

Tidewater Striders Board of Directors

Minutes

April 2, 2018

Call to Order: The meeting was called to order by President Steve Shapiro at 6:45pm at Running Etc. Virginia Beach. The following Board members were in attendance: Steve Shapiro, Randy Cook, Stacin Martin, Gene Edwards, William Tallent, Jim Martin, Marie Price, Jim Dare, and Drew Midland. Absent were Deb Redmond, Tim Robinson, and Stephanie Manny.

President's Report: A thank you from the president to all the Shamrock Marathon weekend volunteers. Great Strider turnout for race volunteering and adopt a highway Shore Drive cleanup.

Action: Stacin Martin will check to make sure we have all COI forms from the board members.

Some of the findings from the Race Trends 2018 annual statistics report were discussed.

Updates to the major Strider race's websites are in process. Elizabeth River Run is complete.

There are still some issues with RunSignUp and Golden Runner inputs.

Vice President's Report: Policies and Procedures are updated.

Treasurer's Report: NA

Committee Reports:

Banquet: Dates are set for the picnic (6/9) and the banquet. Randy Cook is looking into the cost effectiveness from the last couple years to determine the best format for food and beverage.

History: Randy Cook has completed 2015.

Membership: A subcommittee is working on the Golden Runner membership to evaluate the current structure and any potential changes. July is the goal to implement any changes if determined necessary.

Tidewater Strider (TS) membership stood at 1640 members as of 31 March, 2018. This is the highest total since November, 2015. We had 127 new or lapsed members join the TS in March. We also had 34-members renew in March. We had 31-members not renew in March or by the April 1st deadline, so we begin April, 2018 with 1609-members. This is the best beginning of the month since October, 2015. There are 70 TS members that need to renew in April or their membership will lapse on May 1st, 2018. Thanks to all of the TS members involved with New Energy as that is where the majority of the growth was this month!

Public Relations and Publicity: The change to the lead PR/publicity person is still being evaluated.

A motion to transition to Jean Phalen for PR/publicity and Jim Martin for website maintenance was made and approved.

Jean Phalen will take over the Facebook and Twitter actions and then transition into the newsletter developer. Jim Martin will be handling all website development, changes, and updates. Compensation for publicity and website personnel will remain the same.

The newsletter is being evaluated to determine if reducing the size and revising content is warranted.

Race Committee: J&A Racing indicated that they would be offering a small refund to Strider members who participated in the Shamrock Race weekend. It is unclear how they determined the members who participated and how the refunds will be distributed.

Action: Stacin Martin will find out details regarding the J&A refund effort.

Strider Mile needs a race director and restructuring to include venue and associated race offerings. Options for venue include a local track, Mt Trashmore, Oceanfront, and Fort Monroe. Schedule is somewhat flexible regarding time of year and weekday/weekend schedule.

Action: Stacin Martin and Drew Midland will find potential race director candidates.

ERR is moving along. Decision that there will be medals this year was confirmed. ERR needs volunteers.

Scholarship: Currently there are 6 applicants for the scholarship program this year.

Teams: Yorktown 10k still needs team members. As of the meeting date only 6 people were on the team.

Volunteer: ERR needs volunteers and Marie price will send the current volunteer list to Stacin Martin.0

Walking: Randy Cook is the Walking chairman. A walking committee has been established along with grand prix events and judging guidelines established for walking events.

Web Site: Website updates are moving along and the new ERR website is very good. Additional race websites will be developed in the near future.

Youth:

1. Our Area-wide Official Roster showed 131 runners on it on Day One, which is slightly higher than our Spring Start-up average of 100-125, per Angelo's recollection.
2. We've added about 10 per week since then, and are now at 162 runners officially signed up.
3. We have 32 Coaches on our Official Roster and I am harassing the half dozen or so who have remaining BG Checks to be re-done this spring.
4. Average numbers at each site have stabilized and all seem as high as last year or higher(exception may be MT, but not sure...I'm visiting there this week and I'll know more after that).

We are targeting a FREE Youth Grand Prix Race (One Miler) on Sat, 5/19 at Chesapeake City Park and will be promoting that.

Miscellaneous:

1. Email is sent to Site Leads with a Workout to use if they'd like, before each practice. Some use them regularly. Angelo built a Google Docs folder for them, so they can be accessible for other dates for the Coaches.
2. All Sites have all had at least one weather cancellation in March and we've fine-tuned the process of getting those messages out, via our tools.

3. A Visiting Coach/Rotation will be implemented soon, for our Leads to get a broader perspective than just their Site.
4. A Lead Coach sign-up for YGP Races is being established, for Leads to commit to at least one YGP Race as Lead for warm-ups, etc.
5. The AAU/USATF Track & Field Meet Schedule will go out in April. We'll add a Track workout per week starting in Mid-May for those interested. There are about 4-5 local and a couple distance Meets we'll be involved in, from Late May through late July.

Site-by-site stats for March New Energy:

Peninsula: 11 at first practice, and steady or slightly rising since then. Practices are going great! Our Site Lead Thomas Tate, is working w/a regular Asst Coach, Tony, which is helpful. Thomas reports high interest in Track this summer and growing interest in YGP among Peninsula runners, one of whom came to YGP Race #1. Update tonight: Report is now we're averaging 16 per practice at this site, up significantly! Also, another new Asst. Coach, just joined our Lead, Coach Thomas, and has his coaching credentials squared away, which will help this already bustling site continue to grow!

Chesapeake: 20 runners at first practice, which Frank Scaringello our Ches Lead, was very pleased with. He was slightly overwhelmed initially, as no asst coaches were present during Week One, so we made a request on Strider Page (via Wendy) for Asst Coaching HELP! We had three immediate responses and one later. Three have followed through w/BG Check, etc, one of whom is already offering Frank HUGE help at Chesapeake! They are following my general suggestions for workouts and Frank reports averages of 18-20 per practice for the rest of March as well!

Norfolk: Site Lead Dave McDonald has a very reliable assistant, in Jim Dare, who Dave works seamlessly with. They have had 4-6 kids per workout. David is very responsive and provides thorough overviews of workouts, and how the group is doing. He certainly covers the info requested, since a couple of his small group already came out to the first YGP Race!

Suffolk: 41 runners at our first practice, and 4 Asst. Coaches helping me in Wk One. Also had 2 new Asst. Coach candidates there to help, one of whom has followed through w/BG Check, etc, and one returned from TDY, so Suffolk is now at 6 Assts, even without the Tallents (who had been critical to last fall's success), as they were readying for the arrival of baby Justice this March. Averages since Day One have been 25-35 runners per practice. Lots of new parents this spring, so spent a couple mins each practice for first couple wks going over Process/Purpose/Registration/YGP/Uniforms, etc., thoroughly w/parents. Also, with many new runners, went over rules/guidelines clearly and have been reiterating regularly. Suffolk Group had 6 runners at the first YGP Race. Our first 1 Mile Time Trial and had 2 boys under age of 11 run sub-6 miles. Also, Suffolk New Energy runner Seth Sadler, age 12, who's been with us three years now, ran in a city-wide Middle School Track Meet last week and placed 2nd in the 1600 in 5:29.22.

VA Beach/Mt. Trashmore: Day One had a Start Time miscommunication somehow (that has since been straightened out!) and Site Lead, Tom Walsh, was still learning the new attendance methods, so we're unsure of numbers for Day One, but reports are that we had about 45 on first day, some starting at 5pm and some starting at 5:30pm. Averages since then have been 20-35 runners per practice, per Tom, who also indicated a need for more assistant coaches, since they only had 4 total Coaches at first week practices. A couple of the new ones are helping at MT now, which has been helpful. One is a Former Cop, which might help Tom with order/organization! :) Flex is helping again this spring, which has been a boost, BUT he's not been able to be at

MT quite as regularly as he had hoped, so Scott Boyce has taken a bigger role leading the Advanced kids, which he's excelling at.

P.O.W.E.R.: Our Lead, Terry, is doing a great job. He runs a fun practice, that helps all feel valued, whether 1 or 8 kids show up. We've had both of those types of turnouts. Avg is around 4-5 per Terry. He has had a long gap between practices one time, since he's meeting once per week and had a canx. He said he thinks things will pick up numbers-wise once weather is a bit more warm and predictable, since a lot of his participants need to have good conditions for their chairs.

Old Business:

A motion to alternate Running Etc sites for board meetings was made and approved.

New Business:

Adjournment:

The meeting was adjourned at 8:45pm.