

FINGER LAKES RUNNERS CLUB
Lorrie Tily, President
PO Box 185
Locke, NY 13092
Minutes of FLRC Executive Board Meeting
August 17, 2005

Present: Lorrie Tily, Don Tily, Jim Bisogni, Diane Sherrer, Casey Carlstrom, Joe Dabes, Jim Strehle, Jim Miner, Gill Sharp, Dave Burbank, Steve Shaum, Thaisa Way, John Whitman, Nancy Kleinrock, Sue Aigen, Steve Ryan and Chris Irving.

Lorrie called the meeting to order at 5:45

[Minutes](#) of the July 13 2005 meeting were approved.

Race Reports:

Women's Distance Festival: Chris reported an excellent race with about 100 runners. The race netted about \$1,000.

August Outdoor Track Meet: no report.

Forest Frolic: Steve reported 118 registered for the race and there were 104 finishers. Two new course records were set. Race netted about \$100 (shirts were expensive).

Fillmore 5K: Jim Strehle reported the race went smoothly. There were 118 registrants with 103 finishers. The race netted \$794. Jim stated that he would probably direct the race again next year.

Empire Haven: No report.

Forge the Gorgeous: Chris reported a profit of \$281.

Upcoming Races:

Virgil Mtn. Madness: Dave reported 39 pre-registrants. Pre-race preps are going well. Gill mentioned that some additional volunteers are needed. She also mentioned that the campground was a mess and she needed to do some cleanup.

Monster Marthon: no report.

Ithaca 5 & 10: Lorrie reported that CMC has donated \$500. EMS has donated \$50 and other prizes. Permits and awards have been taken care of. Of course, volunteers are needed.

Finances:

Chris presented an updated financial statement for Club finances and an updated race budget report (attached). Don moved that \$300 from the profits of the Fillmore 5K be donated to Odyssey of the Mind. Chris seconded the motion. The motion passes unanimously.

Newsletter:

Diane is working on the next newsletter. She can now put pictures in the newsletter.

Membership:

Steve Shaum reported the following membership numbers. Complimentary - 11, Life-26, Individual - 133, family - 130 (total - 300).

Web Page:

Casey had nothing new to report.

Equipment:

No report.

VP Reports:

Trails: No report

Track: No report

Roads: No report

Other Business:

Joe announced that 11.9 miles of a branch of the Finger Lakes Trail was up for adoption. Joe will write a piece for the newsletter to solicit the membership for volunteers to adopt and maintain this trail section.

Lorrie started organizing the 2006 race calendar.

Sarah Stiner offered to give a talk on cross-training and prevention of running injuries.

Jim Strehle suggested that the Club purchase a Club logo stencil to mark the road for our races. He and Chris will look into costs.

Meeting was adjourned at 7:15

Submitted by:

Jim Bisogni