

CVR Meeting Minutes

August 19, 2013

Attendance

The meeting was called to order in Darragh Ellerson's living room after a potluck dinner.

Members Present: Marsha Bancroft, Phyllis Arsenault-Berry, June Burr, Beth Daut, Darragh Ellerson, David Ellerson, Sue Emmons, Bob Murphy, Kaitlin O'Shea, Jeff Prescott, Denise Ricker, Andy Shuford, Donna Smyers, Greg Wight.

The minutes from the May meeting were approved as printed in the newsletter.

Secretary Sandy Colvin was not present so June Burr volunteered to take minutes with review/edits by Jeff Prescott and Donna Smyers.

Contest

Andy Shuford won the prize for wearing the best race t-shirt with word "Festival" on it. Andy's winning entry, as determined by popular vote, was a navy blue short-sleeve shirt with yellow graphics from the 2007 Yiasou Greek Festival 5k. Losers included:

- Bob Murphy: Shamrock Shuffle
- Beth Daut: Some sort of theater festival
- Phyllis Arsenault-Berry, June Burr and Sue Emmons: Dragon Boat Festival
- Jeff Prescott: Ayden Collard Festival 5k

Treasurer's Report

Treasurer John Valentine was unable to attend the meeting. Jeff reported that the club has a positive cash balance with Leaf Peeper revenue flowing in. (Leaf Peeper revenue flows in several months before associated expenses flow out since registration closes several weeks before the event.) Upcoming expenses include lease renewal on storage unit and cross country grant program.

John Valentine has filed Form 990-EZ with IRS. This is an informational filing required by the IRS that documents receipts and expenditures of the club and how they are consistent with our mission and purpose. Andy Shuford provided some assistance to John in preparing the filing.

Membership

Membership Coordinator Donna Smyers reports that there are currently 125 membership "units" (individuals or families) representing 238 total members. The 125 compares to 95 at this time in 2012, 100 in 2011 and 91 in 2010.

The last newsletter contained a listing of members with names and towns only. In the past, we have printed a listing including contact information (phone numbers, e-mail addresses, etc). We did not print this information this time as we were unsure about privacy preferences. Members in attendance agreed that it would be helpful to have a printed (not on-line) listing of contact information for other members. We will print this information in a future newsletter next year. We will give notice in advance in case any members prefer not to have their contact information listed.

Webmaster Dave Kissner has researched feasibility of on-line membership application/renewal. He is waiting feedback from Jeff and Donna. Gary Kessler has also offered to share his experience from Green Mountain Stage Race. Jeff will talk to him in September (after GMSR).

Jeff will move forward soon with implementing an e-mail list management platform to use for club mass mailings. Certain e-mail service providers sometimes block or delay delivery of club e-mails due to concerns about messages to large mailing lists from individual accounts. By adopting an e-mail list management platform, we will be viewed as a "trusted source" and should encounter fewer hassles. A side benefit is that the platform would allow recipients to unsubscribe or to update their e-mail preferences. ORS uses Constant Contact. Gary Kessler uses Mail Chimp for GMSR. Jeff will talk to both and make a decision.

Club Performance Wear

Blank singlets/shirts have been purchased and are ready to be dropped off at local printer. Jeff anticipates dropping them off this week with a turn-around time of 1-2 weeks. We have a large number of items to print which may result in a slight reduction in final price per item.

Race Updates

There were quick updates on events since last club meeting. In some cases, the race directors or their representatives reported. In other cases, Jeff provided updates. Jeff noted that from January-to-date 2013, we have had 633 race finishers compared to 553 for this time last year. We have had two inaugural events (Frostival 5k and Worcester) and one discontinued event (Mountaineer's Home Run). Some races have seen increases in participation and others have seen declines.

- Kids Track meet had record turnout. Tim Noonan and Norm Robinson previously reported that we had 15 CVR volunteers and needed every one of them. (Kids Track Meet is not included in finisher numbers reported above.)
- Capital City Stampede had good weather. Entrants were down compared to prior years. This year, there were 65 registrants, down from 96 in 2012 from 127 in 2011. Jeff did some analysis and reported that the decrease mostly appears to be from Chittenden County runners rather than from Central Vermont runners.
- Worcester: Inaugural event benefitting Worcester Historical Society. There were 31 participants. Good coverage in the Worcester Grapevine.
- Paul Mailman 10 Miler: Weather was very hot and humid. There were 92 runners compared to 90 in 2011. (These numbers are down from several years ago when this was a travel event for the now-defunct Swamp Rats. But numbers appear to have stabilized in the 90-100 range.)
- Barre Heritage: 27 finishers, compared to 35 in 2012. There were actually 42 entries but 15 runners got lost. Challenges with the course marking include sheer number of trails at Millstone and also stray markings from a bike event the previous day.
- Berlin Pond: 91 runners in good weather. (42 last year in bad weather.) Auto traffic was minimal with exception of one car with trailer that made several passes through the start/finish area. The Town Admin Assistant observed that the runners stayed single file when travelling to/from the town office and the pond. She appreciated that. For next year, she requested that we be more careful in organizing parking in the town parking lot

to make sure that the police have a clear route of egress in case they get an emergency call.

- NSB: 1M/5K: Rowly is looking for experienced volunteers to help at finish line. Donna Smyers and John Hackney will be doing results. Darragh Ellerson volunteered to help with timing and will contact the woman who has helped in past with select times. Donna has ideas about improving the finish line chutes to reduce bottlenecks and make it easier for the number writers and tag pullers. Rowley reports pre-registrations are down about 10% at this point. Girls on the Run, the race beneficiary, is ramping up their marketing efforts.
- Sodom Pond 4 miler: In recent years, this event has had 20-30 runners. The race was added to the CVR/ORS Race Series this year in an effort to boost participation. Eric Ryea could use a volunteer to help prepare the free spaghetti dinner.
- Leaf Peepers: Greg Wight reported that the half marathon has 897 registrants and will close any minute (if not already). For the 5K, there are 285 out of 500 cap. Greg noted that the races are filling up at about the same rate as in the past despite the course change and the \$5 price increase. Andy Shuford reported that the Waterbury Select board granted all requested road closures for the event. Roger has prepared a letter to be sent out to every resident on the race route to notify them of possible delays and best strategies for getting around on race day. June Burr is recruiting volunteers for course monitors and parking directors. The new course will require more volunteers than the old course.

Dogs and Baby Joggers

We have had an increase (or at least a perceived increase) in situations where people want to run races with a dog or baby jogger. Although this is not prohibited by our insurance, the RRCA and our insurance carrier strongly discourage this due to safety concerns. We have been leaving this to race director discretion which has turned out to be problematic. Examples: inconsistency from race to race, not fair to others who would like to run with dog or baby jogger but abide by rules, etc. Discussion suggested that it would be easier for the race directors if the club had a stronger, clearer policy.

After discussion, it was proposed to adopt a policy against allowing dogs and/or baby joggers in CVR events. (Obvious exception: Mutt Strutt!) Race directors will be asked to include a statement to this effect on the race application. If the race director is aware of intent to run with a dog or baby jogger at the time of registration, then the race director should decline to register the runner. If the intent to run with dog or baby jogger is not known until later, then the runner should be disqualified and removed from the results. (Note: The race director cannot prevent anyone from running on public roads. The race director can only determine whether the runner will be considered a participant in the event and scored.)

The proposed new policy passed with unanimous consent. It is important to note that the club is not against dogs or baby joggers. The concern is about providing a safe environment for all participants. This policy will not apply to events that are specifically intended for dogs (e.g., Mutt Strutt). This policy may not apply to events owned by other organizations (e.g., NSB, ORS, etc.).

Equipment

Donna Smyers reported that the large finish line clock is currently not operational. The clock was last used at Montpelier Mile on July 3. It's next use was to have been Berlin Pond on August 15 but the clock would not hold a charge. Donna has shipped the clock to a service person in Boston for repair. We hope to have it back in time for NSB. If not, Rowly may need to borrow a clock from another organization. Donna reported that the clock is 28 months old and had a 24 month warranty. (Note: Later that evening, Donna learned that the battery only had a 12 month warranty.)

CVR does not rent out timing or racing equipment. We do lend equipment for free to other organizations when (a) there is not a conflict with CVR use and (b) a responsible club member is involved. Upcoming loans:

- April Farnham for Plainfield Old Home Days 5K, September 7th
- ORS for 8k Trail Race, September 21
- ORS for Autumn Onion, October 26 or 27 (date to be confirmed)
- David Vanderlinde-Abernathy for Barre Thanksgiving Day race (no request yet but anticipated)

Other

Ricarda Ericson will lead a training program to train women for 5K Leaf Peepers race. Participants have to registered for Leaf Peeper's 5K through normal channels. Richarda has led such a program in a couple of other years with as many as 22 participants. For the first time, CVR is offering a free trial membership to participants. Studio Zenith is also a sponsor and offering discounts on a class punch card.

Norm Robinson will be administering the cross country grant program this fall. The specifics of the program were approved at the March meeting.

Bob Murphy has a written history of the club and has digitized past copies of CVR newsletters spanning 25+ year. Jeff will discuss the feasibility of posting this information on the club website with Dave Kissner.

The next meeting is November 4th and will be hosted by Beth Daut at her home near Berlin Pond. If there is sufficient interest, there will be a 10K head-lamp fun run around Berlin Pond before the meeting.

Fabienne Pattison reports that there will be a new running event in Randolph this fall in memory of CVR member Carol Rittenhouse who died earlier this year in a single car accident. The event will be October 19 at Three Stallions Inn. There will be 10k and 5k trail races and a kid's run. Fabienne will supply additional information to be shared via CVR website and e-mail announcements.

Darragh Ellerson brought out a box of running footwear from yesteryear. The box included Darragh's first pair of running shoes. They looked like bowling shoes--very heavy with stiff soles. She also had very minimal ASICS Tiger shoes and the shoes from her first marathon.

Finally, she had a pair of early Nikes. These shoes originally had a flared heel but a local shoe person had filed them down for Darragh.

The meeting was adjourned at 8:06 pm.