

**Central Maine Striders**  
**March 3, 2020 Minutes**

Present: Ron Paquette, Donna Jean Pohlman, Tom McGuire, Lynda McGuire, Jim Moore, Julie Millard, Amy Stabins, Ryan Goebel, Ron Peck, JordanCastillo, Rob Krickus, Kate Scott and Deb Violette.

Meeting called to order at 6:12pm

Attendees introduction.

Secretary's notes were reviewed. A vote to approve the minutes to February 4, 2019 was called. All were in favor to accept the minutes.

Treasurers report was provided by Rob. Rob stated the club has \$2105.53 balance. He said that we were charged a \$25.00 fee because we dipped below the balance required to sustain no service charges. Rob reported that that had been reversed. He will follow up Andrea Fisher to make sure it doesn't happen again. A vote to accept the treasure's report was called. All were in favor to accept the minutes.

Ryan reported that Alton Stevens has agreed serve as clerk.

A new Strider 10k race was discussed. Ron Peck volunteered to be race director. Tom McCuire volunteered to help assist Ron. Ron will reserve the Yurt. Will need help with water stop. Need to coordinate race with police chief. The race will start and finish at Quarry Road. The race will be held on October 11. Ron Peck, Tom, Kate, Amy, Ron Paquette have agreed to help. Kate agreed to be an assistant race director

Amy volunteered to take over the newsletter.

Jordan, Rob and Ryan are working on the Bylaws. Making small changes, certain language is required. Ryan said that he hopes to have a draft by April 2020 meeting and be able to vote on the new Bylaws at our December 2020 meeting.

Promote website, media and newsletters.

Downeast Sunrise Team. Ron Peck suggested we get a magnet sign to put van for CMS team. Encourage members to wear CMS gear.

Mt Washington team has been selected. Ron Paquette, Dean Rasmussen, Chris Chadwick, Mark Fisher, Patrick Guerette, Joseph Disalvo, John McGinty and Kelley Carter. It was also asked that you include CMS Team on the registration form.

Ryan is working on a discount for the entire series of Quarry Road Race series.

Jordan started an instagram account and has 63 followers. It is encouraged to follow CMS on Instagram if you have an account.

Ryan has sent thank you's to donors. He went through the emails to secure donors names and addresses.

Ryan reports that Running Warehouse will provide a 10% discount. The discount code will be sent out in our next newsletter. The code cannot be shared with non CMS.

Rob is working on sending out the 990-N

There was a request for group runs for slow runners. 10-15 minute per mile. Julia Scott volunteered to do this. The time place is up to Julia. Ryan and Jordan will promote on FaceBook and in our newsletters.

Amy is interested in folks joining her on her run to prepare for Sugarloaf Marathon. Amy also will organize short runs at Colby Trails. Date, time pace, distance to be determined. Ryan and Jordan will promote on FaceBook and in our newsletters.

This will be our 45 Anniversary. Ryan suggested a social event to mark the anniversary. Ryan will reach out to Brendan for venue for the social.

Patrick at Alford gave CMS race bibs. To get our own and replace Patrick's Ryan reported that there are various prices. It was decided that 500 should be ordered with CMS logo. Tom said that the bibs did not need tags. Ryan will check out quotes and decide which company to order from.

Royal River Relay Teams ~ Ryan will post on FaceBook and newsletter. Rob is interested and willing to be Team Captain. Ron Paquette is also interested. Let Ryan know if you are interested in relay teams.

Ryan defined the difference between CMS FaceBook page which has 166 members vs CMS FaceBook group which has 455 members in the group. Ryan encouraged all to post on the group page rather than the FaceBook page. He also encouraged all to like the post so that they will be seen and comment on the posts.

Jordan is promoting one person each week on Instagram. Please send him a picture so he can promote the member.

Motion to adjourn at 7:17pm. All were in favor.

Respectfully Submitted  
Deb Violette, Secretary

Meeting will be held April 7, 2020 at 6pm at Mainely Brews.