

# Meeting Minutes

Submitted by Dan Grove, Secretary

**Date:** June 17, 2021 **Start Time:** 6:30pm **End Time:** later ;-)  
**Location:** Virtual/Zoom

Present	Not Present
Acting P: Marcy Foster	
	VP: Catherine Nelson
Acting VP: Claire Tse	
T: Mary Shedlock	
S: Dan Grove	
DWP: Vacant	
U40 MAL: Caitlin McBride	
MAL: Jeannie Johns	
	MAL: Roz Cherry

## Weekly Operations:

- **Weekly run-walks** return to normal. Breakfasts afterwards, even potluck in a house, are OK.
- **Water support** continues with board members supplying it, they also do announcements. We'll start providing cups this weekend (6/19). The current two-loop Sunday runs allow water and Gatorade at the halfway point as well as start and finish. Single-loop Sunday runs, with two hydration stations, can resume when other volunteers take over hydration support. The current **water support schedule** is linked below, covered thru July 25 so far:  
<https://docs.google.com/spreadsheets/d/1bdd3zNGshedfgoAMATmvPXdtfRpNF2Nb/edit#gid=565573717>  
Marcy coordinated water in the past, and may take that over again in August, TBD. Maybe Katie L doing reminders for it?
- **Saturday Course Marking** – Marcie got the list of people who “owned” certain courses in the past from Geoff, some people are coming forward to help.
- **New Members** – Not discussed – last month Jeannie was \*not\* getting contact info to greet them and follow up.

## Programs and Events:

- **Youth in Motion (YIM)** starts June 20 at Herndon Middle School – about 140 registrants! Jeannie is sending Mary invoices for the school rental. An injury report form was discussed, it's not likely there will be a need. CDC guidelines will be followed for all the kids' activities, and hand sanitizer will be available.
- **Interval Training Program (ITP)**, started June 16 at South Lakes High School track, about 37 people.

- **Women's Training Program (WTP)** – looking at Lake Fairfax August 9 -September 13 (start 6pm, sun sets at 7:20 on 9/13). The longtime coaches have been asked about their availability. Many PRR 5Ks to choose from, we won't do one. A slimmed program, capped at 100, no speakers. Back to normal next year. Maybe entry discount if also becoming a new member?
- **10 Weeks to 10K training program (10-10)** – won't happen on weekdays, schedule conflicts with WTP - maybe do this on weekends? TBD, Mary emailed John K.
- **Summer pavilion members party** - Saturday August 28, North Hills Pavilion 5pm (Mary booked it). Potluck and BYO, we'll provide paper goods and desserts (Marcy). Green Jacket awards (Marcy ordered one for John to match Joan's, with the old logo). Liquor permit to allow BYO – Jeannie looking into it. Some wine is in the storage area, maybe provide that, too.
- **Caitlin's Reston Library Sessions**  
Falling - <https://www.youtube.com/watch?v=Ggm2C5Jo3RU>  
Yoga – <https://www.youtube.com/watch?v=aZjNW74NH0w>  
Nutrition, not online yet

### Finance/Treasurer Report:

- Mary reported that we have about \$17K, fees for programs received increased it, but expenses aren't reported yet.
- Discussion about how to run programs – set guidelines for them that aim for a 25-35% profit built in? Mary's suggestion, she'll work up a recommendation.
- Documenting our programs and events – Dan's suggestion that working templates for them be maintained to allow smooth transitions to new program managers, an echo of Catherine's organization and documentation ideas.

### T-Shirts with the new logo:

- Mary is working with Fairfax Printing, online ordering dates TBD. The BOD will individually order enough shirts to meet the minimum and make it viable.
- The poll definitely favored Royal Blue shirts, another color may be added.
- Short sleeve, long sleeve, and tank top shirts will be available.

### Dates to Remember:

**Next BoD Meeting:** Saturday, July 17, In Person, time & location TBD