

## TRIPLE CITIES RUNNERS CLUB

MARCH 15, 2016

**PRESENT:** Mike Murphy, Meghan Mitrus, Mike Thompson, Dan Dougherty, Sue Cain, Vince Fox, Emily Piza-Taylor, Chris Cowden, Harry Back, Grace Tabeek, Matt Gawors, Kevin Pasterchik, Chris Simser, Aaron Perry

**RYAN'S SUPERHERO 5K & 1K RUN:** Ron Whelan requested timing for the 5K, to be held at Hickories Park on May 14<sup>th</sup> at 9:30am. Ron works at Fagnoli Farms to support therapeutic programs for children that cannot walk. "Ryan" (the race's namesake) completed his first 5K last year in 85 minutes, with his team of over 58 superheroes and he plans on breaking that record this year. Emily agreed to head up the finish line and will ask for volunteers.

**RUN FOR A REASON 5K:** Jim Saroka requested timing for the Run For A Reason 5K, held in Greene on June 6<sup>th</sup> at 9:00am. Chris S. agreed to head up the finish and ask for volunteers.

**ELECTION OF BOARD SEATS:** There are 5 seats open on the board. Sue Cain, Mike Thompson and Chris Simser are running for re-election. Sarah Yurka, Tom Ryan and Anne Seepersaud are also running for a board seat. Sue C., Mike T., Chris S., Sarah Y. and Tom Ryan will fill the 5 seats.

**ELECTION OF OFFICERS:** Chris C. running unopposed for President. Harry Back and Tom Ryan running for Vice-President. Grace Tabeek running unopposed for secretary and Kevin Pasterchik running unopposed for Treasurer. The following positions were voted on and filled: President-Chris Cowden, Vice President-Harry Back, Secretary-Grace Tabeek, Treasurer-Kevin Pasterchik.

**SECRETARY'S REPORT:** Chris S. made motion to accept, Emily second, motion passed.

**TREASURER'S REPORT:** Aaron made motion to accept, Emily second, motion passed.

**SPENCER 5K:** requested timing services on June 4<sup>th</sup>. No board members are available, Chris Cowden will let them know.

**DAVIS COLLEGE FALCON 5K:** Chris S. cannot go to the race with the clock, will need to let them know that no one is available that day.

**TIMING APPS:** Vince Fox discussed the possibility of using Race Splitter, a phone app to score races. By utilizing this app, you can time runners as they cross the finish line. The cost of the app is a \$35 flat fee for a 30-day trial and there is no limit on how many devices can be used. This app is I-Phone adaptable. If a tablet is used, it can be used without Wi-Fi. Vince made a motion to spend \$35 on Race Splitter to be used at the Autism 5K. Mike second, motion passed.

**FORKS 15K:** Sue Cain reported that there are 300 pre-registered runners. She needs volunteers for mile 4 water stop. Also reported that Logowise will be doing the shirts and awards.

**BEERS & BEASTS 8K:** Sue Cain requested chip timing for the finish. Will look at Scranton Running, Kirby Timing, Leone Timing and Fast Track Timing. Sue, Grace, Aaron & Tom will work on a plan for bundling BB8K, Women's Run 5K and Turkey Trot 5 Miler.

**Matt Gawors:** Matt reported that Mark Mushalla wants to rent the chip timing equipment, with a possibility of buying the equipment from the TCRC.

Matt talked about a TCRC Youth program that teaches local youth about nutrition and fitness. Dan Dougherty agreed to be the contact. There is also a Healthy Initiative Grant available and Sarah agreed to help write this grant.

Matt asked the board to approve joining the Chamber of Commerce. Said they can offer TCRC interaction with the community, workshops with local runners and information on sports medicine. Mike made motion to join the Chamber for \$310, Matt second, motion passed.

**ADJOURN:** Kevin made motion, Aaron second, passed at 8:45

**NEXT MEETING:** April 12, 2016

**SUBMITTED BY:** Grace TabEEK