

GFLRRC Board Meeting via Zoom 4/9/20

Bob, Cynthia, Alex, Alexa, Lisa, Valerie

Treasury Report – Treasurer not able to attend

Secretary – March meeting minutes were approved

Membership – 150+

Track Workouts – Brett emailing speed workouts every Monday and it is posted online as well

Newsletter – E News will be going out with our next event.

Social Media/Instagram – We need to post more pictures. Please like and share on our club's FB so we stay connected during this challenging time.

Cynthia is posting workouts everyone can do at home on Mondays @ 6pm and Wednesdays @ 6:30pm on FB live

Strava – Need to encourage more members to join our GFLRRC group

Fun for the Cure which was scheduled on May 9th is cancelled until further notice.

St Patricks Day 10k was on March 7th – We were so happy to be able to have had this race prior to the community shutting down. It was a wonderful event @ Tradewinds Park. We had perfect running weather with cooler temperatures.

Hop to It – Virtual 5k on Saturday, April 11th @ 7:30am was a huge success with over 200 participants. This was a free event where all participants received a race bib and bunny ears. Our run was kicked off live on FB by Cynthia and our club's social media was buzzing with fabulous pictures and comments from the community. Everyone enjoyed connecting virtually even though we could not be together.

Our next virtual event will be...

“Run with Momma” (to commemorate Mother's Day) Virtual 5K will be on Saturday, May 9th – We will be charging a fee of \$10/pp and each participant will receive a tiara to show their appreciation to the mothers in their lives. We can't wait to see your pictures posted to our FB live on race day!