

Lake Agassiz Pacers
Annual Meeting – January 23, 2021

Meeting was called to order by President Adam Pangrac through Zoom at 11:00 a.m. Board members present included Pat Gross, Therese Vogel, Jenna Grabinski Eckstein, Heather Garlie, Anna Pangrac, Adam Pangrac and Deb White. Also attended were presenters Ann Dolence and Bill Burns along with LAP members (listed below). Adam introduced the current board members and their positions.

Meeting started off with presenters Ann Dolence (motivational speaker and teacher) and Bill Burns (Director of NDSU Counseling Center) talking about their running, training, injuries and races with both taking questions at the end. Both speakers will return as one of LAP's monthly running-related Zoom presentations in February and March 2021.

Business meeting started at 11:30 a.m. Deb reported bank assets of \$16,798. She noted a \$97 loss in 2020 as only St. Pat's race was held in person due to Covid concerns. Red River Run was held in the fall virtually at no cost to runners. \$100 was allocated for random drawing prizes for participants. 2020 Annual Meeting minutes are posted on LAP's website for member access.

Membership: Pat said that membership has increased significantly since 2020 with 75 members (69 individual; 16 family). He felt this was due to no charge for memberships (Covid) and planned monthly Zoom presentations.

Website/Facebook: Anna stated that she has been actively updating the website and creating a separate site for the races. She has been posting about three times/week on LAP's FB page. She encouraged members to send her articles and postings of interest for her to add.

St. Patrick's Race. Therese reported that we are planning a virtual "route across Ireland" of 175 miles. Run, from Clifton to Dublin, from March 1 – 31. Participants can run alone or with one partner (approximately 44 miles/week or 22 miles/week). They will report their miles online each week and coffee shop gift cards will be awarded. There will be larger gift cards from Beyond Running at the conclusion of the run. Anna will soon set up website with complete information with ability for runners to enter their miles. Runners will be encouraged to submit running photos to LAP email or Facebook.

Adam mentioned that new LAP board ideas include month Zoom presentations (3rd Thursday of each month, 7 p.m.) to cover various topics related to running, Adam will create and post various routes with distances around the FM area for runners to check out. He will put out the large LAP sign on some of the routes and encourage runners to take a photo to submit. It is planned to hold the Red River Run in person later in 2021.

LAP Board: New 2020 member Heather Garlie mentioned that she has enjoyed being on LAP board to help with races and events. With Covid concerns in 2020 meetings and activities were

mostly online. She encouraged members to consider joining the board. Adam made a motion to nominate Charles Elhard, Julie Heuer and Amy Nelson to the LAP board; second by Deb; carried.

Business meeting adjourned at 12:00 p.m.

Respectfully submitted,

A handwritten signature in black ink that reads "Therese M. Vogel". The signature is written in a cursive style with a large, looped "V" at the end.

Therese M. Vogel, Secretary

Members Present:

Rick Crume
Ann Dolence
Jenna Eckstein
AJ Wodrich
Vijay Gaba
Anu Gaba
Dale Summers
Julie Heuer
Amy Nelson
Richard Eggum
Shawn Vasichek
Charles Elhard
Sarah Coomber
Bill Burns
Nancy McKinnon
Therese Vogel
Deb White
Patrick Gross
Anna Pangrac
Adam Pangrac
Heather Garlie
(21)

(Ann Dolence and Bill Burns left after their presentations)