

AREC Board Meeting Minutes

February 24, 2026

1. **Attendance:** Amy Chambers, Dona McBride, Nathan Searles, Russ Bowers, Patti Coulombe, Adriana Estrada, Nick Collica, Tom McBride

2. **Meeting Called to order:** 6:45

3. **February 5th Minutes:** Reviewed and Approved

4. Election Results:

a. Elected Members

- President – Amy Chambers
- Vice President – Nathan Searles
- Treasurer – Russ Bowers
- Secretary – Patti Coulombe
- Information Officer – Adriana Estrada

b. Appointed/Extended Members

- Community Outreach Coordinator – Nick Collica
- Water Station Coordinator – Stephanie Harris
- Social Chair – Kevin McKee
- Trailhead Coaches – Jack Metcalf & Kelly Motyka
- Couch to 5K Coach – Rebecca Jurado
- Track Coach – Brian Conboy
- Race Results – Emmett Rahl

5. Member Code of Conduct Violation

- a. The board discussed this at length and a notice regarding the individual's membership status will be sent by President Chambers

6. Ongoing Project Document

- a. Adriana will create a shared google sheet for board members
 - 1) Doc will include tasks, progress, and completion date
 - 2) Members will have access to information regarding all activities

7. Run Seal Beach

- a. March 28th
- b. Ongoing Club Promotion
- c. After Party at Marni's
 - Nick & Patti will talk to management about reserving tables and possible deals for runners

8. Couch to 5K!

- a. April 4th begins a 10 week training program with the ending race at Wrigley River Run on June 6th
- b. Adriana is finishing a Flyer to distribute to local sport stores to generate interest
- c. Schedule is up on the AREC website

9. Sports Basement Fun Run on March 5th at 6:15

- a. Club members who attend will highlight upcoming Couch to 5K
- b. Promote attendance in What's App

10. Spring 5K Fundraiser

- a. April 9th at 6:30 on the Pier
- b. Final theme and medals to be determined

11. Member Highlights

- a. The board decided to restart highlighting club members
- b. Two runners have been chosen for March & April

12. Social Media Calendar

- a. Strategy involves content pillars with threads that would include:
 - Announcements, events, programs, & races
 - Post reels /carousels at least once a week
 - Update website with links

13. Long Beach Marathon Training Program

- a. Kickoff is May 9th
- b. Water Station Sign Up Sheet

- Send to members on Mail Chimp
 - Early April
- c. Ongoing discussion about organization strategies & leadership responsibilities

14. AREC Board Retreat

- a. All leadership members invited
- b. Barbeque on April 4th at 3:00 at Adriana's house

15. Next Board Meeting on March 19th at 6:00

16. Meeting adjourned at 8:55