



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

October 10, 2012 5:30pm

105 Kennedy Hall, Cornell University

In attendance: board members Sue Aigen, Joel Cisne, Maria Costanzo, Charlie Fay, Melissa (and Maple) Hubisz, Chris Irving, Andy Jordan, Nancy Kleinrock, Gary McCheyne, Chris Reynolds, Joe Reynolds, Steve Ryan, Steve Shaum, Bob Talda, Lorrie Tily, and Gerrit Van Loon; and club members Katie Aldridge and Matt Aldridge; minutes recorded by Nancy Kleinrock

5:34 Additions or deletions to the agenda, inserted where appropriate.

5:35 Review + Approval of the September Meeting Minutes

- Lorrie moves to approve the September 2012 minutes as submitted; motion was seconded and approved.

5:40 Races & Activities

- Danby Down 'n' Dirty (Andy Jordan)
 - The race had 66 preregistered plus 60 race day registrants, despite the chilly rainy weather; all but six of the race day registrants were nonmembers; of all the runners, only 30 were club members, and the rest nonmembers; 116 ran.
 - During the event there was one ankle injury; perhaps ligament tear; the runner very much appreciated the wonderful work of Wilderness Search & Rescue, as well as Andy's follow-up phone call.
 - The event took in \$2000, spending \$500; Andy suggests some of this excess might go to greater contributions to WS&R and the scholarship fund.
 - With Sophia absent from this meeting, Joe R. will deposit the proceeds.
- Remington Murder Mile (Joel Cisne)
 - No new word from Gary Williams.
 - Next month, the board should address parking issues and any remaining items pending from the Sep 2012 meeting.
- Turkey Trot (Bruce Roebal)
 - From Bruce, via email, Oct 10, 2012.
 - This is the 40th running of the Turkey Trot. Same time, same place. I sent to the group the shirt designed by Phyllis Radke. Attached again. ITHACA TURKEY TROT on the top and ESTABLISHED 1973 B.C. on the bottom (stands for Bob Congdon). Are there any concerns regarding her design? I asked Phyllis to make the Corn look less like Mr. Peanut and to make the Pie look less like a clam. **On the back, do we want the FLRC/Roadrunner logo?**
 - Yes is the consensus on having the club logo on the shirt.
 - Feedback from the board to Bruce on the shirt design: the design is a little busy.
 - Lorrie will provide Bruce a recommended breakdown of sizes to order.
 - I am still awaiting the finance committee's approval on ordering shirts. Please consider this another request for such approval. The cost for 200 shirts was quoted as \$13.50. I would sell in advance for \$15 (including tax) and \$20 on Turkey Day. We will have at least 400-500 people running on Turkey Day. As soon as there is consensus on the design, I will send the design superimposed on the orange shirt to our lists to take the

temperature on the interest in the shirt. I think it will be large as there has never been a Turkey Trot shirt and this one is not dated, allowing for future use. At least 100 will be needed, perhaps 200? Please let me know your thoughts as Phyllis needs to get this to the printer very soon. What sizes should be ordered?

- How many shirts?
 - The sense of the board is that 100 is an appropriate number of shirts.
- A question for Bruce from the board: With no preregistration for the race, what is the plan for preselling the shirt??
 - I can use a few volunteers to help at the finish line.
- Freeze 5K Series (Joel Cisne)
 - Joel's draft schedule: Saturdays in Jan and Feb.
 - Jan 12 through Feb 9, inclusive; five events (Jan 12, Jan 19, Jan 26, Feb 2, Feb 9).
 - Joel suggests either an 11 am or noon start time, with picnic to follow at the very last event, potentially at the Varna Community Center, with perhaps the last event starting/finishing in Varna.
 - Perhaps there's a room at Island Health to gather instead.
 - Suggestion to have an informal get-together after each event, perhaps at the Boatyard Grill or Ithaca Brewery.
- Hartshorne Mile (Charlie Fay)
 - Master's Mile, Jan 19, 2013, with first race commencing at 10 am and last race scheduled for roughly 1 pm.
 - Tom Hartshorne extends a complimentary invitation to all FLRC board members to attend the banquet.
 - Need sanctioning through USATF, which comes with insurance; since we have our own insurance, the USATF coverage can be waived with associated reduced fee. This, however, is contingent on the club's renewal of annual RRCA, with the opening day for renewals of Nov 2012. Charlie is working on coordinating these needs.
- Chris Bond 5K T-Burg (Joe Reynolds)
 - The 5K in Trumansburg is this coming weekend, with FLRC providing mile markers and finish line equipment; Pat Leone will be doing the timing.
- Youth XC event (Joe Reynolds):
 - Liz Vance is coordinating a this event to be held Nov 3; club equipment will be provided for that, as well.
- Skunk Cabbage (Lorrie Tily)
 - Skunk will be April 14, which is Boston Marathon weekend.
 - An unfortunate confluence of events dictates this date.
 - Lorrie sent a note to the Town of Dryden requesting road closure and electronic signage; Ellis Hollow Road is a county road, so Lorrie will contact Tompkins County for the most effective way to ensure the safety of runners.

6:00 Finances - Sophia Darling

- Sophia provided financials via email on Oct 10, 2012.
- Sue and Chris Irving suggest the need for a finance committee meeting.
 - Joel, Lorrie, Gary, Chris I., Sue, and Sophia will coordinate internally to find a mutually acceptable meeting date/time.

6:05 Membership - Melissa Hubisz

- 158 family, 152 individual, 28 life, 3 team; 341 total.
 - An increase of 10% membership since June.
 - To help keep this trend going, perhaps at each race could the volunteer position of "membership ambassador" to beef up the membership numbers.

- Melissa has updated the web page's membership form with multiyear membership options.
- 6:10 Newsletter – Liz Brundige, Gary McCheyne, Nancy Kleinrock
- The latest issue just came out within the past few days.
 - The next issue will be out before the beginning of December and will include the proposed slate of officers to enable the club's members to vote.
- 6:15 Marketing/Outreach/Programming
- FLNF Boardwalk (Nancy Kleinrock)
 - Volunteers from Cornell installed eight of the ten 2x6 by 16' boards the club purchased (\$125.xx) in donation to the Finger Lakes National Forest. Nancy received a nice thank you from Rebecca Wright (the two of them had coordinated on the donation and plans for the project), along with a sort-of thank you from district ranger Jodie Vanselow.
 - A suggestion was made for FLRC to organize work parties to do the necessary repairs on the northern section of the Interloken that the FL50s uses.
- 6:30 Web Page – Maria Costanzo
- Maria will get the minutes on the website.
- 6:35 Equipment – Chris Reynolds
- New equipment purchase: 10x10' canopy.
 - Chris requests that, when RDs bring equipment back for storage, they do not include nonclub equipment.
 - Gary suggests that, when purchasing new tables, they have smooth tops to make it easier to fill out forms on them.
- 6:40 Other Vice President's Business
- Trails – Joe Reynolds
 - Joe congratulates the four FLRC board members who completed the Virgil Crest Ultras (Chris and Gerrit for the 100 mi; Bruce and Joel for the 50 mi; plus a relay team; plus Nancy pacing for 50 mi).
 - The local PGUNYXC series race will be 6K at Watkins Glen; FLRC is the host club for the Oct 28 race.
 - Joe notes that he could use some volunteers and also encourages folks to get out to run and/or cheer.
 - Road – [open]
 - Nick Scalfone sent a pleasant note sent to Joel; Nick had just completed a beer mile out west.
 - Track – Bruce Roebal
 - USATF Sanctioning for Track Races? From Bruce, via email, Oct 10, 2012:
 - It is my understanding from Tom and Charlie that a form of some sort needs to be sent in for each track meet. Just tell me what form to use and what needs to be done and I will do so for each meet.
 - All details can be found on the USATF website; the single of \$50 fee covers USATF sanctioning of all races within a given meet.
 - Joe notes that sanctioning of an indoor track requires the rail to be up.
 - Winter track meets: From Bruce, via email, Oct 10, 2012:
 - Barton Hall has been reserved for these dates, all Sunday mornings:
 - December 2, 2012 (December 9 is not available)
 - January 27, 2013 (Construction necessitates this delay)
 - February 10, 2012
 - March 10, 2013

- A Cornell Track & Field Club has proposed by email Oct 9 (timestamp 1:26 pm) to partner with us for our winter meets; there has been some preliminary email discussion.
 - Although Bruce is provisionally opposed to changing the format or flavor of the meets, he has agreed to meet with CT&FC representative Mason Brody-Carney for further discussion.

6:50 Old Business:

6:50 New Business:

- 2013 Race Calendar
 - Proposed dates (thanks to Maria for compiling these and putting them on the website's calendar):

December Track Meet	12/2/12
1st Winter Chill 5K	1/12/13
2nd Winter Chill 5K	1/19/13
Hartshorne Memorial Masters Mile	1/19/13
3rd Winter Chill 5K	1/26/13
January Track Meet	1/27/13
4th Winter Chill 5K	2/2/13
5th Winter Chill 5K	2/9/13
February Track Meet	2/10/13
March Track Meet	3/10/13
Skunk Cabbage Classic	4/14/13
Remington Murder Mile	4/28/13
Thom B Trail Runs	5/5/13
Twilight 5K	6/12/13
Finger Lakes 50s	7/6/13
Women's Distance Festival	7/11/13
Forest Frolic	7/21/13
Forge the Gorgeous	8/8/13
Monster Marathon	9/1/13
Ithaca 5&10	9/8/13
Danby Down & Dirty	10/12/13
Turkey Trot	11/28/13
 - Race directors should review this preliminary list and notify the board of changes/errors.
 - Maria notes that the Hartshorne Masters Mile and Winter Chill Race 2 are on the same day/time, so the 5K should likely move.
- 2013 Board Officer's Election
 - Nominating committee: although running a month late for creating the nominating committee, all the remaining deadlines as dictated by the FLRC bylaws should be meetable.
 - Will need a new VP of roads and perhaps another significant elected position, as Lorrie cryptically notes.
 - Bob Talda volunteers to serve on the nominating committee.
 - Lorrie suggests asking Shelly to be on the committee.
 - Other suggestions are Jill Cusack and Kim Szpiro.
 - Joel will create a committee and will inform the board of its composition by email.
- Meeting Location Options
 - People are happy with Kennedy Hall.
- Lorrie's proposed race apparel.
 - Lorrie created an order-it-yourself webpage, following Adam Engst's lead for High Noon.

- While the ordering process is easy and the clothing looks nice, it is an expensive option, particularly considering the deal Gary recently worked out through Ian to purchase name brand apparel for at least 50% discount from manufacturer's suggested price.

7:07 Adjourned.

Next Board Meeting: *November 14, 2012 in 105 Kennedy Hall, Cornell*