

Outer Banks Running Club - 2010 Minutes

OUTER BANKS RUNNING CLUB MEETING MINUTES

December 21st, 2010

6pm Location: Ramada

Record of meeting participants: Yvette Kirkpatrick, Karen Warlitner, Ron Farley, Suzanne Deiss, Ari Vucinovic, Frank Ausband, Jay Bowman, Brenda Williams

1. Yvette welcomes everyone to the meeting.
2. Minutes from the October 25, 2010 meeting were read and then approved.
3. Ron gave the Treasurer report and at this time our balance is \$12,020.16
We have a couple of bills outstanding (estimate \$300.00) and this will be taken care of.
4. 165 OBRC MEMBERS.
5. Discussed our expenses...A few of our bills will be going up in 2011, Constant Contact- we will now be able to add our own pictures. Also our equipment insurance due to the computer purchase.
6. Karen made a motion and was second by Frank and all were in favor to approve Treasurer Report.
7. Discussed website design modifications and decided to carry this over for discussion in 2011.
8. Discussed 2011 Awards/ Medals and think this can be left up to each race director as to what they would like to do.
9. Decided to let everyone look over budget and then can be discussed and approved at a later time.
10. Next we discussed year end donations, Frank made a motion and was second by Ron and all were in favor to give \$500.00 to GO FAR for their upcoming spring program and \$200.00 to ONE WORLD RUNNING to help Sandy Ball finance her next shipment. Also \$500.00 to Ham Radio Guys who have been such a big help to us at a number of our races! Total amount \$1,200.00
11. Karen gave Gobbler report. GREAT success!! 400 runners and would like to raise that number next year.
12. Ron race director for the upcoming Frostbite 5k to be held on January 22, 2011 at 9am will be getting registration up and running as soon as possible. This is the clubs membership drive, \$35.00 will get you a OBRC membership for the year and a tech shirt.
13. We are looking into a short sleeve with a new logo tech shirt for 2011!
14. Discussed Old Business- Website grant, we tabled this for right now. We would like to get bids and form a committee to help with this in 2011.
15. Ron motioned OBRC officers as read and was second by Brenda and all were in favor.

2011 OBRC OFFICERS are:

PRESIDENT: Karen Warlitner

VICE PRESIDENT: Jay Bowman

TREASURER: Ron Farley

SECRETARY: Amy Wood

OBRC TRAINING COACH: Ari Vucinovic

IMMEDIATE PAST PRESIDENT: Yvette Kirkpatrick

NEXT MEETING JANUARY 18th, 2011 TUESDAY AT 6PM

LOCATION TO BE DETERMINED

Meeting Adjourned!

OUTER BANKS RUNNING CLUB MEETING MINUTES

OCTOBER 25th, 2010

6pm LOCATION: HILTON

RECORD OF MEETING PARTICIPANTS:

Yvette Kirkpatrick, Ron Farley, Suzanne Deiss, Andy Garza, Rachel Johnson, Jay Bowman, Samantha Brown, Charlie Watson

1. Yvette welcomes everyone to the meeting.
2. Minutes from the August 24th, 2010 meeting were read and then approved.
3. Rachel and Andy Race Directors of The Lost and Found Colony 5K were happy to report that they had 125 registered runners with 114 crossing the finish line.
All invoices have been given to Ron. \$2,300.00 was raised with \$1,900.00 in sponsors. Money raised will be going to Food for Thought and The lost Colony.
4. Next Ron gave the Treasurer Report. Our balance at this time is \$6,211.84. Our current number of OBRC members is #176.
5. Samantha Brown with the GO FAR PROGRAM (Go Out For a Run) has 300 students participating in this program this year and with only a few weeks left the kids will run either the FUN RUN, 5K, or 8K on Saturday November 13th.

Samantha, would like to have a Special GO FAR Run possibly held in May 2011 just for the KIDS with maybe an (ADULT FUN RUN) to help raise money for scholarship funds for the Go FAR KIDS! Samantha would like this to be a Family Fun type Day!
6. Jay Bowman and Matt Costa Race Directors of The Get Pumped For Pink 10K was a GREAT Success! Total entry fees and sponsorships were \$6,425.00 Expenses \$2,785.83. Great Finisher Medals and Shirts! 100% of the event proceeds stayed local to provide mammograms and care to women and men without access to health care.
7. Wild Goose Chase had \$700.00 total entry fees and total charity \$400.00

8. The Second Thanksgiving Day Gobbler 5K is now open for registration! 400 limit this year. Looking for volunteers to help. Karen Warlitner Race Director.

9. Ron Race Director for The Santa Chase 5K will be held on December 11, 2010 this year. 250 limit. Starting in KDH at the skateboard park and running towards Nags Head Woods. Also, will be needing volunteers to help.

10. Jay Bowman graciously offered to look into finding a NEW design for a NEW OBRC TECH SHIRT!

11. Discussed upcoming Outer Banks Marathon Expo, We will need club members to volunteer time to staff the Information and OBRC booths at the Dare County Youth Center. Yvette is the Expo volunteer contact. We will sell OBRC shirts and I RUN OBX stickers. We will send out an email blast for this.

12. A new tall table was purchased to hold our new computer and printer at our events!

13. Slate of officers were discussed. The club will need a 2011 President, Karen will remain as Vice President, Ron as Treasurer and Ari as the clubs running coach. Suzanne will step down so a secretary is also needed. Yvette will be past president on the board. Email will go out to help us with this.

14. Looking into fixing up website in the new year.

Meeting Adjourned!

NEXT MEETING DATE: NOVEMBER- Exact date to be announced!

OUTER BANKS RUNNING CLUB MEETING MINUTES AUGUST 24, 2010 6:00pm RAMADA

Record of Meeting Participants: Yvette Kirkpatrick, Karen Warlitner, Ron Farley, Suzanne Deiss, Ari Vucinovic, Jim Snyder, Samantha Brown, Matt Costa, Jay Bowman, Rachel Johnson, Tim Radigan, Charlie Watson, Helen Brauch, Shannon Kinser, Mike Painter

1. President Yvette Kirkpatrick welcomes everyone to the meeting.

2. Minutes from the April 27th, 2010 meeting were read by Suzanne Deiss and then approved.

3. Ron Farley gave the Treasurer Report and at this time we have a balance of \$6,770.28

Current number number of OBRC members #158

4. Board members met May 12th, 2010 at Ron's office to go over 2010 Budget. Karen made a motion and was second by Nemo Brauch and everyone was in favor to approve 2010 OBRC Budget.

5. Samantha Brown the After School Director came to discuss The Go Far Program (Go Out For a Run) This is a 10 week walk/run program with lessons on healthy eating which culminates in participation in a local 5K race! The fall program will start September 20th, and run through November. Samantha is looking for coaches to help 2 days a week for an

hour in the afternoons. Also, looking for sponsorships. The running club will put out an e-blast to help.

Karen made a motion and was second by Yevette and all were in favor to give \$500.00 to The Go Far Program. Sam. will update and let us know how things are going.

6. Matt Costa and Jay Bowman from Knuckle Up New Race Directors came to discuss the upcoming GET PUMPED FOR PINK 10K! This inaugural event combines a 10K road course with a optional pumping iron segment combining for an overall Fitness Finish Time. One of a kind awards are being created for this event. 100% of the event proceeds stay local to provide mammograms and care to women and men without access to health care.

7. Next Rachel Johnson one of the new race directors came to discuss The Inaugural Colony Lost and Found 5K being held in Manteo in October. This event will benefit Food for thought, and The Lost Colony.

8. Shannon Kinser and Mike Painter came to talk about The Wild Goose Chase 2010 5K being held on Saturday October 9th, at 9am. Proceeds from this will benefit many charitable causes, including Albemarle Hopeline, and scholarships for local youth. There will also be a Fun Run and all proceeds will go to the Rotary Foundations Polio Plus Challenge.

9. Nemo Brauch discussed her training that she has been doing for the Wisconsin Ironman, this coming September 12th. She will swim 2.4 miles, bike 112 miles, and run 26.2 miles!! She has only a few weeks left to finish her fundraising for The Outer Banks SPCA.

10. Next Karen Warlitner talked about the 2nd Gobbler 5K to be held on Thanksgiving morning at 8am in the Village of Nags Head

11. Next Ron Farley race director for The Santa Chase. This event will take place on December 11,2010 and be held in Kill Devil Hills.

12. Next Karen showed the new laptop with wireless printer that was purchased for the club!

13. We have received a Grant to help us with our website.

14. Discussed Marathon support. We plan on having a booth at the expo. The 8K in November is on track. The 8K will start at 7:30, The 5K at 9:30, The Fun Run at 10:30, and new this year for little ones The Diaper Dash at 11:00. Distance 26.2 yards. Steve Siegrist, Jody Long and Samantha Brown will help staff and run the 8K event.

15. Discussed looking into getting different running club shirts - this will be researched.

16. Discussed Proposed 2010 OBRC Calendar and Club Events.

17. Still looking into some type Volunteer Program.

MEETING ADJOURNED.

NEXT OBRC MEETING OCTOBER 26, 6pm at The RAMADA

**OBRC BOARD MEETING MINUTES
MAY 12, 2010
6:00PM RON FARLEY'S OFFICE**

Board Meeting Participants: Yvette Kirkpatrick, Karen Warlitner, Ron Farley, Jim Snyder, Suzanne Deiss

Members of the Board got together to discuss OBRC 2010 Budget.

A few adjustments were made to our annual expenses:

1. Race Insurance Added
2. Domain Name Renewal 9/2012
3. Upgrading Constant Contact

Discussed miscellaneous operating expenses:

4. We felt we did not need as much as before for advertising...Brochures/Stickers lowered the amount to \$100.00
5. We added \$500.00 for Volunteer Appreciation
6. Added \$300.00 for Office Supplies

Discussed Asset Purchases from Cash Flow:

7. Merchandise – T-Shirts Changed to 50 @ \$11.00 for a total of \$ 550.00
8. Discussed OBRC Scholarships and changed the amount to \$900.00
9. Under Revenues we added for the Club Event Gobbler \$200.00 for Police and \$100.00 for Permit Fees.
10. Discussed 2010 Jingle Bell 5k- New Race Director- Ron Farley with plans to change locations and upping the participants to #150.
11. Discussed Club Managed Events: Sam Cortez, New Race Director for Killer Dunes, Matt Costa from Knuckle Up New Race Director for upcoming Race in September, Curritucks Wild Goose Chase in October, and Andy Garza, Rachel Johnson New Race Directors for upcoming Race October 23, in Manteo.
12. Discussed informing RRCA immediately when races are added to calendar.
13. Discussed Purchasing Laptop/ carrying case/ printer/ ink cartridge / etc. still looking for the best price and will purchase as soon as we find what we are looking for.
14. Discussed Timing Systems- We talked about forming a Timing Systems Committee to help with this matter. Discussed sending out an email blast to members to see if anyone has any interest or knowledge in this.
15. Discussed Website Modifications, We would like to redo a few things. Charlena and Lloyd are willing to work with us and help us bring the website up to date!
16. Discussed OBRC Clinics- Still looking into this- Clinics that would benefit our members!
17. Discussed Volunteer Shirts-
18. Discussed the Importance of Thanking Our Volunteers!!
19. Discussed New Awards...getting something other than the ribbons we have used in the past.

Meeting Adjourned!

NEXT OBRC MEETING AUGUST 24, 2010 6:00PM AT THE RAMADA!

OUTER BANKS RUNNING CLUB MEETING MINUTES

APRIL 27, 2010

6:00pm RAMADA

RECORD OF MEETING PARTICIPANTS: Yvette Kirkpatrick, Karen Warlitner, Ron Farley, Suzanne Deiss, Jim Snyder, Steve Siegrist, Charlie Watson, Andy Garza, Rachel Johnson, Tom Ray, Sam Cortez

1. President Yvette Kirkpatrick welcomes everyone to meeting.
2. Minutes from the February 23, 2010 meeting were read by Suzanne Deiss and then approved.
3. Ron Farley gave the Treasurer Report, and at this time we have a balance of \$5,245.59 with no bills outstanding.
Our current total of OBRC Members 147!
Motion was made by Karen and second by Steve with everyone in favor to approve Treasurer Report.
4. We discussed the 2010 OBRC Budget and decided to set up another meeting to go over the budget with Board Members. This will take place on Wednesday May 12, 2010 at Ron's office at 6pm.
5. Discussed our website. We need to make changes and update the site. This will be more expensive. We would like to be able to take care of some of this ourselves. Motion was made by Karen and second by Ron with everyone in favor to shop around and explore website designs and bring back this information to the Board Members.
Also, Motion was made by Karen and second by Ron with everyone in favor to put together a Grant Request to possibly help us get the money needed for the website.
6. We are happy to have Liberty Tax Service as a new sponsor for the club.
7. We now have business permits in the town of Nags Head and Kill Devil Hills.
8. Discussed upcoming events: Sam Cortez is the new race director for The Killer Dunes 2 Miler. He is getting things ready and will get back to us on a confirmed date. We will then email blast to our members with all the details.
Andy Garza and Rachel Johnson are new race directors for the October race. This run will take place in Manteo. They are wanting to make this very Kid/Family friendly. Also will be getting back to us once they confirm the date.
9. Discussed Wild Goose Chase 5K. This will be on October 9, 2010. The OBRC will help them with this event.
10. Karen gave report on March's Leprechaun 8K. Very successful! Next year FS will do the timing.
11. Board Members and interested volunteers will meet with RRCA rep. Dan Edwards on May 22, 2010 at 3:00 at the KDH library.

12. Bertie County is having its 1st Annual Spooktacular 5K and Fun Run. The date will be October 30, 2010. This is to benefit the Good Shepard Food Pantry of Bertie County. Outer Banks Relief Foundation is supporting this event in order to help the citizens of the "inner banks" community, and who do not benefit from an economy driven by tourist dollars. They are asking for our support and would like us to promote this on our website.

13. Discussed PA Systems- Charles Hardy has offered to let us borrow his system at no cost! And Steve Thomas offered his system at \$50.00 an hour with a 2 hour minimum. Each race director will be able to decide what works best for them.

14. Discussed communications with other non-profits organizations by board members- we established that Yvette will be the official voice in this first.

15. Discussed scholarships for events- sometimes the cost of the event is too expensive for kids/adults to participate. We would like to be able to help with this.

16. OBRC is having a Social this Saturday May 1,2010. We plan to do our Saturday run on the beach at the Beach Run Series. This is a free 5k run that starts at 9am. Registration starts at 8:30. Location is at the Governors St. Beach Access. Race will be to the OB pier and back with water at the half. With a timed finish. Social to follow run! We will post on Facebook and Constant Contact.

17. Karen made a motion and was second by Suzanne with everyone in favor to Adjourn meeting.

NEXT OBRC MEETING AUGUST 24, 2010 6:00pm AT THE RAMADA

OUTER BANKS RUNNING CLUB MEETING MINUTES

February 23, 2010

6:00pm Ramada

Record of meeting participants:

Yvette Kirkpatrick
Karen Warlitner
Ron Farley
Jim Snyder
Andy Garza
Phil Howell
Ed Beckley
Charlie Watson
Terry Donahue
Cate Kozak
Suzanne Deiss

1. President Yvette Kirkpatrick welcomes everyone to the meeting.

2. Minutes from January 19, 2010 meeting were read by Suzanne Deiss and approved.

3. **Treasurer Report-** given by Ron Farley- Our current checking account balance is \$5,365.85

Ron informed the club that the IRS regulations state that if a non-profit's gross receipts are over \$25,000. You are required to file Form 990. "Gross Receipts" means everything you take in (including club dues, race entry fees, and sponsorship payments) before expenses. If we have "unrelated trade or business" income over \$1000. we must file a Form 990-T.

4. **SWEETHEART 8K-** Final Report given by Yvette. 108 were signed up with 78 showing up on a beautiful, but very cold snowy day! There was 14 Sweetheart Teams and 1 One Miler. 176 pounds of can goods was collected for the Food Pantry at Mount Olivet United Methodist Church and a donation of \$905.18 was given. One and a half Containers of running shoes were collected for ONE WORLD RUNNING! This was a very FUN and SUCCESSFUL event!!

5. **LEPRECHAUN 8K-** Progress Report given by Karen Warlitzner. As of this time 102 have signed up! Limit is 250. There are 2 levels: \$30.00 will get you a long sleeve t-shirt w/swag and \$15.00 No shirt w/swag.

The first 100 to sign up will receive an extra prize- and the first 150 to cross the finish line also a prize!

All permits are filed, 2 police officers on hand, Radio Club will serve as marshals and provide radio communications through the Nags Head Woods section of the course.

The Shuttle has been lined up for the event, 2 port a johns (TNT) \$50.00 each this year will be on hand.

Ron will be helping with the timing of this event!

VOLUNTEERS are still needed!

6. **Going Green-** with the water- we have switched to 5gallon jugs from Culligan.

7. **Still researching Timing Equipment-** Also looking into a PA System with plans to look into the DJ route...

8. We have moved into a new 5 by 10 storage unit(Nags Head Storage)

Ribbons, brochures, etc. inventory will be added to the list of items to our insurance- Karen made a motion and was second by Ron and in favor -all meeting participants to pay \$96.00 to have these items added to our insurance.

Also plan to look into the cost of a climate control unit to protect the race clock from extreme hot conditions/mold.

9. **Old Business-** The board is planning to meet with Dan Edwards (RRCA Tidewater Striders Rep) for guidelines that we can use to help us as the club grows.

We are getting many requests to put outside events on the website. We will sort through and along with our events but on a different listing - possibly links page and let people know of other nearby races.

Charlena is updating website and there may be an additional fee to do the maintenance and all of the updating that is needed.

We have a Budget/Wish List that was put together last year. We plan to review budget and will vote at next meeting. The budget will be sent out 7 days before meeting so that it can

be looked over ahead of time.

10. New Business- Discussed having clinics offered to our members to benefit them. Some ideas were Nutrition, Hydration, Shoes, Self Defense, etc.

Also talked about having some OBRC Socials- To get everyone together for some fun and food... Possibly a Predict your Time Event/ or a Age Graded Event... Maybe at a park or the beach.

Jim Snyder has been working on a Healthy Kids Program along with the Dare County Health Dept. and the After School Enrichment Program. The program lasts for 10 weeks and ends with a race... The First Flight 5K April 17. There are also plans to have the kids run at the Kelly's Parade, just before the parade begins, a distance of about $\frac{3}{4}$ of a mile. There will be thousands of people lining the road to cheer them on! A confidence builder for them!! Looking for help to pay for the insurance needed for this event. The cost \$124.50

**NEXT MEETING DATE -
TUESDAY APRIL 27th, 2010 6:00pm AT THE RAMADA**

Meeting Adjourned.

**OUTER BANKS RUNNING CLUB MEETING MINUTES
JANUARY 19, 2010
6:00pm RAMADA**

1. Record of meeting participants:

Yvette Kirkpatrick
Karen Warlitner
Ron Farley
Ari Vucinovic
Jim Snyder
Steve Siegrist
Ed Beckley
Chuck Parker
Tom Spisak
Tim Radigan
Helen Brauch
Suzanne Deiss

2. Minutes from December 9th, 2009 meeting were read and approved.
3. Chuck Parker came to the meeting to talk to the club about his **solo ultramarathon 40 miles** that he is running on February 27, 2010 at 7am. He is running from Corolla Lighthouse to Bodie Island Lighthouse as a fundraiser for the Fellowship of Christian Athletes. Chuck is inviting runners to accompany him along the way which will be on Highway 12. In our upcoming newsletter we will broadcast this information to members.
4. Discussed by law change and decided to hold off until our next meeting for more discussion. This will enable us to look into other area clubs to see how they handle

some of these same issues.

5. Ed Beckley prepared a chart for the club to look over and discuss of potential definitions of Club/Event affiliations and services.
6. Karen brought in the OBRC Financial Procedures to look at and this will go on the website along with membership form with the new PO Box address.
7. Discussed 2010 race calendar – Karen is getting together with Charlena to have website updated and corrections made.
February 13, 2010 SWEETHEART 8K - Race Director -Yevette Kirkpatrick
March 2010 RUNNING OF THE LEPRECHAUNS 8K-Race Director- Karen Warlitner
April 2010 EARTH DAY 10K- Sydney Fleming has moved to Colorado so we will need a new race director. There are a few possibilities, (PTA, Corolla Ocean Rescue, Cerf) the club will look into this.
May 2010 NAGS HEAD WOODS 5K- North Banks Rotary Club
July 4th 2010 KILLER DUNES 2 MILER – Race Director- Ed Beckley
August 2010 OBX SANDBAR 5K- Outer Banks Relief Foundation
September 2010 HERITAGE DAY 5K -Race Director- Ed Beckley
October 2010 WILD GOOSE CHASE 5K- Currituck
October 2010 Jody Long Race Director? (Fire Prevention Month) may not happen this year...Steve is looking into this.
October 2010 HAUNTED HALLOWS 5K-(Lost Colony)
November 13, and 14 MARATHON WEEKEND-13th-8k –Steve Siegrist -14th-HALF MARATHON-FULL MARATHON
November 2010 Duck TURKEY TROT 5K-Race Director-Nancy Caviness
November 2010 GOBBLER- Race Director-Karen Warlitner
December 2010 JINGLE BELL 5K-Race Director-Jim Snyder
December 31, 2010 TORTUGAS' LIE NEW YEARS EVE 3 MILER- Race Director-Mike O'Brien
8. Discussed trying to get more people involved to help out on different committees for the club. Thinking about coming up with some type of incentive program to attract more volunteers. Ed suggested Mike Mitchell could maybe help us out with this.
9. One World Running Program- Discussed putting information about this on the website possibly on a links page. Sandy Ball pays for all the shipping cost out of her own pocket and we would like to let people know that cash donations would be greatly appreciated.
10. Cross-Fit is offering a great deal for running club members-\$40.00 monthly fee. We will get this in writing for approval.
11. GSOBX- is trying to improve communications between the Tri group, biking group, and the runners! This will help to get information out to a larger number of people.
12. Discussed volunteers are needed for the First Flight Middle School Track and Field Program which starts February 15, and goes until the end of March. This is from 3:45 till 5 daily. They are needing help with training and meets.

13. We are looking into another storage unit. One that we would be able to access at anytime.

14. **TREASURER REPORT:** Karen

We had 105 Jingle Bell registration/memberships
14 memberships from Marathon Special at the Expo
1 Marathon Membership Special –extended for Christmas gift
1 Marathon Membership Special – extended for new member- 2 part process (Benson)
6 Memberships received in mail January 2010

TOTAL #127 OBRC MEMBERS

REVENUE:

Estimated check for Jingle Bell from Finish strong \$3,675.00
\$100.00 Membership Dues Deposit

EXPENSES:

Gobbler & Jingle Bell Port a Johns \$323.26
Reimbursement / Medals \$192.93
Hot Choc/ mmellows Jingle Bell \$17.51
Jingle Bell biscuits \$174.00
Jingle Bell supplies \$116.37
Additional Jingle Bell supplies \$8.62
Additional club shirts \$ 144.85
Printing extra club shirts \$209.68
Constant Contact 2010 \$306.00

Total expenses: \$1,493.22

OUTSTANDING BILLS:

Kelly's Sweet Potato Biscuits approx. \$150.00

STATEMENT BALANCE at the end of the year: \$3,723.01

**OPERATING BALANCE (statement less non-cleared expenses plus deposit) :
\$3,162.48**

OUTSTANDING REVENUE: Jingle Bell registration (estimated \$3,675.00)

UPCOMING EXPENSES:

Insurance
RRCA
USATF
Storage Facility
Website Hosting

15. **MEETING ADJOURNED!**

UPCOMING TENTATIVE MEETING DATES:

FEBRUARY

APRIL

AUGUST

OCTOBER

NOVEMBER