

Helena Vigilante Runners, Inc.

Board Meeting #70

Meeting Minutes

November 11, 2024

-- action items bolded below --

I. Call to Order

Patrick Judge called the 70th meeting of the HVR Board of Directors to order at 7:00 pm on November 11, 2024 at “Vig World HQ” (107 W Lawrence, 2nd floor conference room).

II. Roll call:

The following board members were present (8 needed for a quorum):

Pat Judge, President
Jeff Thomas, Vice President
Abby McLane, Secretary
Ann Seifert, Treasurer
Michael French, Board Member
Erik Makus, Board Member
Sarah Perry, Board Member
Ben Quiñones, Board Member
Emily Thiessen, Board Member
Jesse Zentz, Board Member

Regrets:

Joel Harris, Board Member
Mike Kaiser, Board Member
Christy Stergar, Board Member
Cara Uribe, Board Member
Mitch Young, Board Member

Guests:

David Curd, HVR Member
Hannah Goemann, HVR Member
David Merrien, HVR Member

III. Opening Items

- **Signing of the 2024 Conflict of Interest statement – Jesse Zentz**
(couple others still needed)
- Pat announced that Cara officially resigned via email on 11/6/24. She is now living in San Francisco. The Bylaws authorize the board to make interim appointments. Em Thiessen moved that Hannah Goemann be appointed to the board, to serve the remainder of Cara's term (one-year, at which point she will need to stand for election). Hannah indicated that she was aware of the responsibilities, and willing to accept the nomination. Michael French seconded the motion, and the motion passed unanimously. Pat thanked Hannah and Calvin for their enthusiastic participation in the club.

- Abigail McLane moved that the minutes from the 9/9/24 meeting be adopted as written. Ben seconded the motion, and the motion passed unanimously.
- Financial & Membership Report – Ann, Ben, Pat
 - Current Assets (10/31/24): **\$95,020.72** (Ann confirmed) vs \$71,096.19 last year
this includes \$50,000 invested in CDs:
 - 12/6/24 – \$15,000 (5.30%)
 - 5/4/25 – \$25,000 (5.30%)
 - 7/15/25 – \$10,000 (4.95%)*this balance also includes NXR income, and will drop soon (11/16/24)*
 - Current Membership (11/5/24): **180** vs 190 last year
 slightly fewer this year, but better about attending workouts (see below)
 - Vig Venmo established! and QR code created!
- Social Media
 - **still need access to Instagram credentials**
 - **still need access to Strava credentials**
 - **still need access to HEAT Meet credentials**

IV. Current Items

- **Proposal for an HVR Beginner Runner Program – David Merrien & David Curd**
 - **“We are Running” program, "Don't know where to start? We can help!"**
 - run it as a pilot program in 2025, and then re-assess
 - 2 x 8-week sessions, spring & fall, in preparation for the Gov's Cup & Sun Run
 - liability question – would participants need to be members?
yes, that would be best, but people are covered if just checking it out
 - David & Dave will work to recruit others from the general Vig Membership to volunteer in the program (board members pretty well tapped-out already)
 - Google Doc FAQ items to serve as an internal resource for the volunteers
 - beginners may have a goal of just completing 1 mile to start with (walk/jog)
 keep the goal to 5k probably (Gov's Cup & Sun Run distance option)
 - posters, word of mouth, maybe social media (**Sun Run poster location list**)
 - cap it at 12, to ensure a manageable size (and to create a sense of scarcity!)
 signupgenius?
- **Proposal for additional evening or morning option for Tuesday workouts – Sarah**
 - many are unable to join at noon, due to work, not enough time to warm-up, etc.
 George Harris, Debbie Gibson, etc.
 - survey the group to gauge interest?
 - discussion about potentially starting at once-a-month
 - agreement there is probably demand for it, but would need a point person
 "Sunrise with Sarah"?
 - **maybe also encourage organic organization of groups via the listserv**
 people are perhaps reluctant, as they don't want to spam the entire group
 - see if we can get a critical mass going
 - probably wouldn't need permits, for just a handful at the track in the morning
 - continue to consider how to organize it – signupgenius?

V. Governance Calender / Old Business

- Conflict of Interest Policy – still need a couple signatures (Kaiser, Young)
- Novas AED – DONE (yay!)
- Online Swag Store – DONE (yay!)
- Magnets – DONE (yay!)
- IR Summer Events Publication – N/A 2024
- Venmo Account – established (yay!)
- Form 990EZ – submitted (yay!)
- Lap Counter & Bell Donation to Vig Stadium – DONE (yay!)
- Brochures – 2500 printed & distributed at Gov's Cup (yay!)
- Reach \$50k in CD Investments (6-month operating reserve) – DONE (yay!)
- Awards (Harris, Urban, Curd) – DONE (yay!)
- Finish Chute Flagging – DONE (yay!)
- Stadium Sign Restoration – DONE (yay!)
- American Flag, Pole, and Base for Events – DONE (yay!)
- More Vig Greeting Cards – DONE (yay!)
- Develop Draft Event Schedule for 2025 – DONE (see below)

VI. Race, Program & Event Reports

- New Year's Mile (Monday, 1/1/24) – Pat
- Track Workouts (Tuesday, 3/19/24) – Pat
 - **record 33 workouts! 43.2/wk avg is the highest since 2017!**
- Trail Workouts (Thursday, 3/21/24) – Erik
 - **30 workouts, and 12.8/wk avg is a new record!**
- HEAT Meet (Thursday, 5/30/24) – Em
- 50th Governor's Cup (Saturday, 6/8/24) – Jesse
- JOTF (Friday & Saturday, 6/14-6/15) – Jesse
- 56th Augúst Trail Race (Thursday, 8/22/24) – Pat
- Vig Scrimmage (Tuesday, 8/27/24) – Pat
- Mount Helena Run (Saturday, 9/21/24) – Abby
 - everything was great, except the low turn-out (competing with Colter, etc.)
 - keep things going at least until we hit 50! (2026)
- Sun Run (Saturday, 10/5/24, Helena Food Share) – Pat, Em, et al (Joel out tonight)
 - fantastic race this year (except the wind!)
 - very strong fundraising numbers (~\$14,000)
 - **still waiting on a few checks, and still waiting on our swag item! (done)**
- Just for the Helena of It (Sunday, 10/20/24) – Sarah
 - staffed a Vig/Novas table from 7:00 am to 2:00 pm
 - Sarah thought it was very worthwhile, to reach those unfamiliar with Vig/Novas
 - Pat encouraged us to make sure we have volunteers lined-up before committing
- MT Cup (Saturday, 11/2/24, Helena) – Pat & Michael
 - super successful meet! feather in our cap, culmination of two-years work!
 - **a few follow-up items still being attended to (thank-you notes, recap, etc.)**
 - **Em & Ben would like to purchase good jerseys before we send them (done)**
 - people enjoyed seeing Ray, De Lona, and David take active interest in the event
 - Baxendale worked great – just a couple of band-aid type issues

"a bored medic is a good medic!"

- parking worked great, squeezed in 4 rows! thank-you Steve Heim, et al!
(handful did use the local carpool option)
- plenty of food for everyone / light refreshments worked well too
- coffee & cocoa were very popular – could have used more cocoa! (kids)
- 10 porta-johns worked well (minimal lines)
- Kids Korral worked great! 12-15 at one point – thank-you Eileen & Sylvie!
- should have done a better job organizing clean-up crew,
but still left the site pristine and got out of there before dark
(thank-you Thiessens, Frenches, Jeff & Lila, Ben, David, Tara, Elaine)
- took Littl Johns nearly a week to pick up all the units – NOT good!
- event information posterboard would have been preferable to 300 print-outs
- JOXC (Saturday, 11/9/24) – Jesse
 - beautiful day for it! thankfully the snow mostly melted in time at Bill Roberts
 - 158 finishers, over half of them Novas (~80, including ~37 "littles")
 - Liza Dennehy does a great job with the timing
 - next year, it will NOT be in Helena (possibly Great Falls, or even Hardin)
(also, JOTF will be in Bozeman, and hopefully start a rotation)
(note that Bill Ballinger is new USATF youth chair, living in Missoula)
- Novas General Report – Sarah
 - approx 20 littles each week – MUCH more manageable than 70 in track!
 - this doubled when the middle-schoolers came in
 - Michael McCafferty & Sheila Zeltwanger were also active coaches this fall
- Turkey Trot (Thursday, 11/28/24) – Pat (done)
 - RunSignUp platform created & 105 entered so far
 - race listed on multiple calendars
 - Vig/Novas is the beneficiary this year!
 - historic results too messy to post
 - Pat will adjust RSU to allow sign-ups even slightly after start (10:30, DONE)
 - **Ann, Jeff, and Pat will perform their customary roles**
 - **need 2-3 Vigers to help with race day cash payments (bring cashbox)**
it would be good to have QR code posters there too
Pat will create waiver clipboards (actually Crossroads does this)
Erik & Em can help
 - **need 4-5 course guards, at the corners (1k too!) – circulate email**
- Speaking of Running – Joel (done)
 - **Mt. Ascension Physical Therapy at Tenmile sometime soon (Jeff & Sierra)**
off-season (Dec, Jan, Feb) might be better than trying for November
can we get them to make it a "pint-night" for us too?
- Social Report (Phase parties, community night, etc.) – Em (done)
 - **Year-End party at Broadwater Hot Springs, December 6, 5:00 pm to close**
Em & Pat will meet with Broadwater staff
Em will organize a signuppenius potluck again
probably skip the games, etc. this year

VII. Coming Soon

- **Membership Renewal Drive (11/15 – 12/15) done**
 - Ben will head-up the membership drive again
 - Erik thinks the goal should be 150 humans :)
- **2025 Board Elections: Harris, Kaiser, Makus, Stergar, Young done**
 - administered by Secretary McLane AND Ben Quiñones this year
www.electionrunner.com works great for us, and reasonably priced
 - typical schedule:
 - Jan 1 – Call for Nominations
 - Jan 15 – Nominations Close, and Candidate Statements are Due
 - Jan 20 – Election Commences
 - Jan 31 – Election Concludes
 - Feb 5 – Results Announced
- **2025 Budget**
 - draft to be developed after final financials are in at the close of the year
 - to be debated/amended/adopted by the new board on 2/10/25

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

- Other Announcements & “Round Robin” Session
 - Pat would love to see a **Strategic Planning Retreat** (5-year plan)
 - vision of seeing the club eventually hire staff (ala Run Wild Missoula)
to ensure HVR continues its mission indefinitely into the future
maybe if/when the club reaches \$100k in assets
 - Jeff requested that we obtain a **good base for the Vig flag**, instead of the spike
 - Michael & Hannah will work on a once-per-month newsletter starting 1/1/25
cut down on non-urgent Vig email traffic
create a web archive of news items
- Next Meeting Date – February 10, 2025
- Adjourn – 8:45 pm

**Helena Vigilante Runners
HVR Event Schedule 2025**

Event	Scheduling Rule	2025 Date	Location
MHSA State Track	Set by MHSA Executive Board*	5/22-5/24	Kalispell
HEAT Meet	Final Thursday in May (since 2018, except 2022)	5/29	Helena
Governor's Cup	2 nd Saturday in June (since 2010)	6/14	Helena
JOTF	Mid-to-Late June	???	<u>not</u> Helena
Augúst Trail Race	3 rd Thursday in August (since 2004 except 2013, 2024)	8/21	Helena
Vig Scrimmage	Final Tuesday in August, end of P2, b4 school starts**	8/26	Helena
Mt. Helena Run	Penultimate Saturday in September (since 2017)	9/20	Helena
Sun Run & Expo	1 st Saturday in October (since 2018)	10/4	Helena
MHSA State XC	Set by MHSA Executive Board*	10/25	Missoula
Montana Cup	1 week after MHSA State XC (since 1992?)	11/1	Bozeman
JOXC / Fall Classic	1 week after after Montana Cup (since 2018)	11/8	<u>not</u> Helena
Turkey Trot	Thanksgiving Day (partner with Crossroads)	11/27	Helena

* <https://www.mhsa.org/calendarforms>

** confirm school year start date (usually the Thursday before Labor Day)

<https://helenaschools.org/district-calendar/>

Minutes prepared by Abigail McLane and Patrick Judge.

Addendum – Post-Meeting Interim Board Activity (electronic votes, etc.)

- The annual "Letter to Members" for the renewal campaign was approved for distribution on 11-14-24 with support from the following board members: French, Goemann, Harris, Judge, Makus, McLane, Perry, Quiñones, Thiessen, and Young. No board members expressed opposition.
- The first edition of the new "Vigilante Footnotes" monthly e-newsletter was published on 12-29-24 (via the member-only Vig email listserv). Many thanks to board members / co-editors extraordinaire Hannah Goemann and Michael French for spearheading this exciting new project.