



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

July 8, 2015 5:30 pm

170 Roberts Hall, Cornell University

Robert's Rules Tip of the Month:

In attendance:

Board members: Adam Engst, Scott Wehrwein, Gerrit van Loon, Lorrie Tily, Mike Allinger, KC Bennett, Sue Aigen, Maria Costanzo, Gary McCheyne, Mickie Saunders-Jauquet, Joel Cisne, Andy Jordan, Denice Cassaro

(5:30) Welcome of Board

(5:32) Review of Meeting Materials; Revisions to the Agenda

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(5:35) Approval of the June Meeting Minutes

- Some felt that saying the annual picnic is “associated with” Monster meant that the events overlap
- Amend to “the picnic will be on the same day as Monster”
- Joel moves, Denice seconds, unanimous approval

Current Events Reports & Business (5:40)

Twilight 5K—Gary McCheyne/Maria Costanzo

- 313 runners, a bit down from previous years, but Pat Leone says this is happening to races everywhere
- net income was ~\$3600
- Lorrie commented that the Fire Police stopped runners. Gary has talked to them about this in the past but will reiterate that this shouldn't be done.

WDF—Sue Aigen/Denice Cassaro

- 81 pre-registrants
- Denice asked about our headphone policy.
 - Our policy is to disqualify runners who use them
 - RRCA policy “strongly discourages” headphones but doesn't ban them
 - Discussion followed about whether it makes sense to have a policy that we cannot possibly enforce consistently
 - Agreement that we should stick to disqualifying people. Adam commented that we can send email to all registrants via Webscorer to explain the policy.
- Denice mentioned that another registrant asked to participate with a stroller.
 - RRCA strongly recommends against but does not ban strollers
 - Denice and Sue think it's ok for walkers at the back of the pack to use a stroller at their own discretion; general agreement
 - Andy asks whether the kid in the stroller can wear headphones (Denice: NO!)
- Denice has the Wegmans card now and it will be kept in the cash box. Denice mentioned the PIN and Maria will record it with other FLRC access information.

Forest Frolic—Melissa Hubisz

- Melissa sent email about trail conditions, which will be discussed later.

Fillmore 5K—Lorrie Tily

- 24 pre-registrants
- Sophia will direct the fun run
- Girls On The Run group from Moravia may run it
- Permits applied and received
- Four Towns ambulance will do the water stop
- Fundraiser for Four Towns SAR – last year made \$1700
- This is the 19th year; Lorrie is still considering discontinuing the race if there are not enough participants

Summer Picnic/Volunteer Picnic—Mickie Jauquet/Joel Cisne

- The picnic will be 4-7 PM on August 22 in the South Shelter at Treman Park
- The picnic will use the same caterer as Monster and the caterers would like to stay in the same place for both. There was some confusion about which pavilions are reserved for which events. Joel will look into this.
- Pint glasses (rewards for volunteers) are done, Gary will pick them up in Rochester

Vice-President's Reports & Business (6:20)

Trails—Rusty Russell

- Local trails have taken a beating with the heavy rainstorms. It is at race directors' discretion to change a course due to trail conditions.
 - Forge the Gorges will be impacted by closure of the gorge trail after bridge #4.
 - Lorrie commented that there is a service road above the dam that connects with snowmobile trails. Jessica and Joel will investigate this and other alternative courses.
 - Melissa will check out the Forest Frolic trails.
- There is still interest in helping to repair damaged trails with volunteer labor and donations. Scott has been in contact with Cayuga Trails Conference but has not gotten a definite answer about their needs. He is still willing to organize volunteer help from FLRC.

Roads—Mickie Jauquet

No report.

Track—Rob Kurcoba/Adam Engst

- June track meet report – had 83 runners, including Team Prefo and GIAC; got 4 new members
- July track meet report – was earlier in the month than usual due to field availability
 - 74 runners, including Team Prefo and 12 people from the FLRTC triathlon camp
 - a notable runner was Paralympian Josh Kennison, who runs on blades
- income from both meets was \$203
- Adam has been getting calls from people looking to set qualifying times at our meets
 - We would need to have a USATF official present for the results to be USATF-certified
 - Lennie Tucker is an official; Adam will talk with her
- How to draw more Ithaca kids to the meets? We get ~40 kids from Corning, few from Ithaca.
 - We could talk to Yvette about bringing her girls' running group

- Adam has all the track equipment

Suggestion—Gerrit suggests making races more family-friendly by having a family discount price for all races

- We currently have family discounts at several races, but not a uniform policy
- Some discussion about how to implement such a policy. Does family mean cohabitation? Must children be under 18?
- Our race pricing and member discounts are all over the map
- Maria will add 2015 registration prices to our tentative 2016 race calendar so we can get an overview of what we've been doing

Gerrit suggests we need a discussion about our overall goals and objectives, policies

Mickie: we need an overall annual operating budget to be able to have that discussion

Committee Reports & Business (6:30)

Finance—Sophia Darling/ Bruce Dunham

- Some discrepancies in Financials need to be resolved, for example, some income is not included for Tortoise & Hare
- Please send all emails to both Sophia and Bruce – treasurer@fingerlakesrunners.org goes to both

Membership—Katie Stettler

As of July 4, 2015, FLRC has 27 lifetime members, 243 individual members, and 217 family members. Total membership is 487. There were 25 registrations on GetEntered and 1 paper registration during June. Membership forms can be forwarded to me at 227 Renwick Drive, Ithaca, NY 14850. Alternatively, forms can be sent to my husband, David Deitcher, via campus mail at W125 Mudd Hall.

Programming- Gary McCheyne

- Animal Athletics had 19 unique adult participants and 10 kids, adding up to 40 person-sessions
 - 8 adults were new this year, 11 did the clinics last year
 - we had about the same number of participants as last year although more sessions were added
 - total expense was about \$1700
 - Adam commented that it wasn't obvious that the clinics were directed at running. Gerrit asked whether we can we get local talent to do similar clinics and offer a club discount for training: it might be more attractive to train with someone local who will be accessible for the longer term.
- Ideas for new programming
 - The committee is throwing around ideas, for example group runs that end in pancake breakfasts
 - Mickie asked whether there was interest in participating in the Tompkins County Public Library Readathon. People read for 30 minute slots from 12 PM Sept. 25 to 12 PM Sept. 26
 - We could get a slot, put up our flags, have a group run from the library, end on Commons for drinks/dinner.
 - Agreement that this is a great idea and the time slot 4:30 – 5 PM on Friday 9/25 would be good. Suggestions for books included *Once a Runner* and *Why We Run*.

Marketing —Mickie Jauquet

- Mickie suggests getting long-sleeve Tech shirts to sell to members.
 - Cost for 100-150 shirts would be \$12/shirt
 - Printing our logo on front and something on the arm would be \$8-9 per shirt
 - Discussion about the shirts; suggestions to look into Rick Davis printing and Graph-Text
 - Mickie asks whether we can have a formal vote for the shirt. Some confusion over whether it has already been approved. We need to check previous meeting minutes.
- Mickie has also looked into getting navy running caps with a white FLRC logo
 - If we order 144, they are \$10.50 each

- We could give them as awards/rewards and also sell them
 - Sue moves that Mickie order 144 hats with our logo, Lorrie seconds; unanimous agreement.
 - Gerrit suggested that a different type of hat with sweat-collecting band is nice...something to investigate for the next order.
- Gary showed a proposed new logo, same as the current one but with the Finger Lakes in the background
 - There was agreement that we shouldn't change the logo quickly

Web Presence—Maria Costanzo

- The new design is moving along

Equipment—Gary McCheyne

- Gary will email R.D.'s with instructions about how to request and return equipment; will also make a Google doc.

Volunteer—Denice Cassaro

- Members are Bruce D, Gerrit, Mickie, Shelly, Pam Millar
- Will have a meeting soon

Board Governance—Lorrie Tily

Policy Suggestions (for discussion/decision)

1. Any major change a race director is considering from historical precedence has to have board approval. Race directors require board approval before committing race resources to any outside organization. All outside organizations have to be aligned with our mission: Promote health and fitness through running.

STATEMENT - Any change in an existing event from historical precedence has to be presented to and approved by the board and aligned with the club's mission prior to any commitment made.

- Question: what is "major"? Suggestions that it includes the course, fundraising, anything that actually changes the race. Would a reasonable person think this is a major change?
- Adam proposes a guideline: anything that would require a change to an entry form other than updating dates or prices is a "major" change.
- Sue proposes that outside organizations should be preferred, but not required, to be aligned with our mission.
- Joel suggests that these changes be considered first by the appropriate VP, then the VP can summarize for the board if appropriate.
- Andy: this is infrequent and shouldn't be a burden to discuss at board meetings. A related suggestion: issues requiring discussion should be first in the agenda, routine reports should be later.
- Discussion is tabled until next meeting.

2. Elected Officials are expected to attend the majority of board meetings.

At a minimum, race directors are expected to attend the meeting immediately before and after the race they direct. If this is not possible a written report submitted to the board a week prior to each respective board meeting is required.

- No discussion.

3. Any board member present is permitted to request private voting.

- No discussion.

Unfinished Business (6:45)

- none

New Business (6:50)

- Fox Trot 5K Trail Run on Sept. 26th: Cayuga Nature Center looking to borrow clock/timers and volunteers with running the finish line (2nd follow to request before put to rest) Mickie will do this one. Sue can probably help.
- Request for timing equipment: Sept. 26th in town of Dryden (5K around Dryden Lake). No volunteers.
- Request for timing equipment: Sept. 13th at Stewart Park (5&10 is same day!) No volunteers.
- Denice asks that we plan for a retreat and set the date/location soon.

Good of the Order (7:05)

- Sue moves to adjourn at 7:24, Denice seconds, all in favor.

Next Board Meeting: August 12, 2015