

Yellowstone Rim Runners
Brainstorming Meeting
April 15, 2018

Participants: Ryan Grubb, Kelly Herden, John Devitt, Vince Long, Herb Mangis, Ben Hogenson, Sarah Grau, Cecil Pegram, Cris Hernandez, Melissa Widseth, Ronda Vukasin, Aaron Redland, Brad Coutant

Process. Five large sheets of paper were placed on the wall corresponding to five categories of ideas: Races, Group Runs and Training, Social Events, Community Service and Administrative/Other. Participants were asked to write their ideas on sticky notes and place on the piece of paper for the appropriate category. After all ideas were up, they were briefly reviewed, and then participants were asked to vote (with tick marks on the sticky notes) for their 5 favorite ideas in each category. The number in the left column shows the number of votes for that idea.

Discussion: After the voting we had additional discussion on some of the ideas.

- A show of hands indicated that a 10 mile race was preferred over a 1/2 marathon.
- On the topic of group runs: we should have a designated leader for each run, make sure to welcome and introduce new participants and run with them.
- Although participants favored a trash clean up effort, they believed April 28th was too soon.
- For club clothing, people would like hats, technical shirts, jackets and polo shirts. Suggested colors for clothing are black, gray and white.

Races

- 8 - Rims to River 10K or 5 mile
- 6 - 10 Mile race (10 mile is preferred to 1/2 marathon)
- 5 - Rim Runner race series with shirts for those who run all races in the series
- 3 - add 10K to Shamrock
- 2 - longer race using trail system
- 2 - make all Rim Runner races "membership" races; would raise membership by 2,500
- 2 - hold a kids' run at St. Patty's day parade (or at any parade)
- 2 - create YRR teams for Women's Run, Heart & Sole, Quality of Life
- 2 - 1 more club race; Unfroze Nose, or Rims to River 10 miler
- 2 - Street Mile
- 2 - All comers track meet (running events only)
- 1 - Emphasize that our races are insured; have an Unfroze Nose in the summer
- 1 - Designate meeting location for YRR members prior to local races; warm-up, stretch, take photo
- 1 - prediction race; predict your finish time; no timing devices allowed
- 1 - trail or cross country race
- 1 - grand prix based on selected races around the state
 - "unique" prizes at our signature races; home made, not the usual medal
 - shirts at the Shamrock Run

- offer discount to RTR participants for Shamrock & promote it at event verbally
- YRR bus or van to out of town races
- partner with another group, i.e. TrailNet duathlon; longer race, 1/2 or 8 - 10 mile
- more runs, even if it takes a year to plan

Group Runs & Training

- 5 - YRR "couch to 5K" program
- 3 - West End group run on Wed. or Sat.; along Shiloh from Grand Ave.
- 3 - encourage more of a walking club as well
- 3 - have a special run once a month; i.e., pint night, Christmas run, etc.
- 2 - 5K, 10K, 1/2 marathon training program
- 2 - group run from Scheels in the Shiloh Conservation Area
- 2 - do all group runs from breweries
- 2 - make 5th Wednesday run from an alternate location
- 2 - track training for adults
- 1 - set a specific time for the Saturday run, publicize it, have breakfast after
- 1 - run from Metra on Wednesday or Saturday
- 1 - group runs with meal or coffee afterwards to accommodate non-drinkers
- 1 - group speed work training
- 1 - group run leaders should wait for back of the pack so new attendees don't feel lost
- 1 - women's only monthly runs with child care and guest speaker
 - develop more inclusive running programs
 - at group runs have periodic talks from fellow runners or trainers on training or specific races they've done
- 1/2 marathon training program with group long runs
- run from Krispy Kreme on Wed. or Sat.
- make every Wed. run around a gathering, not just the micro brew runs
- change up pub runs occasionally to be non-drinker friendly
- youth running program
- continue with kids running assistance

Social Events

- 6 - community running award banquet
- 5 - Monthly brewery runs like Bozeman does; pay a fee at beginning of season and 1st beer is free
- 4 - participate in RRCA events such as Run @ Work day; could be annual picnic
- 2 - set up Rim Runners on Strava
- 2 - Pint Night at High Horse or Last Chance
- 2 - weekend run retreats
- 1 - promote better personal invites
- 1 - better Christmas party with DJ and dancing

Community Service

- 6 - Become a Runner Friendly Community
- 5 - promote picking up garbage as a group and individually
- 5 - trail building
- 3 - support the youth XC; garbage pick up
 - pick up trash on bike path behind Home Depot or other route for Great American Cleanup, April 28
 - trail cleanup events in spring and fall

Administrative/Other

- 9 - club clothing
- 6 - have an annual budget
- 6 - create a way for runners to connect/find running partners
- 3 - emails with training tips or programs
- 3 - YRR store on website, and have for purchase at events like State Games & Heart & Sole
- 2 - train Board of Directors on Roberts Rules
- 2 - have a marketing plan
- 2 - put a Board manual on the website
- 1 - change elections to biannually with half (of the board elected) each year to promote better continuity
- 1 - revamp website like Run Wild Missoula
- 1 - more active Facebook and Instagram pages; make them like a community forum
 - ask members what they want; have to listen; not interject own ideas
 - more acknowledgement of club runners on website, facebook, social media; include random runners' photos