



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

June 9, 2010 5:30pm

261 Rhodes Hall, Cornell University

President Lorrie Tily called the meeting to order at 5:34pm.

Present: Board members Lorrie Tily, Shelly Marino, Renee Kenney, Bruce Roebal, Andy Jordan, Melissa Hubisz, Joel Cisne, Amy Panek, Maria Costanzo, Joe Reynolds, Chris Reynolds, Chris Irving, Casey Carlstrom, Sue Aigen, Pat Gillespie, Bob Talda and Craig Paiement; and members Aubree Biosvert, Sophia Darling, Nick Lehecka and Emily Talda.

Additions or changes to the agenda: Move Joel Cisne's Upcoming Race and Event reports to right after the introductions. Under finances, add a report from the Scholarship Committee.

Approval of the May Meeting Minutes: Minutes were approved.

Introductions of new members and guests: Sofia Darling has expressed interest in taking over as Treasurer. Aubree Biosvert is assisting Pat with the newsletter, and is also interested in the Treasurer position. Craig Paiement will be taking over the summer track program. Nick Lehecka is from the Finger Lakes Running Company.

Reports from Joel Cisne:

Upcoming: Forge the Gorgeous: All is set. He will check with the park about the possibility of a water slide finish option. A kid's Slip and Slide may be possible.

Barefoot Ken Bob Workshop will take place at the Cornell Arboretum on Tuesday, June 16. This has been approved by Cornell. The talk will begin at around 6:30pm. 27 people have registered; Joel expects about 14 more to show up. There will be running on a mix of asphalt and grass, perhaps also on wood chips, perhaps 1-2 miles. \$160 in camping supplies have been purchased for Ken Bob, and he will also be given a \$50 gift card.

Race reports

RecWay 10K - Melissa Hubisz: 65 runners participated, as compared to 80 last year. The drop may have been due to a conflict with the Highland 123 this year. The race went well. Fresh fruit and cookies were provided. Profit was ~\$200.

Tortoise and Hare 10K – Lorrie on behalf of KC and Becky: KC thanks Joe and Chris R., and appreciated the work of all the volunteers. The slippery course saw 111 finishers. Several runners went off course; Boris has not been seen since (a joke, we hope). About 20 kids and adults did the 1 mile fun run. Total profit was ~\$569. See attached report.

Lorrie moved, and Sue Aigen seconded, that we give Cynthia Lange, who always provides food for the race, a Green Star gift certificate for \$100 w/ a nice card as a thank you for her continued support of the race. The motion passed unanimously. Shelly will purchase the gift certificate. In the card, Cynthia will be thanked, and will be encouraged to submit her receipts, as the gift is not to be seen

as a replacement for reimbursement, but a special thank you for her years of commitment to the race.

Upcoming Races/Events

Twilight 5K – Maria (6/16): 96 preregistrants. Nice tech shirts are ready; they cost \$12 and will be sold for \$20. Age group winners will receive mugs, with Viva gift certificates going to the top runners overall. Finger Lakes Fitness Center is using this race as their goal, and giving free 3-month memberships to the first male and female finishers from Ithaca, and (unadvertised) the last place finisher. Maria and Gary are still working with the Ithaca Police and Tompkins County Sheriff again this year about covering the entrance to Stewart Park. More course marshals are needed.

Early packet pickup will be available at the Finger Lakes Running Company the day before the race, as will race registration at the race day rate. Note that there is no FLRC discount for race day (or store) registration. Maria was able to work out the chip timing issues with Pat Leone (Leone Timing). Jim Miner will pick up the chips in Syracuse and will spend the day at the store. It is hoped that this will reduce some of the lines on race day.

Finger Lakes 50s (7/3) – Chris R: 94 pre-registrants so far (and only 10 of these are for the 25k). Volunteers are needed. Headbands have been purchased. The course has been revised this year; it will be slightly longer for the 25k and 50k. Not many locals have registered yet; this race brings in runners from far and wide. Search & Rescue will be there. Nancy and Steve are hosting a run-through at 8:30am Saturday.

RRCA Womens Distance Festival (7/8) – Chris Irving and Sue Aigen: Shirts and prizes have been ordered. Volunteers are needed, including someone to mark the course. Sue is handling pre-race issues, as she will be not be able to be present for the race.

Running Clinic – Nick Lehecka

Nick, from the Finger Lakes Running Company, has been leading running clinics with Brian Lee and Mike Ariel. He is also working on a paper with Andy Getzin on the data from the clinics. Nick would like to offer a free clinic to FLRC members. The clinic would include a lecture with video footage on the theory and history of running mechanics, and information on how to run so as to prevent injury. Bruce and Maria have attended clinics with Nick and feel they have benefitted.

Nick would need an indoor location for the presentation; electricity is necessary, and a treadmill would be an asset. One possibility is the store. Craig, who works at IC, will look into the possibility of using an IC facility. After some discussion, August emerged as the best time for the workshop.

Also, Nick and Ian invite FLRC to use the store for packet pickup for other races. It might be a good thing for the 5&10; Lorrie will consult Tim and Karen.

Finances – Renee Kenney

See attached financial statements provided by the Treasurer. Cash is up compared to last year (\$46K vs. \$35K). Renee will be making a large deposit shortly. Tax return was done early.

Scholarships: The Scholarship Committee was tasked with awarding two \$1000 scholarships, one to a male and one to a female senior in high school. They contacted local track coaches and guidance counselors, and received seven applications. They found it a difficult decision, but finally agreed upon Hilary Swartwood and Andris Goncarovs. Their materials are attached. Right now, 20% of FLRC race profits go to the scholarship fund. If we continue to do well, Sue suggests that we talk about other possibilities for the future: more scholarships, higher amounts, other ways we might invest in the community.

Membership – Melissa: FLRC currently has 148 family, 106 individual, 28 life, and 2 team memberships.

Newsletter – Pat: The June newsletter was posted online last night. Mailed version will go out shortly. Aubree is the new assistant editor. The Member Profile column has returned, this time with a profile of Pat.

Web Page – Casey, Amy and Bob: The web committee had no report yet, but will provide one at the July meeting. Maria requested that they re-send to the listserv the urls of sites they'd like us to look at and comment upon. Meanwhile we are hoping for a report from Casey on his bike excursion in the Pyrenees.

Equipment – Chris R: The new generator works well and quietly. It will be a big asset at our races.

Maria reported for Gary on the "Wireless ½ Miler" (see attached info). It is somewhere between a microphone and a bullhorn, 50watts, can run on batteries or AC. You can plug a CD or computer into it to play music, and it also has a microphone. Lists at >\$900, but Gary can get it for FLRC for \$510.

Chris I. made a motion to purchase the Wireless ½ Miler. Joe seconded. The motion passed unanimously.

Chris R. has purchased 3 new coolers. Joe has a card from Maines , which has FLRC's tax exempt form on file, for 5% off of purchases. Anyone who needs to shop there can borrow the card from Joe.

Bob reported that biodegradable cups deform in sunlight, and thus would not be useful for races.

Amy asked about borrowing timing equipment for the Peter de Mott race in the Plantations on 6/20. She will not be there. Herb Engman has already agreed to be there with the equipment.

Lorrie made special mention of the fact that Chris and Joe have worked tirelessly as FLRC equipment managers for years.

Vice Presidents' Business:

Trails - Joe: Joe bought a 40 lb. bag of marking lime to replace the spray cans of chalk, which are prone to clog and/or explode. Bob says that the lime, though a powder, can be squirted from plastic bottles.

Summer Track – Craig: He will meet with Tim soon. There will be no meet in June, but he will work to set up meets for July and August. IC track is one possibility. He will have details in a few days.

Next meeting will be July 14, 2010

Meeting adjourned at 7:00 p.m.

Submitted with all due respect by Shelly Marino