



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

April 13, 2016 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

Board members: Sue Aigen, Mike Allinger, Denice Cassaro, Joel Cisne, Adam Engst, Mickie Jauquet-Sanders, Nancy Kleinrock, Alan Lockett, Dan Longaker, Gary McCheyne, Steve Shaum, Katie Stettler, Lorrie Tily, Gerrit Van Loon, and Scott Wehrwein
Club members and guests: Henry Deichter

(5:40) Welcome of Board

(5:40) Review of Meeting Materials; Revisions to the Agenda

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(5:40) Approval of the March Meeting Minutes

- Denice moves to approve the minutes; seconded. All in favor, but with one abstention.

Unfinished Business (5:43)

Town of Dryden referendum to move forward with the Pinckney Road property acquisition using recreation funds—
Nancy Kleinrock

- The Dryden Town Board did not approve the alternative funding strategy discussed here last month and instead there will be a town referendum held May 3 to approve the (contested) use of dedicated recreation funds to purchase the creekside parcel on Pinckney Road. While this is the actual issue, the vote serves as a proxy referendum for using town money toward recreational purposes at all. If this referendum fails, it will de facto slow the progress toward—basically—extending the East Hill Recway all the way to Freeville. Town Board members, all of whom are in favor of the referendum and of the rails-to-trails project, request an endorsement for the referendum from FLRC.
 - Nancy presents this case, but also raises the issue of whether it is appropriate for FLRC to take a stand on something with political overtones.
 - Discussion: Instead of supporting the referendum per se, state as “The Finger Lakes Runners Club support the expansion of public green space and the further development of rails-to-trails projects.”
- Katie moves that a letter with this statement to the Dryden Town board. Seconded. All in favor, but with two abstentions.

Lifetime Membership: a discussion—Mickie Sanders-Jauquet

- Purpose of lifetime membership: to honor people who have been positively involved in the club for many, many years.
- Among current board members, Lorrie, Alan, Karen, and Tim are lifetime members.
- Is conferring this honor something that we want to continue with?
 - Should there be criteria? e.g., ten years of membership and 100 hours of service.
 - Perhaps current lifetime members could create a set of criteria/guidelines for lifetime membership.
 - How it has been bestowed feels subjective and that like a popularity prospect.
 - Suggested that subjectivity is fine: a we’ll know it when we see it.

- Develop a structured process for nominating people to lifetime membership.
- The Volunteer Committee will take up this mantle.

New Business (6:14)

Ed Hart's Trek Event (May 8th)—Lorrie Tily

- A celebration of what Ed did within the local community—running, cycling, medical, and civil rights communities.
 - Starting 10 am, a run or hike, followed by a dish to pass at 1 pm. Sign up online through the Cayuga Trails Club website.

FL50s Volunteers Recruiting—Steve Shaum

- Steve will soon recruit volunteers and would appreciate help, including trail maintenance, particularly someone with a weedeater.

Discount Shoes via FLRTC—Sue Aigen

- FLRTC's Lisa Holt is offering a one-time discount program for FLRC members of ~30% discount on shoes; one pair of shoes per member.
- Sue will create a spreadsheet with shoe model/size of everyone wanting to participate, prepaid to send to Lisa.
- Will collect money prepaid from participants and then cut a club check to the store.
- Suggested could send out to the FLRC email list; could encourage people to join with new members.
- Should get a list from Lisa of brands and models available.
- Suggested to take payment through PayPal.
- Would have to collect sales tax on these pass-through sales.
- Suggested that if anyone who orders and then wants to return a pair of shoes, would get store credit.
- Sue will discuss this further with Lisa and consider implementing it in late-summer/early-fall.

Current Events Reports & Business (6:35)

Margaret Webb Visit—Gary McCheyne

- Meet-and-greet on Fri May 13 at FLRTC, and then a talk on the evening of Sat May 14.
- Still looking for a venue for Saturday evening; Mickie is exploring the use of the library after hours.
- Will have sign up on WebScorer to keep track of interested participants.

Financials—Katie Stettler (20 minutes)

- Financials submitted, including an accounting of budget(plan)-to-actual income and expenses.
- Skunk Cabbage took in \$36K revenue (an increase of \$8K relative to last year); don't yet have expenses accounted for.

Trail Shirts & FLRC patches—Joel Cisne

- Joel proposes the following purchase:
 - 300 stickers @ 69 cents each, with \$15 set up charge, \$15 freight, 8% sales tax; total of \$225.96.
 - 144 shirts @ \$12.20 per shirt; total will be \$1757 to sell for \$20 each; total forecast revenue will be \$2880 with \$1123 gross profit if all sell.
 - Suggested to include option to purchase t-shirt when registering for the race online, as well as have a volunteer dedicated at each race to push shirt sales.
 - Need to keep track of the inventory to remove drop-down option when sells out.
 - Suggested to get the shirt in a different color than last time to get sales to people who already have an old shirt.
- Gary moves to have Joel make these purchases, preferably in a different color.
 - 12 in favor, none opposed, two abstentions.

Vice-President's Reports & Business (6:50)

Trails—Joel Cisne

- Everything is coming along.

Road—Alan Lockett

- There will be meeting next Tuesday to recap Skunk Cabbage.

Track—Adam Engst

March Track Meet

- Was a bit smaller than last time, but 130 people.
- Adam's report is appended to these minutes.

Committee Reports & Business (7:05)

Membership—Shelly Marino

- 25 life members, 224 individual members, and 228 family members, for a total of 477

Programming—Gary McCheyne

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Marketing—Mickie Jauquet

- Adam has an 11x17" calendar to post at Ian's store.
- Calendars and race entry forms are available tonight to post around town.
- Suggested to mail hard copies to running stores in Syracuse and Rochester, as well as electronic versions.

Web Presence—Maria Costanzo

- New website is well underway; might be ready by summer (or somewhat later).
- The hold up is that there is a lot of data to transfer manually, and it would be helpful to have a student or other to do this. Adam has a person in mind (Amelia's daughter).

Equipment—Gary McCheyne

- We have a new finish line.

Volunteer—Denice Cassaro

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Board Governance—Lorrie Tily

- Scholarship update: have 11 female and 2 male applicants thus far.
 - Current committee has agreed to serve again: Lorrie, Karen Ingall, Jill Cusack, and Sandy Fitterer.

Announcements:

- Is there a preference in getting food from Wegman's instead of pizza? Alan says he could pick up from Wegman's.
- Mickie has been in touch with the director, Will Safarik, of the Binghamton Marathon (Sep 18).
 - He wants to give ten free entries to the club to distribute however we want to; the volunteer committee will manage this.
 - Also, he is offering a 30% discount for FLRC members to run the marathon in the hope of increasing participants.

Joel moves to adjourn at 7:15 pm. Seconded. Passes unanimously.

Next Board Meeting: May 11, 2016

FLRC MARCH TRACK MEET REPORT—Adam Engst

Timestamp

Wed Mar 23 2016 17:33:40 GMT-0400 (EDT)

Race Name

Winter Track March Meet

Race Date

2016-03-20

Number of Runners (Preregistered, Day-of-Race, and Total)

132 pre-reg, 33 day-of-race, 136 finishers

Race Income (Preregistered + Day-of-Race = Total)

\$279, all day-of-race

List of Volunteers (Name, email address—one per line)

Mickie Jauquet Alex Looi Sarah Drumheller Jessica Boulia Harris Bockol Tonya Engst Michael Lam Scott Wehrwein David Keifer Bruce Roebal Carl Franck Miles Mischke

Notable Performances

The FLRC March indoor meet saw fewer runners than last month, due to the high school indoor season having ended, but it still brought in 136 competitors from 6 teams, including a large contingent from Bryant & Stratton College, Corning's Team PREFO, the GIAC Navigators, the Auburn Pulsars, Owego Free Academy, and Ithaca's New Roots. Bryant & Stratton dominated the sprints, with Levar Sealey winning both the 60m (6.84 seconds) and the 200m (22.73 seconds), followed closely by Sean Sinclair in both events (7.11 and 23.46 seconds, respectively). Unattached Ithaca-area runner Roosevelt Lee took third in the 200m and fourth in the 60m. On the women's side, Bryant & Stratton's Khadija Morris also swept, taking the 60m in 8.30 seconds and the 200m in 28.85, followed just one overall place later by unattached runner Emalee Fico (8.47 and 29:09). In the distance events, unattached runner David Cook also swept, with a 4:38 in the mile and a 9:12 in the 3000m - both races were hotly contested, with numerous lead changes throughout. In the mile, GVH's Joe Mora ran a 4:57 at age 54, easily besting the 5:10 USATF American Standard for the 50-54 age group. For the women, Karen Simmons-Brady of the Auburn Pulsars won the mile in 5:25, and 14-year-old Maritza Cruz won the 3000m in 11:21, also taking her heat with a strong last lap kick. Although the powerful Bryant & Stratton sprint team won the 4x400m relay in 3:42.5, Owego Free Academy mounted a spirited chase, coming in less than 3 seconds back. An unattached team and another Bryant & Stratton team also went under 4 minutes for the 4-leg mile distance.

Publicity

Nick Reynolds was away the week before the meet, so my efforts to get Ithaca Journal coverage didn't work. Apart from that, I did the usual email to all the FLRC, High Noon, Ithaca High Cross Country Parents, and Cornell Running Club lists. (Hmm, I should add the Tri Club list next time!) And I alerted all the coaches who have come in the past, along with the Syracuse, Rochester, and Buffalo running clubs. We had a number of GVH runners from the Syracuse area come down.

Weather

It was chilly and overcast, which was good for encouraging people to run inside, but not enough to impact travel. Annoyingly, Barton was actually really cold inside compared to other meets.

Food

I got two dozen (28 by Ithaca Bakery count) bagels and three cream cheese tubs for volunteers. We sent a few bagels home with people, but that's probably the right amount for volunteers.

Awards

There are no awards for track.

Supplies and Personnel

I keep forgetting to buy some of those single-use ice packs; a few of the college runners acted as though they'd pulled a muscle or twisted an ankle and their coach attended to them. It would have been good if we'd had those packs (normal ice isn't reasonable to handle indoors).

Problems

Apart from a few runners hobbling after they finished, as though they had pulled a muscle or twisted an ankle, there weren't any notable problems. We once again had a few team runner bibs get swapped, and I haven't figured out a better way to get coaches to not make that mistake. There were one or two timing errors, but nothing out of the ordinary, and our backups worked. Oh, except for one fast guy whose click from button 7 was randomly lost in the 60m - happily, the Bryant & Stratton coach was filming, and we

were able to go back to his video to determine the place (and thus estimated time) of the finisher.

Overall Impressions

Once again, the meet went extremely smoothly, starting at 9 AM and finishing around 12:30, in time for the Marathon Miles registration to take place without conflict. We still had a lot of heats (32 across 5 events) but since more of them were sprints, they didn't slow the meet down much. Coaches were once again extremely grateful, and a new team that came from Bryant & Stratton College was particularly happy because our meet allowed them to have a preseason. One runner who didn't finish was notable - Bennie McIntosh from Auburn, who still holds the Skunk Cabbage half marathon course record in 1:08.38 (Christian Thompson of Candor ran 1:07:36 in 2014, but the course was modified that year). Bennie also ran sub-4:00 for the mile after college. He's still running, though not at that level any more, and was looking good in the mile before he pulled a muscle and dropped out. Still, it was exciting to meet the guy who has held one of our major course records.

Comparison with Last Year

The meet was quite a lot smaller, with 136 runners instead of 213 and 6 teams instead of 8, due to the high school season being over. That reduced the income, made the meet run more quickly, and reduced the stress a little. There were a few less mistakes as well. But overall, it was really quite similar.

Changes

Printing a public seed sheet worked well, and bringing more food for the volunteers was also popular. Avoiding the random seeding within heats was also a win, since it made it much easier for me to figure out who was in a heat while announcing. Mickie was able to take a lot of photos, though I haven't been able to process them yet to see how well they came out. The PA system was again a big hit.

Next Year

I want to make up some sort of volunteer list form, so I can have a better mental picture of who will do what at the meet. This is a little tricky, since people don't necessarily show up early enough for all jobs, but it will still make it a bit more obvious what's necessary if someone has to back out. And next time we're going to print 2 seed sheets for the course clerk, since there are usually two people there, one setting up the current heat and one setting up the next heat. That will be added to the public seed sheet for everyone to see, and the one that I have to keep track of what's going on.