

## TRIPLE CITIES RUNNERS CLUB

March 19, 2019

### TCRC ANNUAL MEETING

#### **CALLED TO ORDER: 7:06**

**PRESENT:** Grace TabEEK, Kat Hores, Mike Thompson, Rebecca Miller, Dan Dougherty, Jarrett Newby, Jennifer Woltjen, Susan Cain, Emily Piza-Taylor, Jess Clement, Michael Schapiro, Steve Ferrante, Eric Steinbrecher, Matt Strawn, Ken Burt, Aaron Perry, Betsy Welch, Kevin Pasterchik, Matthew Gawors, David Fellows, Raymond Fryc, Barry Rosenkrans, Vince Fox, Chris McCloe

**TCRC BOARD SEATS:** There are 5 open board seats and any TCRC member that is present can run. Jarrett Newby will not run again and the board thanks him for all his time and valuable input in his time on the board. Sue Cain, Jennifer Woltjen, Mike Thompson and David Fellows are re-running for the board and Betsy Welch and Barry Rosenkrans are running for an open seat.

**Sue Cain:** She has been on the board for 16 years. She is involved with the TCRC clothing sale and is a race director for several TCRC races. She's been running since she was 14 years old. She feels strongly that she should give back to the running community.

**Jennifer Woltjen:** Jennifer has been a board member for a few months. She has been active in TCRC events for many years, has completed Vestal XX 10 times and has volunteered for several TCRC events.

**Mike Thompson:** Started running 9 years ago when he turned 40 years old and really enjoys running. Has been on the board for 4 years. The first time he ran the TCRC Sunday group run was at The Blue Dolphin. He thought he had to train to be able to run with the group and since then has run consistently on Sundays. He started racing 5K's right up through marathons and now competes in the Ironman distance. Mike has enjoyed all the people he's met through the years in the TCRC.

**David Fellows:** Started running 7 years ago. His Dad had a heart attack and that scared him so he decided to start running. His first race was The Chris Thater 5K and was hooked on running after that. He works for BAE and started a running club at work. He joined the BAE Wellness Council and got involved in the wellness activities. He also started a Couch to 5K program at work. He heard there was an open board seat and wanted to be more involved in his local running club.

**Betsy Welch:** Has been a runner and a TCRC member for 5 years. Has been very active with many TCRC Races, Special Olympics and TCRC Track Meets. Feels she would be a good board member. She is a NP at Endwell Family Physicians. She would like to get more involved in TCRC.

**Barry Rosenkrans:** Barry has been running for 7 years. His first race was St. Pat's 4 miler and been hooked since then. He's been a member of the TCRC for quite a few years. He is involved with several initiatives at BAE and also involved with wellness classes.

**TCRC OFFICER POSITIONS:** The officer positions are yearly positions and are open to any TCRC members present at the meeting. Kevin Pasterchik (President), Kat Hores (Vice-President), Grace Tabeek (Secretary) and Ken Burt (Treasurer) ran for the officer positions.

**Kevin Pasterchik:** Has been a TCRC member for 32 years and treasurer for 15 years. He thinks this is a great running club with great members. He wants to see everyone active and not sedentary. He wants to be someone that strives for consensus with the board, engaging the board and seeing the community thrive.

**Kat Hores:** Has been Vice President since September 2018 and a member of the TCRC for 5 years. She has been running since middle school. Runs many of the local races and has switched to triathlons in the last couple of years. She is very active in the TCRC community, volunteering at many of the local races and helping with many TCRC social events.

**Grace Tabeek:** Has been a TCRC member for over 30 years and has been a board member for the same amount of time. Has been a race director for many different races and also worked with TCRC Youth Track program, Special Olympics, volunteered at countless finish lines and TCRC Track meets. She feels that supporting our youth is her number one priority. They are our future and they learn by example and would like to see the TCRC continue with the many youth programs we currently have and continue to implement new programs to keep our local youth involved in running.

**Ken Burt:** Works at Visions Federal Credit Union for the past 12 years as CFO. Received his 4 year degree in accounting from University of Buffalo. Has experience as a treasurer for 2 other not for profits and has been fiscally responsible in both the private and not for profit world. He has been running for 4 years and, at his first run with the Sunday group, Mike Thompson was the first person that greeted him. At the February TCRC Kevin Pasterchik encouraged him to run for TCRC Treasurer and he said he let his guard down and here he is.

The following TCRC Members and officers were elected to fill positions:

**BOARD SEATS:** Sue Cain, Jennifer Woltjen, Mike Thompson, David Fellows, Betsy Welch.

**OFFICERS:** Kevin Pasterchik, Kat Hores, Grace Tabeek, Ken Burt.

**SECRETARY'S REPORT:** Grace reported and made motion to pass, Kat second, motion passed. Yes-13 No-0

**TREASURER'S REPORT:** Kevin reported and made motion to pass, Kat second, motion passed. Yes-13, No-0

**PRESIDENTS REPORT:** Kevin thanked Jarrett Newby for his 3 years of service to the board. Thanked Emily for a great job on the TCRC Annual Dinner. Also welcomed the new members on the board.

**DICK'S 5K:** Tenny Snyder, Dick's Sporting Goods Open tournament manager, reported that they will be adding a 5K race to the tournament on 8/17/2019 at the Enjoie golf course. It will be a certified course.

It will focus on better health for the community and working in conjunction with Guthrie along with help from Matt Gawors. They will offer 20% off the registration fee for all TCRC members and registration will include a ticket for free entry on Sunday of the golf tournament. They will also offer free entry to any participants that participated in a Couch to 5K program. The proceeds from the race will benefit the American Heart Association.

**TCRC YOUTH TRACK PROGRAM:** Rachel Johnson will head up along with Grace Tabeek. Rachel will fill out necessary paperwork for UEHS and Grace will get the necessary insurance. The program will start on Wednesday, 5/8/2019 at 6:00pm and will be every Wednesday thru 6/26/2019 and will include children age 7-18. The cost will be \$10 per participant and a registration form must be filled out which can be accessed on our website.

**ANNUAL DINNER:** Emily did a great job with the dinner, great turnout and food. Many thanks to Emily.

**SENIOR RUNNING & WALKING FESTIVAL:** Vince Fox reported that the race will held on September 7th at The Rail Trail. It will be the 5<sup>th</sup> year and anyone 55 years or older can participate. Excellus BCBS and Good Shepard Communities will be the major sponsors. It also includes runners that are participating in the Couch to 5K programs. Vince made a motion to use the TCRC Facebook page for promoting the race, asking for volunteers and permission to use the AED. Kevin second, motion passed. Yes-13 No-0

**SPECIAL OLYMPICS:** This will be held on May 4<sup>th</sup> at 10:30am on the Chenango Valley High School track. Vince asked that the TCRC help with the 1500m race on the track. Vince asked to use the TCRC Seiko, clip boards, use of the TCRC Facebook page and use of the AED. Vince made a motion for the TCRC to run a full page ad in the Special Olympics yearbook for \$100 and \$25 for coffee for TCRC volunteers. Grace second, motion passed. Yes-13, NO-0.

**FORKS 15K:** Packet pick up will be on Saturday, March 23<sup>rd</sup> from 12:00-4:00pm at Water Street Brewing. Got quite a few Binghamton University volunteers for race day.

**BEER TREE KING & QUEEN OF THE MOUNTAIN 5K:** The race will be held on June 8<sup>th</sup> at Beer Tree Brewery.

**TCRC MERCHANDISE:** Sue is looking at CNY, a company in Syracuse, for the next clothing order.

**WEBSITE:** Ray reported that the website has been officially switched to WIX until 2021. The website is going strong.

**VISIONS SIGNATURE CARDS:** Kevin, Ken and Grace will sign new Signature cards for Visions Federal Credit Union.

**ADJOURN:** Kevin made motion to adjourn, Jessica second, adjourned at 8:39pm

**NEXT MEETING:** April 9, 2019

**SUBMITTED BY:** Grace Tabeek

