



**FINGER LAKES RUNNERS CLUB**  
BOARD OF DIRECTORS MEETING  
June 8, 2011 5:30pm  
708 Rhodes Hall, Cornell University

President Joel Cisne called the meeting to order at 5:37 PM.

**Present:** Açmae El Yacoubi, Karen Grover, Liz Brundige, Casey Carlstrom, Steve Ryan, Joel Cisne, Maria Costanzo, Jill Cusack, Melissa Hubisz (and Riley), Nancy Kleinrock, Steve Shaum, Evan Kurtz, Gary McCheyne, Jim Miner, Chris Reynolds, Joe Reynolds, Kim Szpiro, Bruce Roebal, Lorrie Tily, Garrett Wagner, Sue Aigen.

**Approval of the April Meeting Minutes:** after some 'going back and forth' the minutes were eventually approved.

**Race Reports [5:40PM]:**

Tortoise and Hare (KC was absent): 158 runners, 9 no-shows. The race made profits (~\$800) and the weather conditions were perfect. It was brought to the attention of the board the safety issue of runners, especially at road crossings. The placing of road marshals or signs signaling the danger of traffic, were suggested. But mostly, it was pointed out that the safe crossing of roads should be left to the discretion of runners.

**Upcoming races [5:45PM]:**

Twilight 5K - Maria Costanzo: Wed. June 15, @ 7:00pm. Everything is ready and in place. The course was re-certified before the race. There are 149 pre-registered, vs. 162 last year. Maria sold 1/2 the T-shirts and said she needed one more volunteer or so.

Women's Distance Festival - Sue Aigen: July 7th, @ 6:00pm in Dryden. Sue needs some volunteers, preferably men, as the tradition goes. Gary and Steve S. said they would help. Flowers will be sent to Sally Rusby and it was suggested that a bench in memory of Frank Rusby will be placed in Hector forest.

Forge the Gorgeous - Joel Cisne: Joel would appreciate more volunteers. He is working on the insurance forms. Nothing else to report for now.

Forest Frolic - Steve Ryan: Steve brought up the issue of "control over finances" and the need to coordinate with Jim Miner and Sophia. Note: due to liability for the treasurer in case of mail-related irregularities, Jim Miner no longer has the key to the mailbox (to retrieve submitted entry forms and create bib numbers out of them).

Finger Lakes 50's - Chris Reynolds: July 2nd. Registration for the race was closed in May due to reaching the cap of 250 entrants. There is no waiting list this year due to the use of chip timing that has to be pre-set before the race. Chris emphasized that the forest is open to the public and hikers, but that the race will not start if there are bandits mixed in with registered runners at the start. One particular individual has historically caused a problem in this regard, and she will specifically evict him from the start line if he attempts to bandit the race. The race will use the chip-timing services of "Fast Finishes".

A course run will be organized on June 25 Sallyth, starting 9:00AM at the Potomac Campground. It's a self-sustained run.

### **Activities - Miscellaneous [5:55PM]:**

Member/Volunteers picnic — Joel Cisne:

A la *Ithaca Triathlon Club*, which organizes a yearly picnic for CLT volunteers, Joel suggested the FLRC recognize the efforts of the race volunteers and club members by organizing a picnic in Summer. The projected date is August 7th, but clashes with the CLT and Tour de Loop. It was suggested to re-schedule this latter for August 14th 2:00PM-5:00PM. It will be a kids-family friendly event, with location to be determined, but perhaps at Stewart park or the Cass Park Pavilion in Ithaca, instead of Dryden. This event was a success last year where a third of the 30-40 participants were kids.

Motion - Gary McCheyne: To promote the club's role in the Ithaca community, Gary made a motion (see below) to donate mile markers on a 6mi portion of the Waterfront Trails with FLRC engravings:

"8 June 2011

*To the Board of the Finger Lakes Runners Club,*

*As an example of our community outreach and promotion of running to all, I propose that we purchase 6 mile markers for the Cayuga Waterfront Trail. I run this trail almost weekly, as do many club members and non-club members, and mile markers are a practical and useful tool for anyone using the trail. I feel that supporting the development and continuation of the Waterfront Trail directly benefits all runners and the community as a whole. Many of our club runners, and also non-club runners, use the Trail. I'm not the only club member that has met people who were unaware there was even a local runners club. I believe this would be yet another method of letting the people know that we exist and that we're an active, community oriented and community supportive group.*

*The markers are \$500.00 each and there is a current need of 6 to finish the trail as it is now. That would total \$3000.00. If their average life expectancy is 10 years (I'm sure it's longer), that equates to \$300.00 a year to have our name attached to each of 6 mile markers that thousands of runners and walkers will see. I believe this would be an excellent way to promote awareness of FLRC that would benefit all runners.*

*Gary M. McCheyne"*

Six markers, at each mile, will be purchased. At \$500 each, they will cost the club \$3,000. The tagline will be decided upon by next meeting. The board approved the motion.

Club advertising: Kim said that the posters are almost ready and only needs to ask the photographer his consent to use his photos.

### **Finances — Kim Szpiro on behalf of Sophia Darling [6:25PM]:**

Sophia sent out financial documents by email the day before. The club has \$66K in assets, which is 55% up from last year. We think this is thanks to FL50's, Skunk and Tortoise and Hare races. Chris cautioned that entry fees for the FL50s are included in the current numbers, since all registrants have pre-paid, but expenses have not yet been debited, leading to a falsely high total.

### **Membership — Melissa Hubisz [6:27PM]**

Membership total is 258 members, same as in May, but with a different breakdown: 125 families, 105 individuals and 28 life.

Joel passed around the slick-looking Ultrarunning Matters brochure, which features snippets of race reports, info about the organization, etc.; he presents it as "food for thought."

### **Newsletter — Liz Brundige [6:30PM]**

Liz will get the newsletter ready at the beginning of July. Nancy adds an invitation to board members (and club members, generally, as posted on the listserv) to submit photos of spots along the Finger Lakes Trail to use in a newsletter contest in which readers will try to identify the location of each photo included in the newsletter. The goal is to promote enjoyment of the FLT this summer and get people excited about the Triennial Relay.

### **Scholarship Committee — Lorrie Tily [6:32PM]**

There were 9 male and 6 female applicants with remarkable profiles. Lorrie announced the scholarship winners, all graduating high school seniors: Sarah Danner of Trumansburg and Chris Handelman of Homer, both awarded \$1,000 each. Lorrie proposed to offer two more scholarships, of \$500 each, for two worthy high school girls, for their distinguished applications: Shannon Hazlitt of Watkins Glen and Kayla Prochnow of Trumansburg.

- Sarah has been a varsity athlete since 8th grade, and a leader of her high school's cross-country program and focuses on the 3,000m distance. She also runs ultra, with a 3rd anticipated participation in the FL50's in July. She will attend Calvin College in Grand Rapids, MI in the Fall.
- Chris joined track in 8th grade, then cross-country. As a senior, he was a member of the 4x800m relay, the top 3,200m runner and the second fastest runner in the cross-country team. He will attend Onondaga Community College.
- Shannon, a recent high school graduate, was an excellent runner in indoor track, track and field and cross country. She was an IAC All Star and the winner of the IAC Girls' Sportsmanship. She will attend Syracuse University in the Fall.
- Kayla was captain of both indoor and outdoor track team during her senior year. She is a talented jumper and was in the top 20 at States. She will attend the university of Albany in September.

### **Website — Casey Carlstrom [6:42PM]**

Following Bruce's recommendation, Casey proposed that the club uses the services of a grad student in the department of Anthropology at Cornell who does web design for his department. The student can be hired for 2h, @ \$50/h to get the work done on the club's website. He can also offer consulting services afterwards, on an hourly basis. Casey is awaiting his proposal and will report on that in the next board meeting. Given that it has become quite pressing to get the website up and working, Maria proposed to allocate up to \$500 for this matter. The motion was seconded by Gary.

#### **Equipment — Chris Reynolds [6:47PM]**

All is good according to an upbeat Chris. She is still awaiting the measuring wheel from Bob Congdon.

#### **Other Vice President's Business [6:50PM]**

- Trail — Joe Reynolds:

The status of the various trail races are addressed elsewhere in these minutes: Danby Down and Dirty and Ithaca 5&10 - need to have their entry forms updated.

- Road - Garrett Wagner:

Ithaca 5&10: Race director Craig has a conflict that week, and Garrett will therefore take over as RD, but said he will be moving out of Ithaca starting August 1st. He needs somebody to take over the 5&10. Lorrie mentioned that Yvette de Boer expressed an interest in resuming her prior involvement with the club.

#### **Old Business — Joel Cisne [7:00PM]**

Shirt and gear: Joel passed around printouts of the Finger Lakes Trail Circuit T-shirt front and back design. The front design displays a running shoe with the Finger Lakes on the sides, similar to the triple band on Adidas shoes or the stripes on Inov-8 shoes. The back lists the races without the dates, making the single design applicable year after year. He suggested two colors: either burgundy or forest green with yellow gold letters.

**Adjourned at 7:10 pm**  
**Next Board Meeting: *Wednesday, July 13, 2011***