

TRIPLE CITIES RUNNERS CLUB

NOVEMBER 14, 2023

CALLED TO ORDER – 7:07

PRESENT: Grace TabEEK, Chris McManus, Kevin Pasterchik, Eric Purdy, Sarah Kane, Susan Cain, Ray Fryc, Dan Dougherty, Dave Fellows, Kat Hores, Emily Gunther, Jason Palmer

NOT PRESENT: Vince Fox

SECRETARY'S REPORT: Grace reported, made motion to pass, Kat second, motion passed. Yes-11 No-0

TREASURERS REPORT: Chris reported that a check was sent to Falcon Timing for King & Queen of The Mountain, and a check was given to Dan for board meals. A lot of revenue this month from Turkey Trot and TCRC memberships. Chris will be paying RRCA dues for 2024. Chris made a motion to pass, Grace second, motion passed. Yes-12 No-0

COMMUNICATION: Ray reported memberships are up and includes 2024 memberships. Reminder to the board that you need to be a TCRC member to serve on the board. Ray will begin to update 2024 race dates for TCRC events and races. We received an anonymous \$5000 donation. The Binghamton Santa Run contacted Ray to discuss the race being posted on the TCRC website. Ray informed them we cannot advertise until after discussion with the board on posting outside races.

*Ray made a motion to create a single post advertising The Santa Run 5K, adding you need to register by 11/27 to get a shirt with your registration, Kevin second, motion passed. Yes-12 NO-0

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

TCRC 2023 RACES:

THE PETE KEYES TURKEY TROT 5 MILER: Grace reported that registrations are very strong this year. Should be getting the Barbie & Ken shirts delivered soon, along with bibs and coasters. Looking for volunteers. The insulated coffee keepers have been delivered and Grace will need help making coffee in the morning.

TCRC GRAND PRIX: The GP will include Noah's races (5K & 10K) & Bridge Run Races (5K & ½ Marathon)

*Ray will talk to Greg regarding Non-Binary scoring with the Grand Prix.

JANUARY FREEZE: the 2024 dates of the January Freeze will be 1/6, 1/13, 1/20, 1/27 and 2/3/24. Sue will contact Andy at Falcon Timing for chip timing and will set up Runsignup. It will be held on March 17th and will be a 10:00am start. Grace will get insurance as soon as RRCA is paid.

TCRC PANCAKE BREAKFAST: 2/18/24
FORKS15K- 3/17/24

TCRC SOCIAL: 1/22/24

VESTAL XX: 6/15/24

WOMEN'S DISTANCE FESTIVAL: 8/16/24

KING & QUEEN OF THE BEER YREE MOUNTAIN: TBD

PETE KEYES TURKEY TROT 5 MILER: 11/28/24

*Discussed giving a shirt to participants that run every GP race. Committee of Kat, Dave and Grace will meet and report back to the board.

CPR/AED COURSE will be held on 12/2/23. The cutoff date to sign up is 12/29/23. To date there are 4 TCRC members signed up and 5 Synergy members signed up.

PRESIDENTS REPORT: Ray said he hopes to see everyone at Turkey Trot and asked everyone to focus on their mental health and well being.

ADJOURN: Ray made motion to adjourn, Kevin second, motion passed at 8:25pm.

SUBMITTED BY: Grace Tabek

NEXT MEETING: December 12, 2023 at Dan Dougherty's house.