

## Sub5 Annual Meeting Minutes

03-11-2017

Attended: John Peckenham, Shane Martin, Matthew Revitt, Peter Lodge, Paul Tormey, Johanna Szillery, Ezra Dean, Glendon Rand, Kim Shire, Ethan Dapice, Deedra, Dapice, Jeff Dapice, Scott Lamontagne, Rob

Absent: Tim Cole, Larry Merrill

### 1) Introductions

Attendees introduced themselves.

### 2) Strategic Planning

Johanna asked attendees to share what they felt Sub 5 does well and what it needs to improve on.

#### Sub 5 does well:

- Race series which for some is what Sub5 is all about.
- Social side particularly the Monday runs which for some runners is more important than the competitive side of the Race Series. Bringing together runners of different abilities and backgrounds on the Monday runs to discuss their training and races.
- Assisting students with the scholarships granted.
- Facebook page updates including Dave Farrar's Monday night run posts.
- Membership numbers are healthy, currently at 159 members, but could rise to 200.

#### Sub 5 could improve on:

- Like many other groups Sub5 needs new members, particularly younger members in the 18-29 age categories. Some age categories in the race series had very few runners who completed the minimum of five races to qualify for an award, or some cases no runners like female 30-39. Attendees discussed the difficulties in recruiting younger members and that incentives like beer were not events Sub5 could organize without potential liability for the Club.
- Need to address the fact that it's hard to get content for the newsletter (so much content today is added to Sub5's Facebook page).
- How to get the message across that Sub5 is open to runners of all abilities and is not elitist as the name Sub5 name might suggest.
- Improve communications and marketing of the club and races. Sub5 have previously been approached by the *Bangor Daily News* regarding a running blog and Margaret

Capehart had a spot on a local radio station to discuss the club. Dave Farrar volunteered to look into the possibility of him resurrecting the radio spot.

- The Board needs to support Glendon by sending him content (applications and results) for the website because understandably he doesn't have the time to manage both the website and trawl for content. Any races missing from the website are because Glendon hasn't been received the content. At the very least directors of Sub5 Race Series races need to understand that being part of the Series comes with the responsibility to send Glendon both their race's application form (or link to) and the race results. Attendees discussed how some results are only posted on the Sub 5 website or only sites like coolrunning.com. A message could go out on Facebook to remind race directors to send application forms and results to the website. Johanna will contact Sub5 race series directors.
- Online member registration, the Board will look again at the possibility of providing online member registrations.
- Recruit volunteers for races (not just Walter Hunt)
- As well as having the formal Annual Banquet Sub5 could host a more casual annual social, like a picnic, similar to 30th anniversary celebration held in 2012 at the Joe Lawlor's house. Potential ideas for location were discussed including Brewer Lake.
- Learn from the experiences of other running clubs both in Maine and further afield.
- Have organized succession planning for Board Offices, so it's clear who is next in line to be president and so they can learn what is expected of the position prior to taking office. Possibly assign specific tasks to the roles of current president, president elect (vice president), and the past president (this may require a review of the by-laws).
- The Board needs to be clearer on what decisions are best made by individuals versus the group because sometimes if it's left to a big group then no one takes charge (idea to have subgroups like for banquet planning).
- Make it clear the Board welcomes ideas from the membership at large (should be posting board meeting minutes).
- Shane felt the Board does of a good job of spending money, but not as well at bringing in revenue, but this opinion was not universally shared by others present considering the healthy state of the Sub5's bank accounts.
- Notify the membership of board meeting dates to encourage member to attend.
- Maintain an archive of the history of Sub5 including meeting minutes and bylaws. Consider digitizing the material.

### **3) Pete Lodge Honorarium**

The Board agreed (via email prior to the meeting) that Pete Lodge should receive \$500 as an honorarium for his work as track coach for the Sub5 summer track workouts, which will be starting again in May time.

#### **4) Vote on Sub5 Board roster**

- John went over the roles and responsibilities of the Board.
- John confirmed that Tim Cole had indicated (via email) his willingness to continue on the Board, but that Larry Merrill was stepping down.
- The following 11 individuals were nominated to serve on the Sub5 Board:
  - Tim Cole
  - Pete Lodge
  - Ezra Dean
  - Paul Tormey
  - Johanna Szillery
  - Matt Revit
  - Shane Martin
  - Deedra Dapice
  - Kim Shire
  - Glendon Rand
  - John Peckenham

The motion to approve the board roster was passed with 13 votes in favor and 1 abstention (Pete Lodge).

#### **5) Race Series Statisticians**

Dave Farrar (women) and Katherine Collins (men) agreed to continue as statisticians for the 2017 Sub5 Race Series.

#### **6) Vote on Board officers – President, Vice President, and Treasurer**

- a. Johanna Szillery was nominated as president
- b. Paul Tormey was nominated as vice president
- c. Shane Martin was nominated as treasurer

The motion to approve the above nominees was passed with 11 votes in favor and none against.

Johanna Szillery replaces John Peckenham as president, Paul Tormey replaces Johanna Szillery as vice president, and Shane Martin is reappointed for another term as treasurer.

#### **7) Race Series Planning**

- a. Walter Hunt Memorial 3K Planning - John and Dave Farrar agreed to assist Johanna with the organization of the Walter Hunt Memorial 3K. Need to start planning for sponsors

and registration in March. John will give the “winner’s plaque” to Ezra to get updated. Board members volunteering at the race can still participate as a runner.

- b. Bridge the Gap - Attendees discussed the new route for the race and that the race director Gary Allen has decided to go paperless and only have online registration. John confirmed for Matthew that he believes built into the agreement of Gary taking over directorship of the race is that Sub5 will continue to receive a contribution to its scholarship fund.
- c. Fort Knox - Still unclear who the director of this race is. Attendees discussed issues the previous director had with the Town of Bucksport when it came to logistics.

Ezra discussed the possibility of resurrecting the Orrington 10K race which used to be part of the track series. Ezra agreed to get in contact with the former director to find out more information.

### **AOB**

Lamey Wellehan- Dave reported that representative(s) from Lamey Wellehan will be attending the Sub 5 Monday night run on May 8th to have the runners test Topo running shoes.

EMCC is organizing a running series including a symposium on Thursday March 30th at Jeff’s Catering

### **8) Date of next meeting**

5:45 pm on Wednesday March 29th at Bangor Parks and Rec. From May onwards track workout starts so Wednesdays are out for Board meetings.