

Helena Vigilante Runners

Board Meeting #50

Meeting Minutes

November 11, 2019

-- action items bolded below --

I. Call to Order

Patrick Judge called to order the 50th meeting of the Helena Vigilante Runners at 7:00 pm on November 11, 2019 at 107 W. Lawrence, 2nd floor conference room.

II. Roll call:

The following 11 board members were present, making a quorum:

Pat Judge, President
Jeff Thomas, Vice President
Ann Seifert, Treasurer
Jason Brown, Board Member
Sean Connolly, Board Member
Beau Downing, Board Member
Joel Harris, Board Member
Erik Makus, Board Member
Christy Stergar, Board Member
Em Thiessen, Board Member
Lila Thomas, Board Member

Regrets:

Sarah Urban, Secretary
Julie Ackerlund, Board Member
Shiloh Hernandez, Board Member
Jesse Zentz, Board Member

Guests:

Ben Quiñones, HVR member interested in learning more about the club

III. Minutes

• Jeff Thomas moved adoption of the August 12, 2019 minutes. Lila Thomas seconded the motion, and the motion passed unanimously.

IV. Financial Report

- Checkbook Balance as of 11/11/19: ~\$20,000 (Pat and Ann are in agreement)
note that some of this is earmarked for the Sun Run payout to Helena Schools
- Projected Year-End Profit (and Projected Year-End Balance) as of 11/10/19
Budget: \$349.37 (\$14,664.81)
Current Projection: \$1,847.37 (\$16,162.81)
- Gross revenues were strong (\$42,000 already -- keep below \$50,000 or 990 form!)

but much of this is pass-through (Sun Run)
Jeff and Pat are aware of no prohibitions or issues with that

- Fundraisers:
 - Windbag (Monday, June 24) -- raised \$1,305.79 (vs. \$500 budgeted)
very successful and fun! we should definitely try to line that up again
 - Ten Mile Brewery (Sunday, September 8) -- raised \$189.04
- Summer Fundraiser: 80 donations: \$6,304.66 - \$3,508.80 (jackets) = \$2,795.86

V. **Proposal to Adopt New Bylaws (draft circulated to board on 10/14/19)**

- 2009 Bylaws served us well for 10 years, but they have some shortcomings
- the proposed Bylaws were modeled largely after RRCA template
- explicitly recognize members, and give them voting rights to elect the board
 - Pat described the election procedure
 - 2020 election to be administered by Sarah Urban (Secretary) and Erik Makus (Additional Board-Member-Not-Up-For-Election)**
 - there may be software available to streamline the voting process**
- also envisions assessing annual dues, at a rate determined by the board
- Jeff & Pat clarified that the organization could still take positions on legislation, ballot issues, etc., but that there are limits on expenditures on these activities
 - 501c3 organizations cannot support a political candidate or party
- Christy Stergar moved adoption of the proposed Bylaws as a replacement for the 2009 Bylaws. Erik Makus seconded the motion, and the motion passed unanimously.

VI. **Proposal to Assess Membership Fees**

- \$25 for 12 month rolling membership (+10% runsignup fee)
 - Jeff thought better to pick a number that we can stick with for some time (versus \$20, for example, and then having to increase it next year)
- higher levels will also be offered, thanks to a suggestion by Sean (\$50 and \$100)
- \$35 family membership not to be offered this year -- would be more complex to track
- applications for "financial hardship" waivers can be approved by the board
- Pat has drafted a letter to members explaining these changes
- benefits will include:
 - commemorative Vigilante gloves to the first 100 to renew
 - subscription to the "vig" listserv
 - RRCA membership, newsletter, and insurance coverage
 - 30+ Tuesday-at-Noon interval workouts, "Vig Credits" and Centurion Club
 - 30+ Thursday-at-5:45 group trail runs, "Trail Credits" and Centurion Club
 - 15% discounts on race registrations for:
 - Governor's Cup (thank you BCBS!)
 - August Trail Race
 - Mount Helena Run
 - Sun Run
 - XC Fall Classic
 - merchant discounts, starting with 10% off at Universal Athletic (T.Y. UA!)
 - club socials, starting with a Year-End Party on December 11!
- hoping for 100+ members

- **we want to make sure our SECGC donors receive member benefits too!**
- workouts would be open to newcomers wanting to check out the club
 - but if they start coming, they should sign up so we have a liability waiver on file also, listserv & vig credits awarded to members only
- Erik Makus moved approval of these new membership policies. Lila Thomas seconded the motion, and the motion passed unanimously.

VII. Program and Event Reports

- Speaking of Running -- Joel
 - Jesse has approached **Nick Symmonds** about speaking around Gov's Cup (possibly in exchange for a fly-fishing vacation?)
 - a couple of physical therapists have requested the opportunity to speak we haven't had this kind of talk for a while (some were good, some not)
 - trail runner Jeff Browning has moved to Bozeman
 - film event?
- HEAT Meet (Thursday, 5/28/20) -- Sean
 - Sean is on-track for 2020, with a couple of new possible sponsors**
 - Sean will also prepare the "Big Ask" again (\$3000 from BCBS, same as 2019)**
 - \$1,000 HEAT Meet
 - \$500 ATR
 - \$500 Mount Helena
 - \$500 Sun Run
 - \$500 MT Cup
 - BCBS also contributes \$1500 to JOXC, and \$2000 for employee match (Novas)
- Governor's Cup (Saturday, 6/13/20)
- The August (Thursday, 8/20/20) -- Pat
 - this year's race went well! new course & new timing system
 - turnout a bit down (high school season hadn't started yet)
 - planning to add online registration (including the 15% discount) for 2020**
 - bring lots of singles and quarters for race day registration discounts!**
- Mount Helena (Saturday, 9/19/20) -- Erik
 - The 2019 race was very successful, with increasing attendance and great weather. Erik discussed the financial statement and the survey results.
 - better notice to other trail users (Runner on Road signs, etc.)**
 - someone nearly collided with a loose dog
 - signs to encourage keeping dogs on leash for that day
 - try to get these posted at multiple trailheads on race day and/or before
 - Erik Makus nominated Beau Downing as the new Mount Helena Race Director. Beau accepted the nomination. Jason Brown seconded the motion, and the motion passed unanimously. Congratulations Beau! And thank you Erik for serving as Mount Helena RD for the last 5 years!
 - Erik suggested spreading the work around (e.g. volunteer coordinator)**
 - Pat suggested trying to keep the same volunteers doing same things**
 - Erik will help out in 2020, as will Jason
 - Ann has done the course marking for many years
 - Pat will do back-up timing & video

Christy was happy helping out with packet pickup AND running!

- Sun Run (Saturday, 10/3/20) -- Pat for Shiloh

very good event in 2019:

199 runners (just shy of the 200 we were hoping for)

\$15,000 raised for solar panels on Bryant

Joel's new course at Central was great

partnership with Sleeping Giant Citizens Council is great

partnership with Montana Renewable Energy Association is great

(concurrent Clean Energy Expo at Central)

JET Announcing is always great!

hoping to repeat all of this for 2020 (to raise money for Central & Jim Darcy)

- MT Cup (Saturday, 10/31/20, Butte, Halloween!) -- Pat

fun trip to Kalispell this year, even though no Cups

Michele Bazzanella & Jeff Braun are seeing if Butte P&M Runners will host

if not, Dylan & Kelsie Zitzer possible race directors (Dillon)

or maybe even south side of Boulder!

Em suggested bringing a water jug on the bus - Pat will do so

- Trail Workouts -- Beau & Jason

going well!

no-drop workout (sometimes use a couple of groups, tortoises & hares)

draft 2020 schedule posted, with a semi-regular rotation

hoping to get Strava maps posted too (too big to send through listserv)

maybe incorporate some other runs (Scratchgravel, Lime Kiln, etc.)

leave the starting time at 5:45 pm

- Novas & JOXC/Fall Classic (Saturday, 11/9/19 -- next year 11/7/20) -- Jesse

Novas & JOXC update emailed by Jesse on 11-10-19

The 2019 Novas XC season was a great success with most of our practices hosting more than 40 athletes and our most recent two weeks hosting more than 60 each night. We also had 65 youth participate in the JO state meet, which means we had 41 percent of the participants wearing light blue singlets. It was a beautiful day for running and we heard lots of great things from coaches, competitors, volunteers and parents. Thanks to everyone who assisted for all of the help, which made this a great event.

We now have 11 SafeSport certified coaches between XC and track and field, and three additional SafeSport volunteers:

Coaches

- Jesse Zentz
- Stu Melby
- Eric Gomes
- Scott Todorovich
- Sheila Plant
- Michael Kauffman
- Michael Kaiser
- Andrew Mozer
- Kam Wrigg
- Bryan Tavary
- Josh Wigen

Volunteers

- Nicky Todorovich

- Sherri Gomes
- Patrick Judge

This puts us in a great position when hosting events and practices.

Moving forward, we plan to have a coaches meeting this winter to discuss plans moving forward. Because of the increasing numbers, we need to come up with a better practice/competition plan for track and field.

We are entertaining the idea of hosting very relaxed and abbreviated meets for Novas and all-comers one night per week (or every other week) in the late spring/early summer to use them as an introduction/training moment for youngsters, while also giving some of our experience kids a chance to coach and serve as mentors. This would be very helpful for our elementary age athletes, who can learn the rules and procedures in a "scrimmage" environment. We'd maintain our other three scheduled nights for practice, with only one night per week for the 10 and younger kids.

It's also worth noting, I have decided to remain on as USATF Montana Youth Chair, while Stu Melby is the new USATF Montana Marketing Chair. Eventually – pending a viable track – we would love to host the Montana JO T & F championships sometime in the future. I will be attending the USATF Annual Meeting in Reno in early December and hope to bring lots of great knowledge back to Helena from that event.

JOXC

I am still catching my breath, but I was incredibly please with the Junior Olympic Championships, which provided a more than \$1,000 boost to the club. Thanks to BCBSMT's kind donation and 165 registrations, we were easily able to cover meet costs, and I feel like a year of experience hosting the event really paid off this year.

In my role as USATF Youth chair, I will seek to host it again next fall, when I touch base with the USATF Montana board, because I think we have a great location for the event and Helena being so central helps with registration from more areas. I am helping folks in Billings get a club off the ground, and Mountain West intends to be more active during cross country in the future, which would help the meet expand. My hope is to be at 250 competitors within two years, regardless of where the meet is hosted.

VIII. Closing Items

- Em volunteered to host the Year-End Party at her house on Wednesday, December 11 wood-fired pizza - thank you Em!
- Erik took a straw poll of existing board members up for election:
 - Jason Brown -- running!
 - Sean Connolly -- running!
 - Patrick Judge -- running!
 - Ann Seifert -- running!
 - Lila Thomas -- not running -- the board thanked Lila for her years of service!
- Next Meeting Date -- Monday, February 17, 2020
- Adjournment -- 8:31

Minutes prepared by Erik Makus & Pat Judge in Secretary Urban's absence.

Addendum

- On December 11, 2019, Em Thiessen hosted a wildy successful year-end party!
- December 31, 2019 -- the revised membership renewal campaign exceeded its goals of "100+ runners with \$2500 net profit." The year-end total was 136 members and \$3186

profit (\$4654 raised minus \$1468 for the gloves). Gloves are in the process of being distributed. Other membership incentives (race discounts) are in place. Thank you to Membership Coordinator Julie Ackerlund for her great work on this campaign!

- On January 1, 2020, Sarah Urban and Erik Makus emailed a call for board nominations, followed by an electronic ballot sent out on January 16. On February 1, Sarah Urban emailed the following announcement:

Congratulations to the following Vigilante Runners who will join (or continue serving) on the board for the next three years.

Jason Brown

Sean Connolly

Patrick Judge

Abigail McLane

Ann Seifert

The election results were very close! We would appreciate any feedback if you had any problems with the voting process (send those comments directly to Sarah or Erik). Thank you to all who ran for the board and also to all who voted!

Sarah and Erik

HVR Board Members

- On February 2, Em Thiessen launched a "lightly-used shoe drive" for deserving kids in Helena High School PE classes, and promptly received several offers!