

TRIPLE CITIES RUNNERS CLUB

OCTOBER 10, 2023

CALLED TO ORDER – 7:06

PRESENT: Grace Tabeek, Chris McManus, Kevin Pasterchik, Eric Purdy, Sarah Kane, Susan Cain, Ray Fryc, Dan Dougherty, Dave Fellows, Carly Fernald

NOT PRESENT: Kat Hores, Emily Gunther, Vince Fox

Carly Fernald is the marketing manager of Synergy and works with some runners doing personal training in a group setting. She loves to support people in our community. She offered a 10% off any Synergy membership to all TCRC members and will give 10-30 day passes to the TCRC for membership.

*Eric and Carly (marketing manager for Synergy) talked about offering a CPR/AED course for TCRC membership. Synergy will offer the class for \$86 and add First Aid in addition to the CPR & AED for \$106. It will take place on either Saturday, November 18th or Saturday, December 2nd at 10:30 at the Vestal Synergy. Will offer sign up on Runsignup. Sue made a motion to offer the class to TCRC members for \$99 with TCRC picking up the difference, Grace second, motion passed.

SECRETARY'S REPORT: Grace reported, made motion to pass, Dan second, motion passed. Yes-10 No-0

TREASURERS REPORT: Chris reported that 2 checks were deposited from King & Queen of the Beer Tree Mountain and reviewed expenses of the Women's Run 5K. Chris made a motion to pass, Dave second, motion passed. Yes-10 No-0

COMMUNICATION: Ray reported Turkey Trot post went out on TCRC page, Facebook page and Instagram. Members can sign up for a TCRC 2024 membership starting November 1st. Ray reported as of January 1st 2024, there will be a non-binary choice on our membership form (paper and online) and on our Runsignup race pages.

MEMBERSHIP UPDATE: There are now 367 members, up from 353 members from last year.

TCRC 2023 RACES:

KING & QUEEN OF THE BEER TREE MOUNTAIN: Sue reported that the race made a profit.

THE PETE KEYES TURKEY TROT 5 MILER: Registration is open and going strong. Grace reported that we do not have a company offering to donate coffee and discussion about buying some thermal coffee dispensers to use for Turkey Trot and future races insued. Grace made a motion to spend \$500 on 2 thermal dispensers and coffee pot, Ray second, motion passed. Yes-10 No-0

VESTAL XX: Sarah said Dan & Kristy will be helping with the Vestal XX as she will not be able to be there race day.

TCRC PICNIC: The picnic had a great turnout. Discussion on change of menu and how it is served to the membership.

* Sue talked about a New Year's Fun Run. Would offer a 5k & a 10K with an 8:00am-9:00am start with brunch following. Would charge TCRC members \$10.

PRESIDENTS REPORT: Ray stressed for everyone to help advertise the Turkey Trot.

ADJOURN: Ray made motion to adjourn, Kat second, motion passed at 9:02pm.

SUBMITTED BY: Grace TabEEK

NEXT MEETING: November 14, 2023 at Dan Dougherty's house.