

## TRIPLE CITIES RUNNERS CLUB

MARCH 21, 2023

CALLED TO ORDER – 7:06pm

**PRESENT:** Grace TabEEK, Chris McManus, Kevin Pasterchik, Jason Palmer, Eric Purdy, Kat Hores, Sarah Kane, Vince Fox, Susan Cain, Ray Fryc, Dan Dougherty, Michele Anderson, Emily Gunther

**NOT PRESENT:** Dave Fellows, Ken Burt

**RUNNING FOR BOARD:** Grace TabEEK, Dan Dougherty, Kevin Pasterchik, Vince Fox, Emily Gunther and Michele Anderson.

**Michele Anderson-**She started running late in life and loves the endorphins. Her first official marathon will be Wineglass. She's very interested in "the magic" that goes on behind the scenes on the TCRC board.

**Emily Gunther-** Has been running for over 16 years and been a TCRC member for 9 years. She wants to be more involved in the TCRC. She has completed the Grand Prix 6 times and has helped at several TCRC races.

**Dan Dougherty-** Has been a TCRC member for many years. Directed the Vestal XX, helps with January Freeze, Wednesday Night Track Meets, Pete Keyes Turkey Trot, Vestal XX, Forks 15K and just about every other race/event the TCRC puts on.

**Kevin Pasterchik-** Been a long time board member, served as both President and Treasurer. Been a TCRC member for 36 years and likes being around people.

**Vince Fox-** Has been a TCRC member and board member for many years. Loves to give back to the running community and helps with many of the TCRC races.

**Grace TabEEK-** Has been a TCRC member for 38 years. She has been a long time board member, served as newsletter editor, is the secretary of TCRC board, membership director, race director of Turkey Trot and Women's Run, and procures insurance for all TCRC events. Running is a huge part of her life and she feels giving back reaps huge rewards.

\*\*The five board seats were filled by Emily Gunther, Vince Fox, Dan Dougherty, Grace TabEEK and Kevin Pasterchik.

**ELECTION OF OFFICERS:** The following were voted in as TCRC officers:

President- Ray Fryc, Vice-President- Kat Hores. Secretary- Grace TabEEK, Treasurer- Chris McManus

**SECRETARY'S REPORT:** Grace reported and made a motion to accept the secretary's report, Kat second, motion passed. Yes-12 No-0

**TREASURERS REPORT:** Allocations made to Women's Run 5K, Turkey Trot 5-Miler and Forks 15K. The TCRC treasury is looking sound. Chris is working with Jamie to discuss uncashed \$500 scholarship check. We put funds in a 24 month CD at 4.5 % interest. Chris made a motion to accept treasurer report, Sarah second, motion passed. Yes-11 No-0

The club now has a Visions debit card. This will be used for club expenses that are approved by the board. Officers approved to use the card are Chris, Ray, Kat & Grace. After the card is used, a receipt will be produced along with the debit card and returned to Chris. A sign in, sign out sheet, handled by Chris, will be used to track the card. Grace made a motion to pass rules of TCRC debit card, Kat second, motion passed. Yes-12 No-0

**FINANCIAL REVIEW:** Vince conducted a review of TCRC financial documentation for 2022 review including receipts collected, looking at large payments and going through randomly picked transactions. There were no significant issues found in the review. Vince made a motion to pass, Ray second, motion passed. Yes-11 No-0 Abstain-1

**COMMUNICATIONS:** Ray reported that the Navigation on the website menu changed. Greg updated the Grand Prix and uploaded January gender inclusive file. Reminder that we have a History Section that goes back to 1981. Ray made a motion to pay \$24.85 to maintain the website domain, Sarah second, motion passed. Yes-12 No-0

**BRIDGE RUN:** Amy Shaw offered a free table to the TCRC during packet pick up for DOS 5/5/23 & 5/6/23.

**PER ARTICLE 8, Section 2:** Ray made a motion that masculine genders will include all genders, Sarah second, motion passed. Yes-12 No-0

**SPECIAL OLYMPICS:** Vince reminded board the Special Olympic Spring Games are on May 6<sup>th</sup> at Chenango Valley High School at 10:00am. The TCRC manages the 1500m run and this year there will be 12 runners. Ray made a motion to use the TCRC clock and Seiko, asked for 12 volunteers and asked to use TCRC social media, Vince second, motion passed. Yes-12 No-0

Vince made a motion for a donation of \$100 for advertising in the yearbook for Special Olympics, Ray second, motion passed. Yes-12 No-0

\*\*Vince asked for any volunteers that would like to help with Special Olympics 1500m training at Otsiningo Park by the Turkey Trot finish on Thursday nights from 5:30-6:30.

#### **TCRC 2022 RACES:**

**PETE KEYES TURKEY TROT 5 MILER:** The date for 2023 is set and Runsignup will be open in June.

**FORKS XV** – No sponsors were put on the shirt. Sue asked that discussion be deferred to the next board meeting.

**TCRC GRAND PRIX** – In order to qualify you must be a TCRC member by April 1<sup>st</sup>, 2023 and submit any needed information by January. There is a change for the open field: The fastest person finishing the GP wins the overall GP regardless of division.

**VESTAL XX:** Runsignup is open. Sarah will provide budget at next month's meeting. She will also present a sponsor sheet for Vestal XX. Sarah is looking for volunteers for race day.

**TCRC TRACK MEETS:** Dan will start application process.

**SELF DEFENSE:** There were 18 people that participated with 3 Binghamton University officers heading up the class. Doubletree is a great place to deal with.

**CPR/FIRST AID:** Kat asked if we could have a CPR & First Aid class for TCRC board members.

**TCRC DINNER:** Went very well. Kat Hores was awarded The Member of The Year and Dan Dougherty was awarded The President's Award.

**PRESIDENTS REPORT:** Ray welcomed the old and the new members and officers of the TCRC board. Ray also thanked Kat & Sue for all their work with the Forks 15K.

\*\*Sue made a motion for her and Vince to use TCRC social media to advertise Gigi's race, Grace second, motion passed. Yes-12 No-0

**ADJOURN:** Ray made motion to adjourn, Kevin second, motion passed at 8:54pm.

**SUBMITTED BY:** Grace TabEEK

**NEXT MEETING:** April 11<sup>th</sup> at Dan Dougherty's house at 7:00pm

**EMAIL MOTIONS:**

**3/24/23 – SOUTHERN TIER TUESDAYS SOCIAL MEDIA:** The motion to allow use of our social media and email list to advertise our nomination and ask members to vote for TCRC has passed. Ray made the motion, Grace second. Yes (11)- Ray, Grace, Chris, Kevin, Kat, Eric Jason, Sarah, Sue, Emily, Dan