were:

Awards: Name plus Training Site and Points. Only those with 4 Races or 3 races plus Vol Points qualifies for Award

Boys Awards:

6 & under –

- 1st Carson Sadler, Suffolk – 72 Pts, 8 Races (TOP POINTS IN ALL YGP!)
 2nd Elijah Eley, MT – 16 Pts, 3 Races plus Vol Points

7-8 –

- 1st Zachary Cameron, Suffolk – 60 Pts, 7 Races
 2nd Jackson Huntoon, Norfolk – 58 Points, 9 Races (TOP # OF RACES IN ALL YGP!)
 3rd Quinlan Carroll, MT – 17 Points, 7 Races

9-10 –

- 1st Joshua Cameron, Suffolk – 56 Points, 7 Races
 2nd Alex Carrasco, MT – 34 Points, 7 Races
 3rd Jonathan Teeling, MT – 24 Points, 4 Races

11-12 –

- 1st Carter Livermore, Chesapeake – 20 Points, 3 Races plus Vol
 2nd Ty Schasse, Peninsula – 16 Points, 3 Races plus Vol

13-14 –

- 1st Seth Sheppard, Suffolk – 34 Points, 6 Races
 2nd Teague Schasse, Peninsula – 16 Points, 3 Races plus Vol

15-16 – No Winner

Girls Awards:

6 & under -

- 1st Zoe Holmes, MT – 30 Points, 4 Races
 2nd Nadia Temple, Suffolk – 24 Points, 5 Races
 3rd Genevieve Zimmer, MT – 22 Points, 3 Races plus Vol

7-8 –

- 1st Rhylee Thomas, MT – 30 Points, 4 Races
 2nd Olivia Thomas, MT – 24 Points, 4 Races

9-10 –

- 1st Bellina Larmon, MT – 22 Points, 3 Races plus Vol

11-12 –

1st Rachel Zimmer, MT – 32 Points, 4 Races

2nd Regan Teeling, MT – 20 Points, 3 Races plus Vol

13-14 and 15-16, No Winners

4. The YGP Race List is now finalized. Coach Angelo and Coach Steve formalized it and sent it to all runners/families to get ready for 2019. Race list includes 8 races, 4 of which are FREE races which will be hosted at our Training Sites, 2 each in Spring and Fall. Decision to go to more Free races was made due to recent unreliability of the small PTA-style races which we've historically attended, coupled with the huge popularity of the FREE Races we've held in past two years at Strider/New Energy Training sites: over 100 New Energy Members at Chesapeake City Park Race in May and nearly 80 at October Suffolk Training Site Race!

5. Two more Indoor Track Meets will occur in February

6. Spring New Energy Training begins the week of March 11th

Old Business:

- At the end of our last meeting Drew Midland handed out a homework assignment for all board members to answer three questions. 1) What did the Striders do well in 2018?, 2) What can the Striders do better in 2019? 3) What is your biggest priority for 2019 to help improve the Striders? Drew collected everyone's answers and will compile them together to get a better understanding of what board member's thoughts are to improve the club. We can either discuss the results at the next board meeting or over email conversation.
- Committee Chairs for 2019...
 - Adopt-A-Highway – Rich Hildreth
 - Adopt-A-Trail – Chris Catoe
 - Advisory – Sam Wittenberg
 - Audit - Scott Ward
 - Awards – Marie Price
 - Banquet – Randy Cook
 - Budget – Tim Robinson
 - Constitution – Randy Cook
 - Elections – Lori Sherwood
 - GP Running – Stacin Martin
 - GP Multisport/Triathlon (merged) - Lisa Armistead
 - GP Walking/Walking (merged) – Bunny May
 - GP Youth/Youth (merged) – Steve Sheppard
 - Hall of Fame – Bee McLeod
 - History – Randy Cook
 - Marketplace – William Tallent
 - Membership – Bob Bruner
 - Nominations – Rich Hildreth / Jean Phelan
 - Program – Drew Midland
 - Publicity/P.R./Social Media – TBD via sub-committee
 - Race – Dan Edwards / Rick Brown / Thomas Hicks

Scholarship – Dan Edwards
Teams – Thomas Hicks
Volunteer – Marie Price
Web Manager – Jim Martin

Steve Shapiro motioned approval of the ALL the committee chair positions. Scott Ward seconded the motion, All in favor, None opposed, No abstentions.

Dan Edwards volunteered to show William Tallent the Storage Shed to give him an idea of the merchandise

New Business:

- Awards process discussion (Introduced by Marie Price)

The method for determining recipients of awards needs to be reviewed and updated because the current process seems to have strayed from the original policies and procedures somewhat. The suggestion of making the nomination process an online “Survey” experience for our members was introduced as well as the request to publicize the criteria of each award. Once the nominees have been determined by the Strider members, each award committee then selects the winner. Perhaps some new awards can be considered, and we should spotlight runners throughout the year on website/social media.

- Marie Price introduced a request to make the long portion of the Distance Series 20-miler come first and the shorter portion second (i.e. Up-Back 6miles and Up-Back 4miles). Some good advantages to this change were brought up such as: volunteer work at the furthest water station would end sooner, runners of both distances can stay together longer, and should ‘late’ injuries/DNFs occur, the runner would be closer to the finish line. Dan Edwards said he sees no problem with this course modification.
 - Tim Westfall asked, “What can the Striders do for schools who are trying to put together their own fund-raising races”. Dan Edwards answered that the Striders typically rent the clock and signage for a minimal fee (\$50). Times usually don’t get recorded, but all these items help make the race look like a race. It was mentioned that Angelo Celesia would be a good source should you need someone to talk to the kids about running or distribute running literature.
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Next meeting will be **March 4, 6:45 PM** at **Running Etc. in Virginia Beach**

Adjournment: The meeting was adjourned at **8:15 PM.**