

Tidewater Striders Board of Directors

Meeting Minutes

Date: April 1st 2019

Call to Order: The meeting was called to order by President Steve Shapiro at precisely 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:

<input checked="" type="checkbox"/> Steve Shapiro	<input checked="" type="checkbox"/> Marie Price	<input checked="" type="checkbox"/> Randy Cook	<input checked="" type="checkbox"/> Stacin Martin
<input checked="" type="checkbox"/> Jim Martin	<input checked="" type="checkbox"/> Drew Midland	<input checked="" type="checkbox"/> Tim Robinson	<input checked="" type="checkbox"/> Dan Edwards
<input checked="" type="checkbox"/> Scott Ward	<input checked="" type="checkbox"/> Thomas Hicks	<input checked="" type="checkbox"/> Tim Westfall	<input checked="" type="checkbox"/> William Tallent.

Guests: Bunny May

President's Report: (Steve Shapiro): At 6:45pm Steve Shapiro opened the meeting by stating that The Virginian-Pilot posted a great article about the Striders' New Energy program and hoped everyone had the chance to read it. In it, they detailed how the club is open to kids ages 6 to 16 who meet twice a week for a one hour fun filled workout. Under the guidance of local volunteers who are long time runner enthusiasts, emphasis is placed on having fun, not competition. Steve also asked everyone to review Angelo Celesia's newly formatted "RunSignUp - Youth Grand Prix Results" as a possible replacement for the current Grand Prix, Multi-Sport and Walking grand prix result spreadsheets. He said Angelo believes we would benefit greatly by moving over to this new format. Among some of the advantages: there would be a noticeable time savings when uploading and computing results, there would be one localized public site to review current and past results, results would display in a consistent format, and there are several nice lookup and filter options. Angelo also mentioned that RunSignUp can be used for all the clubs volunteer outreach, not only for races, but for Adopt-A-Highway, Adopt-A-Trail and other events.

Vice President's Report: (Randy Cook)

Treasurer's Report: (Tim Robinson)

Committee Reports:

Advisory: (Sam Wittenberg)

Audit: (Scott Ward)

Awards: (Marie Price)

Banquet: (Randy Cook) –

Randy was looking for some decisions regarding the Annual Tidewater Striders Picnic. In the past, it was held in June and this year there was some thought to hold it after the August Strider Mile event at Virginia Wesleyan. After some discussion the popular opinion was to hold it during the milder month of June and have it later in the day around 4pm. When determining the budget, it was mentioned that attendance for this event had been dwindling the past few years and the budget per person ended up being very high. There was a recommendation to use RunSignUp to get an idea of participation to base the budget on. The host for the picnic was not determined at this time but both Dan Newland and Dan Edwards were candidates who were happy to oblige. Randy was going to see what dates worked best and stated that attendees with the last name starting with the letters A-M would bring a covered dish and N-Z a dessert.

Budget: (Tim Robinson)

Constitution & Bylaws: (Randy Cook)

Elections: (Lori Sherwood)

Grand Prix: (Stacin Martin)

Stacin updated the Grand Prix results through the Bunny Hop 5k race and it will be posted on the website by the webmaster.

Grand Prix Multi-Sport/Triathlon: (Lisa Armistead)

Grand Prix Walking /Walking: (Bunny May)

Bunny mentioned that the website promotion of the “Walker Interest List” has already stirred up interest with people wanting to be put on the list. She is going to ask if interested walkers would like to include the area they live/walk in to give others a better idea of how close each other are. Bunny heard from George Nelson from our neighboring walking club who held their meeting on the 12th and he said they’d get back with us if they need to. Sounded somewhat promising, but at least they know the Striders are interested in helping out and working together as a walking community. As part of racewalk.com website there is a section of national walking clubs listed by Region and State (<https://racewalk.com/resources/contactsEast.php>). Under the state of Virginia there was only one club from Springfield called the “Potomac Valley TC”. Bunny reached out to racewalk.com staff members, Jeff Salvage and Tim Seaman, and asked if the Striders could be included. They replied certainly and presented her with a sign up sheet that asked for various information. Bunny asked the board if she could move

forward with this and it was unanimously approved by all. Part of the information they needed was a brief write up about the Striders and it was recommended Bunny contact Jean Phelan for help with this.

Grand Prix Youth / Youth Program: (Reported by Steve Sheppard)

Winter/Indoor Track Concludes: We had 18 different athletes compete in at least one of the 4 local Indoor Track Meets in Jan & Feb, and 1 who made the trip to Indoor Track & Field Nationals in Landover Maryland, 12 Year old Rachael Zimmer, who trains at Mt Trashmore with us! Rachael competed in the 400m, 800m and 1500m. She finished as high as 13th. Her season bests were: 400m: 1:04.9 , 800m 2:44.8, 1500 5:44.6

New Energy Spring Training kicked off the week of March 11th! Though we've had some cool days and a few where a drizzle has been forecasted, we've only had to cancel one group on one day (POWER on a cold windy day since some of those athletes are slightly less mobile and therefore less able to keep themselves warm), so we're happy overall. Attendance at all sites was pretty strong right out of the gate during week 1 and has continued to move slightly higher wkly. We also had a visit from the Virginian Pilot to our Mt Trashmore Site, which resulted in an article in the Beacon!

ROSTER: We now have over 185 Official Roster Members (all Paid Striders, and MANY are a part of Family Memberships) for this Calendar Year, which is ahead of pace from last year.

Team Members by Location through 3/31/2019:

Chesapeake: 29
Mt Trashmore: 75
Norfolk: 12
Peninsula: 21
POWER: 4
Suffolk: 45

Coaches:

27 (slightly lower than last year at this time)
Chesapeake: 3
Mt Trashmore: 6
Norfolk: 2
Peninsula: 5
POWER: 3
Suffolk: 7
Administration: 1 Angelo

Coaching Needs:

1. We are short at Mount Trashmore. Based on the fact that a couple of our Coaches there are periodically out of area, combined with the size of the group and the nature of the Practice Location being very busy, we could use an additional 2-3 Coaches/Assistants there.
2. Norfolk: We could use an additional Coach to work with Dave McDonald and Jim Dare. Based on population, Norfolk probably has the greatest growth potential from where it's at right now, but we'd need more Coaches to accommodate much more than the typical turnout.

YGP:

We began our Youth Grand Prix Racing this past weekend at the Bunny Hop 1 Miler and 5K and had a pretty good New Energy representation. Pics have been sent to Jean for FB Post and potential inclusion in RunDown. Tight battle for first between Alex Temple and Jonathan Teeling, who ended up 1-2, in just under and slightly over 6:00 flat, respectively! Bellina Larmon was top Girl in the 1 Mile in 6:37! Lots of kids were talking proudly afterwards about their shiny new PRs!

Then in the 5K, 14 Yr Old New Energy runner Jayden White represented us well, taking 1st Overall out of over 240 runners! He got out to a very fast start, was in third place after 1/2 mi and at 5:34 at the one mile mark. With a PR of 18:40s and a goal time of 18:30(5:57 pace), I suggested he dial it back in mile 2 to make sure he didn't blow up(I was riding bike!). He ran 5:56 second mile, taking over the lead. Mile 3 he said he felt great, so he cranked it back down just a little, eventually pulling away from second place by over 30 seconds for the Overall Win, in 18:04(5:48 pace)! Jayden is 14 years old. He trained with our Chesapeake crew last spring, then did our summer track program, and works out in Suffolk this spring.

Expect big things from these runners and many of our rising stars this year! Of note, big thanks to Coach Jon Flex Leiding, Coaches William and Kari Tallent and Coach Tammy Sadler who helped me with stretch, warm up and pacing/cheering!

Next Sunday, 4/7 at 3pm is our 1st of 4 free YGP Races this calendar year, at Northside Park in Norfolk. We're expecting as many as 100 of our runners to attend this race!

Thanks to the Strider Board for all the support!

Run Strong,

Coach Steve Sheppard

P.S. – One last note certainly worth mentioning is that with Angelo's expertise, we've moved all New Energy Roster registrations to RunSignUp this Calendar Year. Having them synced to their Strider RunSignUp account has made the process much more seamless than prior years and is going to enable easier tracking for YGP.

Dan Edwards announced that New Energy ordered new uniforms that will arrive at his house and getting screen printed at Ocean Creek.

Hall of Fame: (Bee McLeod)

History: (Randy Cook)

Randy is working on 2019.

Marketplace: (William Tallent)

It was reported we sold a few items during the Shamrock expo (a lot of gloves).

Membership: (Bob Brunner)

Tidewater Striders membership count at the end-of-March 2019 equaled 1,796 members. We ended the month with 29-more members than the previous month (1,767) and 122-more members than one-year ago (1,674). There were 79 transactions in March involving 142-members.

Nominations: (Rich Hildreth / Jean Phelan)

Policies and Procedures: (Randy Cook)

Programs: (Drew Midland)

Publications: (Jean Phelan)

Race: (Dan Edwards/Thomas Hicks/Rick Brown)

The Bunny Hop 5k was incredibly successful with an increase in attendance (@400). Nice run, weather was beautiful, and after race party was fun with great food.

Thomas Hicks is working with New Realm Brewing as far as securing beer for the ERR. The medals and shirts are being ordered. Registration is a little down from this time last year so Thomas is pushing the social media announcements more. He created an ERR facebook page and pushing the TEAM theme and showing off the winner's trophy (ERR Cup). So far six teams are signing up for the race. Steve produced 100 ERR flyers and handed them out to Rick and George at the "Three Club" meeting. Bunny brought up the fact that the ERR the past few years has been hot and popups would be nice for shade.

Thomas is putting together the Strider Mile flyer. He decided not to do a beer mile, but will do the random relay and introduce a NEW Distance Medley Relay (DMR = 1200, ¼, 800 and Mile).

Thomas is also working on the Tidewater Strider Cross Country 5k race at Bells Mill Park in Chesapeake and looking at either October 12 or Oct 19th for a race date. It was noted that since this is during high school cross country season, the grass will be nicely mowed for the event.

Dan mentioned that there will be no "Race for Breathe" race this year.

Scholarship: (Dan Edwards / Jim Dare)

Applications are slowly coming in with a deadline of April 15th.

Teams: (Thomas Hicks)

For the Boston marathon there are 10 men and 7 woman in the master's race. The ERR and Striders Cross Country races are really going to promote teams more. All captains need to contact Thomas Hicks and give him their roster.

Volunteer: (Marie Price)

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

Website: (Jim Martin)

- Published the 2018 Striders History (written by Randy Cook).
- Added the 2019 inductees to the Hall of Fame page.
- Continue to update site with online race registrations/flyers as they become available
- Updated the new members of each standing Committee
- Updating the Elizabeth River Run “Home” page with assistance from Race Director (Thomas Hicks)

Old Business:

New Business:

- Steve Shapiro is still looking for the box of blankets we gave out during the Hame of Fame banquet. If anyone knows where they might be, please let Steve know.
- Steve attended the “Three Race Club” meeting held March 25th at Oozlefinch Brewery in Hampton. Roger Harper gave an update regarding the Super Grand Prix and stated it is doing very well. They talked about teams and Steve went over the RaceTrend annual statistical report we discussed during last month’s board meeting and gave copies to Rick and George to review further. The next meeting is scheduled for June 17th.
- Saturday March 30th, Drew Midland, Scott Ward, Marie Price and Jim Martin all meet to review and consolidate the Publications, Public Relations and Publicity committees. For starters it is suggested that the Adopt-A-Highway and Adopt-A-Trail and other future outreach programs be moved out of the “Public Relations and Publicity committee and into the “Programs” committee since they are programs. That move would dissolve the “Public Relations and Publicity committee. Move onto the “Publications” committee, we decided to merge the “Rundown”, Social Media and Website committees all into one “MEDIA” committee. Policies and procedure were re-written and Drew is putting them together. He is going to distribute them to all to review and discuss at our next Board meeting in May. One big move would be to reduce the size of the Rundown and make it electronic and filled with several links. No more PDFs.
- Thomas Hick brought up the suggestion to move away from using vests for the “Power Kids” and purchasing bright orange T-Shirts. The Board approved and it was suggested he go through John McGovern at Ocean Creek.
- Dan Edwards is still working to order new Board member shirts.

Next meeting will be **May 6th**, 6:45 PM at Running Etc. in Virginia Beach

Adjournment: The meeting was adjourned at **7:53 PM**.