

Regular Club Meeting Notes

Location: Check H Restaurant, Russellville, AR – Back Meeting Room

Date: February 13, 2025

Time: 6:00 PM

Call to order: 6:01 PM

Officers Present	Officers Absent
Lisa Bass - President	Michael Witt – Sr. Treasurer
Amber Kastner – Vice President	
Tina Rotenbury - Secretary	
Anita Sellers – Jr. Treasurer	
Brian Bass – Timing Coordinator	
Robin Lambert - Sponsor/Marketing Coordinator	
Krystal Mechtel – Volunteer Coordinator	
James Carter – webpage designer	

Agenda Details

Introduction:

- Welcome from Lisa
- Roll Call – members sign in on Member Sheet (see attached)
- Tina – Read previous meeting notes January 14 – approved as read
- Anita – Financial Report
 - 1HR Track Run – Shirts \$2,195 (Net \$812.92)
 - Additional costs included Timing and Chili
 - Soup and sodas donated by club officers and water donated by St. Mary's Regional Medical Center
 - Valentine Run – shirts \$3,315 (Net \$448.37)
 - Donations of Water/Oranges/Bananas from St. Mary's Regional Medical Center

- Additional costs included Couple's Gift Baskets, Porta Potty Rental and Timing
- May need to consider raising the price for couple registrations, currently an additional \$3

New Business:

- Next Scheduled RVR Race–
 - Run Like Yell – 4 Miler in May
- AR National Guard requested that RVR time 2 races this year one in spring and one in fall – need to vote on timing and support
 - Need to set Dates and make sure there are no conflicts with other RVR races
 - Looking at one in November and a TBD for a Spring Race
 - Need to decide certified course to make it easy
 - Recommendations – Valentine 5K, Fall Fest 5K and maybe the Lock and Dam
 - Would be a community run – with National Guard volunteering to help and they would have to get permits, porta potty and other necessary race items – RVR would only be doing the timing
 - Motion by Katy Adams to contact and determine feasibility of helping with the race;
 - 2nd by Nick Mechtel
 - Motion passed – no opposition
- Becky Burris volunteered to offer a CPR class for group – may be able to get certification for \$37 with on-line course.
 - Having a race director in charge if CPR is needed.
 - Sign up list was passed around for those interested in the basic CPR (designate if you want to be certified).
 - ATU nursing is donating 'dummies' to use for training
 - Class is set for February 25th at Church of Later Day Saints on Cumberland Ave.
 - Will offer another class, if necessary, later.
 - Additional Discussion
 - Tom- recommended that it would be good if while on the racecourse we could identify nurses/doctors if needed. If you need assistance – we need to know who to contact.

- We do have an AED in trailer – need to make sure we have it out while on course – at beginning and at turn-around or aid station. – Correction there is NOT an AED in the Equipment Trailer – Anita is able to get one from her office to have on hand for our races until we are able to purchase one or two.
- Runnersville Ladies Camp starts Feb 22
 - Kim Head has confirmed/accepted our timing quote and will purchase the bibs for the race at an additional cost. This will be our 1st time timing a race.
- Practice timing to prep for this race will be sometime next week - more information from Lisa coming

Krystal Mechtel has accepted the volunteer coordinator position

- Going to try to pull in students for helping to earn school credit.
- Contact Krystal if you are interested in volunteering.
- Per Tom - Tech sports team members – need volunteer hours may be able to help as well.
- Working on flyers to make signing up easier using QR Code
- RunSignup – volunteer link for each race and where you want to volunteer. Helps the coordinator with where to place volunteers during a race. 14 signed up to help with the Valentine 5K online
- Volunteering also counts for the ironing for the local grand prix.

James Carter – webmaster – Website is set up and live now. [River Valley Runners](#)

- If you have suggestions, just reach out to him.
- Features Links to specific races in Runsignup.
- Can a link be added to take you directly to Race Results (Timing Results)
- QR Code will take you to website find what you are interested in participating in and click the link and take you straight to the race.
- Acknowledge for sponsors etc in one place.

Timers must set up the text option to get immediate results sent to you.

Gun time/chip time were different for the Valentine 5K need to watch that when we time the races.

Shirts from previous races are loaded on the RunSignUp store and are on sale now.

Sponsorship opportunities are still available

Medal company sent free RVR stickers for the club as a promotional item

Time/Distance Stickers are ready if you did the 1hr track run with your

Tom mentioned that the Graduate group at Tech does a 5K

Suggested we use Tech course for Turkey Trot might be fun to do different course.

Questions from FB Live – Why do we not have Age awards for walkers –

- The state Grand Prix does not have Walker Age Groups
- Our RVR timed races will have age groups for runners and walkers.

Robin – made a motion that we move meetings every other month with next meeting moved to April –

- Jennifer Metz 2nd
- no opposition – motion passed

Meeting adjourned at 647 PM