



**FINGER LAKES RUNNERS CLUB**  
Minutes of BOARD OF DIRECTORS MEETING  
June 19th, 2013 5:30pm  
105 Kennedy Hall, Cornell University

In attendance: board members Steve Shaum, Nancy Kleinrock, Shelly Marino, Joe Reynolds, Chris Reynolds, Lorrie Tily, Gary McCheyne, Maria Costanzo, Bruce Roebal, Gerrit Van Loon, and Sue Aigen.

Meeting was called to order at 5:33 pm. by Nancy Kleinrock, standing in for President Joel Cisne.

**Additions and deletions to agenda:** None at this time.

**Review and approval of the April minutes:** Nancy reviewed highlights of the last meeting. Gary moved and Chris seconded that the minutes be approved. Motion passed.

**Upcoming races and current activities:**

**July track meet:** Nancy read the email we received from Rob. He wanted to have hurdles at the meet, but Sophia and Tim pointed out via email that hurdles are not covered by our RRCA insurance policy. Bruce will be present for the 7/2 meet as Rob is likely to be a new dad by then. Bruce is hoping for dry weather. FLRC has tents; but tents and any other equipment will need to be returned to Chris right away for the upcoming 50s race.

**Finger Lakes 50s (Chris):** Final number of entrants is 256. Aid station coverage is good. Search and Rescue will attend as usual. Timing will be provided by Albany Running. Hammer Nutrition and Roosterfish are sponsoring the race. This year's race shirts are very cool. Lorrie's son is providing a terrific menu. The Live Like Liz race folks are bringing baked goods. Ice will be available at all aid stations; it was suggested that FLRC purchase a snow-cone machine.

There will be an informal run-through on June 29<sup>th</sup>, but it will avoid the Potomac grounds.

**Women's Distance Festival (Sue):** (Sue was not present when this was first mentioned, so it was discussed later in the meeting.) Sue has 3 volunteers so far, and needs more. Otherwise, all is set. Joe will bring 5 gallon jugs from the 50s for water stops.

**Reports on recent activities:**

**Festival Mile:** There were several bandits.

**Tortoise and Hare:** It was hot and humid.

**June track meet:** It was rainy and humid.

**Cayuga 50 aid station:** A good time was had by all participants.

**Twilight (Maria):** Maria also submitted a written report earlier via email. A bandit, Raymond Velasquez, came in first. He also came in 2<sup>nd</sup> at the Festival Mile, again as a bandit. Michael Lam, upset about his friend's bandit status, sent money to cover Raymond's entry.

There were some traffic/parking issues. The food supply held out well. Gary suggested moving the race to the sidewalk in parts, which would require recertification.

The first female winner was over 40, which caused some confusion in the results: She should have received first overall, rather than first master.

Andy asked if it was appropriate to have Five Star, a for-profit, having a display tent at the Twilight. It was decided that it was OK for now; further discussion in the future about this issue.

### **Committee reports:**

**Financials:** Sophia emailed financial reports. She has received 3 checks that have no indication of the race to which they belong. If you can identify any of them, please contact Sophia.

There was discussion of the expenses incurred for the Cayuga 50s aid station. The board authorized \$300 but Tim spent ~\$200 more. There was discussion about whether the \$300 should have included the cost of cups, truck rental, and other non-food items, or should just have gone for food. Chris felt that Ian should cover the extra expenses. Maria felt we should cover it all for this year. Gary moved that we pay the full amount, \$486, as long as we clarify the authorization for future expenditures. Sue seconded the motion. Motion passed.

**Membership (Melissa):** Melissa sent an email with the current numbers: Family: 206; Individual: 153; Life: 27; Team: 1; Total: 387.

**Marketing/Outreach/Programming:** Nancy brought up Ian's store's group runs. The Tuesday trail run had about 10 participants. The Thursday quality workouts ended because no one showed up. Maria will ask Doug MacLean, who organizes these runs and sends email to those who have signed up, to please publicize them to the FLRC listserv list and put them on the FLRC website.

**Web pages (Maria):** Maria reported (and others concurred) that the site loads much more quickly with the new host. Bob Martea added a plugin for forums, which opens up new possibilities. Chris noted that the Remington Mile results are still not on the site. Gary Williams will be asked to provide them asap.

**Scholarship committee (Lorrie):** Lorrie met the Groton scholarship winner at Twilight. She came in the top 10. Lorrie has received photos and thanks from all winners. All the awards have been distributed, so the press release can go out. Maria said that the photo album plugin on the website makes it much easier to post photos.

**Equipment (Chris):** The equipment manager has been very, very busy, especially with non-FLRC events. Equipment is not always returned clean and on time, which means Chris and Joe end up cleaning it, and/or waiting around past agreed-upon drop-off times. Gerrit suggested that we develop a policy indicating that we need to have all borrowed equipment returned 48 hours before any FLRC event. Shelly will work with Chris and Joe to develop a written protocol for the use of equipment; this will apply to everyone who uses the equipment, including FLRC race directors.

### **Other VP Business:**

**Trails (Joe):** Joe will be mowing this week in Hector, and putting up signs. The trails are in good shape. He also noted that he received a thank you card from the golf course tournament for which FLRC sponsored two holes.

A question of scheduling of trail races arose: Next year the Cayuga 50 will be run on May 31<sup>st</sup>, between CU graduation and their alumni weekend, per the tourist board. Will this present a conflict with Tortoise & Hare? Ian has spoken with Becky and KC.

**Road (Lorrie):** Charlie has started talking with Dryden about closing Game Farm and Stevenson Rds for Skunk. He will continue to work on that. Next year's Skunk Cabbage Classic will be on April 6<sup>th</sup>, with Barton Hall as the home site. April 6<sup>th</sup> is the last day of Cornell's spring break, which may mean the loss of some volunteers.

To address safety concerns, it was suggested that the half marathon start first, followed by the 10k. The course should be recertified to run to Caldwell Rd to take advantage of the traffic signal at Caldwell and 366.

**VERY IMPORTANT:** Lorrie is stepping down as RD. Joel said that he will form a committee to direct. This needs to happen asap.

The Fillmore 5K will take place on August 3<sup>rd</sup> (one day before the Cayuga Lake Tri, and one week after Ironman Lake Placid). Lorrie would like to increase the number of participants in the Fillmore race. She offered to hold a club picnic at her house after the race, with possibilities for camping, fishing, and enjoying her pond now that the tractor has been removed from it. The picnic can be advertised on the website and via the listserv. It was agreed that this was a good idea. As was done for the annual meeting, postcard invitations can be mailed to all members. We can allocate funds for the picnic at the July meeting. Sue moved that we support Lorrie's idea to hold the FLRC club picnic at her home after the Fillmore race. Chris seconded. Motion passed.

**Track (Bruce):** No further report.

**Old Business:**

**Life member criteria:** We will table this discussion till after race season.

**New Business:** Sue Aigen described Katie Aldridge's encounter at Cass Park with a man in cardiac arrest. Katie provided CPR that saved his life. Sue would like to organize a CPR class for an hour before a race. Since the training takes many hours, this isn't feasible, but how about asking the Red Cross to provide a table at races, with info on signing up for CPR training?

There was also a brief discussion about FLRC donating to various causes. The finance committee will address this issue, perhaps proposing a percentage of our holdings that we should donate annually.

Next meeting will be held on July 10<sup>th</sup>, 2013.

Joe moved and Chris seconded that the meeting be adjourned. Meeting adjourned at 7:05 pm.

Submitted by Shelly Marino, board secretary.