

Empire Runners Meeting Minutes 3-22-18

Montgomery Village Round Table Pizza, Santa Rosa, California

Call to Order: 7:36 p.m.

Approval of Minutes for February meeting- **Approved**

Board Members Present: Luis Rosales, Tanya Narath, Kate Papadopoulos, Andrea Guzman, Chris Gardina, Dan Karbousky

Officer's Reports

- **President's Report:** Luis attended Friends of Trione Annadel meeting. Multiple groups represented.
- **Treasurer's Report:** Balance \$ 85,309.11, Student Grant \$4,706

Committee Reports: none

New Business

- **Proposal #1: Dale Peterson.** Cut off-time proposed for club races: At discretion of race director ERC races should have a well-advertised cut-off time. This will set expectations for walkers or walk/joggers who may not finish under that time and it will enable timely completion of race results/activities/clean up. ERC members shared that this occurs for some races already. Proposal did not require a vote but board agreed that race directors should be instructed to establish and publicize race cut-off times. It would be ideal to have a "race Sweeper" when possible but may be challenging to obtain for all races.
- **Proposal #2:** Michael Finn (not in attendance) requests help of Empire Runners Club to spread the word about Michael's Track Conditioning and Coaching sessions on Tuesday & Thursday evenings at Analy High School. He has significant experience and specializes in coaching master/senior/ open track athletes. ERC board felt a Blog interview format would be a successful way to communicate this program. Luis volunteered to interview Michael. Chris will help with article editing.

Race Reports

Past: 3/11 Ilsanjo Classic went well; 10, 4 miles & 1k Newt Scoot, 3/11 St Patrick's day 5k, **Upcoming:** 4/7 Annadel Half Marathon & 5k run, 4/7 Napa Valley 50k, 4/8 Rock 'N' Roll Marathon (SF)4/8 Rio Lindo Trail Run 10k & 5k, 4/8 Russian River Mud Run 10k & 5k, 4/14 IPA 10K(Sebastopol). 4/14 Heroes for Health.

Other announcements and issues for discussion

Jerry- Discussed a fund raising Go-Fund-Me or blog article or mixture of both to help a club member (D. B.) in need of assistance. Information will be sent out to key interested parties to help spread the word (will not be send to all members).

Peter Kirk- Looking at Sept dates on a Sunday that don't conflict with XC for the annual club picnic.

Adjournment—8:26 pm