

Helena Vigilante Runners

Board Meeting #62

Meeting Minutes

February 20, 2023

-- action items bolded below --

I. Call to Order

Patrick Judge called the 62nd meeting of the HVR Board of Directors to order at 7:02 pm on February 20, 2023 at “Vigilante World Headquarters” (107 W. Lawrence, 2nd floor conference room).

II. Roll call:

All 15 following board members were present (8 needed for a quorum), and all signed the annual Conflict of Interest policy form:

Pat Judge, President
Jeff Thomas, Vice President
Sarah Urban, Secretary
Ann Seifert, Treasurer
Michael French, Board Member
Joel Harris, Board Member
Mike Kaiser, Board Member
Erik Makus, Board Member
Abigail McLane, Board Member
Ben Quiñones, Board Member
Christy Stergar, Board Member
Emily Thiessen, Board Member
Cara Uribe, Board Member
Mitch Young, Board Member
Jesse Zentz, Board Member

III. Elections

Special welcome to new board members Michael French and Cara Uribe! And a hearty thank-you to the election team of Sarah Urban, Erik Makus, and Em Thiessen. The election went very smoothly (it’s always easier when there are precisely 5 candidates for 5 positions). The team had just a few notes to keep in mind for future elections (dealing with issues of shared or multiple email addresses, reminder emails, etc.). **See Erik’s write-up below.**

The 2022 officers all expressed willingness to serve another term. No other nominations were made, and the slate was approved by acclamation: Pres (Pat Judge), Vice Pres (Jeff Thomas), Secretary (Sarah Urban), Treasurer (Ann Seifert).

IV. Minutes

Jeff Thomas moved that the minutes from the 11/21/22 meeting be adopted as written. Em Thiessen seconded the motion, and the motion passed unanimously. Joel asked for

clarification on one point. The news **race-time cut-offs** that were adopted do not restrict registration, which can still occur on race day for many of our events.

V. Financial & Membership Report – Ann, Ben, Pat

Current QuickBooks Balance (2/13/23): **\$53,241.48**

Current Membership (2/13/23): **156** vs 136 last year

Many thanks to Ben Quiñones for keeping the faith that we could reach 150 by year-end!

VI. Budget Approval

Ann Seifert moved approval of the proposed HVR & Novas budgets (circulated 2/13/23, and **appended below**). The take-away is that the draft budget leans on our reserves (\$7,270.56 deficit) to accomplish two major objectives this year:

1) **Purchasing two AEDs** (one for Tuesday workouts & races, one for Novas).

2) **Getting caught up with “Vigwear”** (members have been making requests).

The equipment line item assumes 2 AEDs at \$1500 a piece + \$1000 for general equipment (standard line item) = \$4000. Ben encouraged us to get extra pads and fresh batteries if we get a refurbished model. Erik said you can get CPR & AED certified at the "Montana Safety Fest". The swag budget is \$7000.

Ben seconded the motion, and the motion passed unanimously.

Jeff clarified that the budget currently does NOT envision professional timing services for August Trail Race, but that could be changed later. Competitive Timing contracts currently envisioned include:

1) MHR remote score (\$415 in 2022)

2) HSR full service (\$1177.50 in 2022 – use their power, PA system, and music)

Joel – The Sun Run team is looking to cut costs, so this may be adjusted.

Em pointed out that it's nice to have with inclement Sun Run weather!

3) MTC remote score (this is how they handled it in Lolo)

VII. Distinguished Vigilante Award

In an email on 2/13/23, Pat nominated Dave Roberts for the 2023 Distinguished Vigilante Award, noting that Dave is a truly remarkable athlete and Vig member:

- *Carroll track records in all 3 distance events (1 mile, 2 mile, 3 mile – from the original track program, before Bill Ballinger re-established the current Racing Saints programs)*

- *Gov’s Cup Marathon Masters Record (2:33:42, 1991)*

- *Boston Marathon runner-up in the 50-59 age group (2:42:16, 2001)*

- *Aspen-qualifying Vig Scrimmage 1-Mile mark at age 63 (5:56, 2014)*

- *five sons, all fast (Joe, Dave Jr., Andy, Tom, Tony), with four of them having competed for HHS (including state champ Joe)*

Dave has been a dedicated Viger since 2014 and earned “Centurion” honors in 2021 (he’s currently at 119 Tuesday workouts).

He is also a very kind & humble person who has not sought/received the kind of recognition he deserves, IMO.

HVR has many fine & distinguished runners its ranks, but I think he would be a great nominee for 2023.

Ben seconded the motion, and the motion passed unanimously.

Pat will order the award.

VIII. Program and Event Reports

- Track Workouts (Tuesday, 3/14/23) – Pat
 - **Jesse & Jeff will investigate the possibility of year-round porta-john.**
 - **Maybe split the cost with Carroll?**
- Trail Workouts (Thursday, 3/16/23) – Erik
 - As with last year, rotating leaders will take one week each month.
 - Leaders include: Erik, Abby, Em, Mitch, Christy (5th Thursday)
 - McLanes can host the "Season Kickoff - Phase 0 Party" again on 3/16/23.
- HEAT Meet (Thursday, 5/25/23) – Em, already making good progress!
Met with Sean, facilities permit is done, and RunSignUp is done.
Em will reach out to the group for assistance as needed.
- Novas Report – Jesse
 - Kaiser and Abby coached. We had the largest group outside of Idaho at NXR.
 - Trying to work with both high schools to have kids participate under the Novas.
(haven't wanted to step on the toes of the Speed Goats, but phasing-out?)
(Novas has had west-side kids, as well as MT City, East Helena, etc.)
 - We are the only club right now that supports elementary age kids
(new clubs expected soon in both Billings and the Flathead)
 - Simplot Games – witnessed a world record shot-put throw & other great events
 - Spokane indoor meet will be in two weeks. 200m hydraulically-banked track.
every event is livestreamed!
 - Regionals is July 7-8th in Boise. Nationals is July 24-30 at Hayward Field.
- Governor's Cup (Saturday, 6/10/23) – Jesse
 - All events will be happening. They are pushing the relays. **Vig teams?**
 - Nate Wellington is taking on a bigger role (and recently joined Vig)
 - discussions still taking place regarding 10k course tweaks
- JOTF (Friday & Saturday, 6/16-6/17, 2023, Missoula) – Jesse
 - hosted by Mountain West at Dornblaser this year
- August Trail Race (Thursday, 8/17/23) – Pat
- Mount Helena Run (Saturday, 9/23/23) – Abby
 - Sandy offered "permanent" restroom use at Birds & Beasley's
but she's trying to sell the business
- Sun Run (Saturday, 10/7/23) – Joel
 - Committee will be meeting later this week – stay tuned for more updates
- MT Cup (Saturday, 10/28/23, Helena) – Pat
 - There will be a committee to make the “best ever” Montana Cup.
 - Pat will send an email out for ideas and to investigate potential locations:
 - Tenmile Trails (permit already approved)
 - Helena Trap Club (no cost)
 - Bill Roberts Golf Course (\$1200 rental cost)
 - Fox Ridge Golf Course
 - Juedeman Ranch
 - McMaster Ranch North / Spokane Bay
 - Masolo Ranch
 - Scratchgravel
 - Zinn Ranch – **Michael French will reach out**

others?

- JOXC State (Saturday, 11/4/23, back in Helena) – Jesse
 - Bill Roberts is \$1200 to rent now
 - will continue to offer an adult race option
- Crossroads Turkey Trot (Thursday, 11/23/23) – Mitch
 - 11/24/22 event was a success! 450-500 runners
 - some confusion whether they still take food donations (they don't)
 - the new partner is Girls Thrive (instead of Food Share)
- Speaking of Running (SoR) – Joel, many good ideas:
 - John Fitzgerald – Helena-based ultrarunner, 9th at the Hardrock 100 last year
 - Erica Burk-Jarvis – BYU All American, lives in East Helena now (15:30 5k)
 - Dr. Lisa Bliss, Spokane – Badwater 135 champion (2007)
 - Gulner Tumbat – 1st Turkish woman to summit all 7 peaks and ultrarunner
 - Ben had the idea of Rebecca talking about donating a kidney. Jason Gildea is a kidney transplant recipient & Vig member. Would he be interested too?
 - Erika Ackerlund, Aidan Reed? recent HHS graduates who reached pro-level
 - Free Locations (capacity):
 - Helena College (75), BCBS (100), Carroll (many options), Library (50)
 - **possibility of having a talk before workouts start?**
- Social Report & Community Night Fundraisers – several volunteers for parties this year
 - Jeff & Lila
 - Em
 - Jesse

IX. Closing Items, Other Announcements & “Round Robin” Session

- **Strategic planning meeting sometime in the future?**
- Divisional Track will be held in Helena May 19-20, and they will need volunteers.
- VERY generous donation made to the local HS running programs – not yet public.
- There's interest in a new scoreboard for Vig that would tie into the new Lynx system
- Look into setting up a **swag store** – Christy & Em are interested in being on this team
 - Jesse has had good luck with BSN out of Bozeman (UA no longer does this)
- Next Meeting Date – May 15, 2023
- Adjournment – 8:47 pm

Minutes prepared by Sarah Urban and Patrick Judge.

Addendum – Post-Meeting Interim Board Activity (especially votes)

- On March 17, the group decided to green-light a one-time promotional email to "vig" for a Yoga-for-Runners class.
- On March 24, the new brochure (developed by Michael French) went live on the website. Thank you Michael! :)
- On March 28, the group declined to be a partner in the Texas 4000 Cross Country Bike Ride, but did forward the invite to local cycling groups.
- On April 28, the group agreed to move the next HVR meeting to May 22 (with apologies to Abby & Michael).

2023 HVR BUDGET

	Adopted (2/20)	Actual (2/13)	Projected
STARTING CHECKBOOK BALANCE	\$51,458.61	\$51,458.61	\$51,458.61
Event & Program Proceeds			
HEAT Meet (2022 actual, includes \$1000 BCBS)	\$1,500.00		\$1,500.00
August Trail Race (2022 actual, includes \$500 BCBS)	\$3,396.12		\$3,396.12
Mount Helena Run (2022 actual, includes \$500 BCBS)	\$3,380.75		\$3,380.75
Sun Run (2022 actual RACE INCOME, includes \$500 BCBS)	\$6,396.25		\$6,396.25
Montana Cup Hosting Income (2015 actual)	\$7,690.00		\$7,690.00
JOXC / Fall Classic (JZ estimate: \$600 reg + \$1500 BCBS)	\$2,100.00		\$2,100.00
Novas Youth XC & Track (JZ estimate - see Novas Budget 2023)	\$18,800.00	\$1,926.00	\$18,800.00
Contributions & Other Income			
Memberships & Contributions (2022 actual - \$1000)	\$6,604.17	\$46.57	\$6,604.17
SECGC (2022 actual)	\$87.63		\$87.63
TOTAL INCOME (try to keep under \$50,000 for tax purposes)	\$49,954.92	\$1,972.57	\$49,954.92
Event / Program Expenses			
HEAT Meet (matched to income)	\$1,500.00		\$1,500.00
August Trail Race Expenses (2022 actual + \$20 PPLT)	\$245.00	\$20.00	\$245.00
August Trail Race High School Contributions (2022 actual)	\$3,200.00		\$3,200.00
Mount Helena Run (matched to income)	\$3,380.75		\$3,380.75
Helena Sun Run (matched to income)	\$6,396.25		\$6,396.25
Montana Cup Hosting Expenses (matched to income)	\$7,690.00	\$20.00	\$7,690.00
JOXC / Fall Classic (JZ estimate)	\$2,000.00		\$2,000.00
Novas Youth XC & Track Operating Costs (JZ estimate - see Novas Budget)	\$18,300.00	\$129.70	\$18,300.00
General & Administrative Expenses			
Board Expenses (election software)	\$49.00		\$49.00
Advertising (Track Signs, 2 x \$500 annual)	\$1,000.00		\$1,000.00
RRCA Membership & Insurance (2022 actual)	\$895.84		\$895.84
Porta-John for the Track (\$93 x 6 mo, May-Oct)	\$558.00		\$558.00
MT SOS Corporate Filing Fee (2022 actual)	\$20.00	\$20.00	\$20.00
Awards (2022 actual)	\$160.00		\$160.00
Web & Listserv Expenses (2022 actual, including MT Cup)	\$452.98		\$452.98
Office (PO Box, Postage, etc., 2022 actual)	\$166.00		\$166.00
Promotional Swag (estimate)	\$7,000.00		\$7,000.00
SECGC Application Fee (2022 actual)	\$40.00		\$40.00
Facility Permit Fees (2022 actual)	\$55.00		\$55.00
Equipment & Supplies (including Novas - 2020 actual), 2 x AED in 2023	\$4,000.00		\$4,000.00
QuickBooks Subscription (2022 actual)	\$116.66		\$116.66
TOTAL EXPENSES	\$57,225.48	\$189.70	\$57,225.48
NET PROFIT	-\$7,270.56	\$1,782.87	-\$7,270.56
BALANCE	\$44,188.05	\$53,241.48	\$44,188.05

2023 Helena Novas XC & TF Budget

Spending			Income		
Item	Estimate	Notes	Title	Estimate	Notes
Simplet Games	\$5,000	Includes USATF membership, meet registration, vans, lodging, fuel	Volunteer BCBSMT Jesse's Hours with Novas	\$2,000	Same as last year. Would like my volunteer match to be earmarked for Novas, since that's where I volunteer.
JO State Track	\$3,500	Considering renting bus to take athletes to Missoula for State, but only if lodging can be	Simplet Games Registration	\$4,300	\$60 fee for 2023 Novas Track Trip to Bozeman for Big Sky Conf and indoor meet. 22 athletes.
JO State XC	\$2,000	Estimate of facility rentals, equipment, etc. for hosting state track; no entry fees for host.	BCBSMT JOXC Sponsorship	\$1,500	Historic Sponsorship from BCBSMT for JOXC meet.
JO Regional Track	\$2,000	Estimated cost of entries to regionals in Boise.	Cross Country Registration	\$3,000	Based on \$50 entry fee and estimated 60-70 participants.
JO National Track	\$1,000	Cost of entries to Nationals for athletes, which could be high, since Nationals is at Hayward Field.	Track & Field Registration	\$9,500	Based on \$100 entry fee and 90-100 participants. We exceeded this in 2022, but would prefer 90-110.
Full Singlet Revamp	\$5,000	Many singlets are showing bad wear and tear after heavy use for four years - 7 seasons. Inventory doesn't support size needs.	JO State XC Reg HOST	\$600	Registration fees from other teams.
JO National XC	\$100	We generally don't send many, if any kids to JO Nationals in XC.			
Indoor Meet Registrations	\$1,700	1. Spokane - \$17 2. Spokane - \$76 3. Bozeman - \$735 4. Spokane - \$850 est			
	\$20,300			\$20,900	
	\$18,300			\$18,800	

2023 HVR Election Summary (2/20/23)

2023 Election Committee: Erik Makus, Emily Thiessen, Sarah Urban

Results

- Five candidates running for five positions.
- Congrats to elected board members Mike French, Patrick Judge, Abigail McLane, Ann Seifert, and Cara Uribe!

Metrics

- 89 voters out of 152 eligible members = **59% voter turnout**
- Average voter voted for 4.8 candidates

Election Highlights

- Seemed to go smooth overall.
- "Election Runner" platform worked very well, superior to 'old' method of using google sheets.
- Election Runner found no indications of voter fraud.

Election Food for Thought

- Slight learning curve remembering how to use Election Runner software each year.
- As in past years, the vast majority of folks vote within 24 hours of getting the initial email or a reminder email (see graphs below) – probably don't need to have the vote stretch out over two weeks, but certainly not an issue to do so.
- Difficult to format long candidate statements to fit into Election Runner. Suggest being more direct in our instruction email and say that anything over one page long will be truncated.
- Add statement in directions - hyperlinks/websites links won't be included in candidate statement.
- Team felt a little bad with multiple reminders going out for an election of five candidates with five open positions. Election Runner can reduce the 'auto' reminder emails that go out if desired - maybe when there are only five candidates for the five positions, reduce it to one reminder only? Conversely, the nice thing about Election Runner is that reminder emails only go to those who still haven't voted.