



FINGER LAKES RUNNERS CLUB
Minutes of BOARD OF DIRECTORS MEETING
August 14th, 2013 5:30pm
105 Kennedy Hall, Cornell University

In attendance: board members Lorrie Tily, Chris Reynolds, Joe Reynolds, Sue Aigen, Chris Irving, Steve Shaum, Nancy Kleinrock, Joel Cisne, Steve Ryan, Will Fox, Maria Costanzo, Gary McCheyne, Shelly Marino, Sophia Darling, Bruce Roebal

Meeting was called to order at 5:34 pm. by President Joel Cisne.

Additions and deletions to agenda: Maria noted that Bob Congdon's father died recently. Shelly will send a card on behalf of FLRC.

Review and approval of the June minutes: Sue moved and Lorrie seconded that the minutes be approved. Motion passed with one abstention.

Membership (Joel): We picked up some new members at Forge, and possibly elsewhere. No official report from Melissa.

News and Outreach (Joel): Joel is helping out at an August 25th 5K at Guthrie. The race is sponsored by the Community Coalition for Healthy Youth.

Financials (Sophia): We're showing a profit of ~\$16K. Sophia will be transferring Skunk profit to the scholarship fund.

Marketing & Programming (Joel): Joel will begin planning for the Winter Chill Series. Hartshorne is January 25th, and FLRC has a track meet on January 12th. He will coordinate with the meet, with four 5k races at Cass Park and one on the track. Format will be the same as last year's; payment for the series will include an annual membership to FLRC. He will try to engage more with Ithaca Beer for the series.

Website (Maria): We're still present.

Equipment (Chris R.): It's all there, other than the antique cowbell, which is still missing. Lorrie thinks that the track program needs a second starter's gun. It was suggested that the track program have its own equipment, separate from the road/trail equipment. They could use a new time machine, one that would synchronize with the gun via wireless. Joe voiced concern about responsibility for the track equipment, which would not be stored with the road/trail equipment. Perhaps a periodic inventory would be in order. Chris R. also suggested that the track folks would need a backup plan for storing their equipment in case the person responsible moved away. Joel will talk with the track personnel. They can submit a wish list for equipment.

Joe suggested that we should not skip summer meetings, as there's so much going on. There was general agreement on this issue.

Reports on recent activities:

Track meets (Bruce): Bruce will pick up the track equipment from Chris & Joe after the meeting.

Finger Lakes 50s (Chris R.): Chris barely remembers it at this point! Will felt it was too hot that day. Chris reported that the new timing company was fabulous, and that thunderstorms held off. There was a rather scary police presence; they were there to enforce laws about movement of firewood; there was no problem with that. The cows got out on Sunday, but it wasn't FLRC's fault.

Women's Distance Festival (Sue and Chris I): There were 114 entries, 108 runners, an anniversary, a birthday, 12 mother-daughter combos, and 1 grandmother-granddaughter pair. Ian had apparently suggested running it in the opposite direction. This would, however, require crossing the road twice. Chris I. announced that after 10 years she is stepping down as co-director. Shelly offered to take her place; Sue had already contacted Denice about taking this on, and was waiting to hear from her.

Forest Frolic (Steve): Net cost to pre-registered runners was \$.25, which seems to have led to a record 213 registrants, 196 starters. It was a perfect day. Four runners disappeared from the course, including Marie Fitzsimmons; they trickled in to the finish, and Marie said they were just fine, and having a good time. There were many helpers – see Steve's email write-up. Steve sold out on shirts, but he saved one which he presented to Sophia for all her help. Steve did the entries and results himself for the first time. This was Steve's last year directing the Frolic. Joel will be the new race director. Steve gave Joel his complete folder of instructions.

Fillmore 5K (Lorrie): There were 89 runners; this is fewer than last year. The local residents manned the course, village police took care of the main intersection, and Sophia directed the fun run. The best part was that the fun run took place before the awards so everyone got to see it; there was a lot of cheering. There was a \$924 profit, and \$800 will be donated. Awards were chocolate from Life's So Sweet.

Annual picnic (Lorrie): About 22 people attended. Lorrie suggested that attendee Rusty Russell would be a good person to get on the board.

Cayuga Lake Triathlon (Joel): Joel brought the FLRC time clock to the race.

Forge the Gorgeous (Joel): 125 runners, 75 preregistered. 96 ran the 7-mile course, 29 ran the 3.5 mile course. There were great helpers present. Next time they'll be asked to check in before leaving. There was also 1.6" of rain during the race, and lightning very close to an aid station. Another note: do not use flour to mark the course if rain is predicted. Joel's newly affianced Jessica will be taking over as director of Forge.

Joel would like to bring back the Madness race, perhaps with 7k, 15k and 30k distances. Gary said that Karen Ingall had the same idea. Joel will connect with her on this.

Upcoming races and current activities:

Monster Marathon and Half Marathon (Chris R.): Chris will mark the course on August 30th. It is thick with briars. She has talked with Joe Dabes about a reroute on the course. Thus far there are 60 registrants, 31 for the half and 29 for the full marathon; 60 shirts were made, and some are already sold. Gatherings will charge \$14/runner for chili, wraps, beverage. First runner (thus far) is scheduled to start at 6:54AM. Joe suggested using white marking tape rather than pink or orange. All equipment will be returned to Chris & Joe's after Monster; 5&10 will pick it up there.

Virgil Crest aid station (Maria): Maria moved that the board allocate up to \$500 for the aid station, Nancy seconded. Motion carried.

5 & 10 (Maria and Gary): All is in order with permits and shirts; Jill is working on prizes. Gary is looking for a good way to mark intersections. Big cones holding signs would be highly visible yet take up little road space. Joe will check with Mancini & Ferrara about borrowing big cones. It might also be possible to rent them elsewhere.

In two years the 5&10 will be 40 years old. Gary is looking for celebratory ideas. Maybe get Purple Valley to play, and have a club picnic afterwards.

Other VP Business:

Trails (Joe): Joe is working on the Monster and some of Ian's race's trails. He hopes to get a trailer to bring the mower up on the powerline. If there is lots of rain, trails can degrade quickly. Sue asked if we should develop a policy on cancelling races. Will noted that trails closed as a result of the recent storm may not be open by Ian's championship race next year. Treman no longer has a swim area – it is now a creek.

Roads (Joel, with additional information/clarification provided by Charlie Fay after the meeting): Lorrie, Charlie and Joel met with officials of Tompkins County: Jeff Smith, County Highway Superintendent, and Jackie Kippola, Risk Manager, to discuss closing Game Farm Road for the 2014 Skunk Cabbage race. The county offers a 6-hr course in comprehensive traffic management for a small fee. It might behoove FLRC to send a group of people to take this course. The course leads to certification in the marking of road closures, flagging and putting up signage for detours and closures, and would lend credibility to club efforts to close roads. It would also save money since club members would effectively serve as “contractors” to the county handling signage, traffic management, etc. and avoid paying county staff (overtime) for this work. Jeff and Jackie were very receptive to the possibility of closing Game Farm Road. Stevenson Rd is in the Town of Dryden, so they plan to meet with Dryden next. They were also given contacts for the NYS Police, NYS DOT, and Tompkins County Sheriff to explore the possibility of closing state route 366.

Track (Bruce): Barton has been reserved for the winter track meets as detailed in Bruce’s email. The Winter Chill 5K will be run on January 12th.

Race calendar for 2014 (Joel): Now is the time to start thinking about it. We will aim to have the calendar set in October. Maria asked if we can do the insurance differently, as she now needs to have the insurance certificate in hand in order to submit the permit applications for Twilight and 5&10. Currently we get them race by race not too far in advance of the race date. Lorrie asked if we can get insurance for 5 years at a time. Sophia will check to see if this is possible. She currently has to fill out a separate online form for each race, a very tedious process.

7:05 pm: Chris I. moved and Will seconded that the meeting be adjourned.

Next meeting will be Wednesday, September 11th.

Respectfully submitted by Shelly Marino, board secretary