



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

July 13, 2016 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

Board members: Mickie Saunders-Jauquet, Steve Shaum, Katie Stettler, Bruce Roebal, Maria Costanzo, Gary McCheyne, Lorrie Tily, Mike Allinger, Adam Engst, Joel Cisne, Shelly Marino, Denice Cassaro, Alan Lockett, Dan Longaker, Gerrit van Loon, Melissa Hubisz
Club members and guests:

(5:30) Welcome of Board

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

(5:35) Approval of the June Meeting Minutes

Mike moves to approve; Shelly seconds.

Discussion: WDF is mentioned twice in the minutes. The 2nd mention should refer to a different race (Tortoise?).
(update: Nancy is looking into this and will make the correction.)

Vote to approve the minutes with this amendment: 3 abstentions, and all others are in favor.

Financials— Katie Stettler

We lost a cash box, now have 2 (one for track, one for other).

Money market and mutual funds are up ~\$2.50.

Net increase in cash ~\$1000

Scholarships were paid out of scholarship fund.

Revenue is up ~\$15K but we have had large expenditures: annual meeting, Margaret Webb, GOTR, bookkeeping.

Thom B made ~\$1200, Tortoise made ~\$2500, Twilight made ~\$3500

204 trail shirts bought, 70 sold.

We have an account with Collegetown Bagels that gets us a discount, but we have terms of 7 days, so if you buy on our account you need to hand in the receipt immediately.

Katie needs an accounting of any comped race entries.

Unfinished Business (5:40)

Communication—All (discussion)

Decisions from board meetings are not being disseminated to RDs and volunteers – for example, the no refund policy is not common knowledge.

Adam set up a race director mailing list. Maria will send him addresses of RDs. This can be used to send out a digest of the things that RDs need to know. When the new bylaws take effect, not every race director will be on the board email list.

Alan and Gary want input specifically from RDs; the list could be used for this purpose.

Board decisions:

Policies need to be archived and stored in a centrally accessible location. Lorrie suggests that we need one document containing all our policies.

RD information could also be compiled into a shared Google doc.

Adam: how private does this information need to be? We decided that all these documents can be publicly accessible.

New Business (6:00)

Check-in—All (discussion)

Mickie is concerned that we communicate well and follow proper procedures for decision-making. Committees can make recommendations, but the board has the final say.

Denice: how can we work better as a team? We all have good intentions, but our communication has not always been the best.

Joel: some people end up doing a lot more than others.

Adam: does this reflect tension between centralization and decentralization? RDs previously had a lot more autonomy.

Melissa: The centralization has generally made things easier. But some policies, such as the no-refund policy, are not pleasant to enforce.

Katie: it costs us \$20 to write a check for a refund. Each transaction takes someone's time.

Adam: refunds are easy and quick with PayPal/Webscorer. (However, no one except Katie should be transacting money, and she is not willing to issue refunds, due to the no-refunds policy (with the exception of shirts) established in a unanimous Dec 2015 board vote.)

Dan: When policies are transparent, this facilitates interactions by depersonalizing things.

Adam: issues that were discussed and decided by the whole board are being associated with individuals, who are blamed for any problems; this is frustrating.

Melissa reiterates that policies need to be clearly summarized and communicated so that individuals don't need to extract them from the minutes.

Adam: a positive tone goes a long way towards improving group morale.

Conclusion: Policies can always be changed if brought before the board.

We should think about how we can help each other to make things happen.

Current Events Reports & Business (6:20)

Twilight—Maria Costanzo/Gary McCheyne
Everything went smoothly. Report attached.

GotR—Lorrie Tily

GOTR were very appreciative, gave us T-shirts and a plaque as well as a lot of sweet thank-you notes.

FL50s—Steve Shaum

Things went well; the rain held off. We need to add 40-50 extra meals; people were hungry.

U-Haul didn't have the truck that we reserved, but we learned that we can get by with 2 vans. Could also use 3 vans, which is cheaper than a van and a truck.

Hashers put up some conflicting trail markings that confused some runners.

The Forest now says that parking is only allowed on one side of the whole length of Potomac Road. We don't have enough signs to mark the whole thing. Steve found some freestanding No Parking signs for about \$5 each. We need about 100 signs.

The Forest is now controlling invasive plants by not mowing or weed-whacking. They may limit our permission to clear the trails.

The campsite is reserved for next year, July 1.

Steve is considering whether to direct the race next year. If so, would need a volunteer coordinator and/or co-director, perhaps someone to interface with the Forest. Alex is interested in getting involved.

Fillmore—Lorrie Tily

37 pre-registrants. Four Towns is lined up. Lorrie needs a few more volunteers. Expenses will be zero. This will be the 20th year and will be the last race of Lorrie's race directing career. The school parking lots and the track are closed due to construction. Lorrie will find another safe environment for the fun run. ESPN is sending a reporter and will do a phone interview with Lorrie.

Women's Distance Festival—Sue Aigen/Denice Cassaro
Plenty of volunteers; everything is set.

Forest Frolic—Melissa Hubisz
82 pre-registrants; set for volunteers; Wilderness Search and Rescue will be there for the first time. Do we usually give anything to WSAR? Melissa could give them T-shirts.

Forge—Jess Kerns
Via Joel: insurance and permits set; will re-do the course so that both races go through the gorge.

Monster—Karen Ingall
Lorrie: camping is full for that weekend at Treman and Buttermilk.

Picnic—Mickie Sanders-Jauquet
51 RSVPs already; please RSVP if you haven't. RDs please donate any extra awards or swag for door prizes. Will have a "fire sale" for old T-shirts. Mickie will be asking for volunteers in 1-hour time slots.

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

Trails—Joel Cisne
We have good trails.

Road—Alan Lockett
We have roads.

Track—Adam Engst
June meet – 90 people. Was tremendously windy.

July meet – had to be moved to IHS. They charged \$150 for use of the track. One guy from Auburn ran the 400 in 48.73 (competitive at the state level for high school).
IHS has shut off all drinking water because of the lead levels. Carl was able to fill the jugs from the sink.
The tent was a huge help for shade.
Unfortunately, Michael Lam is leaving town. He has been a top volunteer.

The August meet is supposed to be August 2, Adam is checking whether it can actually happen at Cornell.

Committee Reports & Business (7:10)

Membership—Shelly Marino
457 current members: 25 life, 230 individual, 202 people are in family memberships.
GetEntered is not working well for membership.
Adam: some members are confused because they think that joining automatically adds them to the listserve.
That info is already included in the welcome email that Shelly sends when people join.

Programming- Gary McCheyne
No programs are planned.

Marketing —Mickie Jauquet
No news; Mickie resigns as chair of the Marketing committee and suggests that Dan take over.

Web Presence—Maria Costanzo
There is a new iteration of the new website that needs to be tested when committee members can find the time.

Maria wanted to alert people that a local photographer, Diane Duthie (diane.duthie.designs@gmail.com) is available to take photos at races for a negotiable fee.
Diane took great pictures at Twilight and Maria would like to purchase 4, for a total of \$100., to use on the website.
Motion to purchase 4 Twilight photos for \$100; seconded.
Discussion: what about Steve Gallow? He photographs some of our races, and we have and will continue to purchase photos from him also.
Ron Heerkens photographs trail races.
What kind of rights would we have for Diane's photos? Are we allowed to use them in printed materials as well as on the web? Maria will find out.
Vote: 12 in favor, 2 opposed.

Equipment—Gary McCheyne
Gary is buying 2 tablecloths, dark blue with club logo.

Volunteer—Denice Cassaro
No news.

Gerrit: Do we have a way to compensate volunteers, e.g. discounted or free race entry? This is not in place now. It would need a lot of coordination.

Alan: why did we vote down paying for parking during the picnic, if we're interested in compensating volunteers?

Joel: Red Newt has a formula for rewarding volunteers.

Board Governance- Lorrie Tily
No news.

Good of the Order (7:15)

7:15 adjourn

Next Board Meeting: August, 2016?

Race Report for Finger Lakes 50s

Timestamp

Mon Jul 04 2016 18:11:24 GMT-0400 (EDT)

Race Name

Finger Lakes 50s

Race Date

2016-07-02

Race Director(s)

Steve Shaum

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

Approximates: 256 Pre-reg (250 cap but cushioned it a bit (264 in 2015)) - filled in about 26 hours (9 hours in 2015); Day-of-Race 5 (I really, really limit this); Total 261; Waitlist 229 (179 in 2015); Cancels with refunds 32; Cancels with no refunds 39; Registrants in the race from the Wait List 79

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

approx. numbers at this point. Race registrants (including if they purchased extra meals)
\$24,741 + Items sold at race (hats, past race shirts, etc) \$1019 = \$25,760

List of Volunteers (Name and email address)

Maria Costanzo mcc@twcny.rr.com; Derek Dean Derek.Dean@williams.edu; Karen Ingallkag22@cornell.edu; Tim Ingall timingall@gmail.com; Charlie Leonard artisan@frontiernet.net; Gary McCheyne gary@cayugamusic.com; Donna Wakeman dlb8@cornell.edu; Tim Wakeman Dave Jones dfjones108@aol.com; Liz Brundige Alex Kleinerman ak235@cornell.edu; John Hohm Don Lampman Lampman71@gmail.com; Jim Lampman JDL3771@gmail.com; Steve Shaum sls243@cornell.edu; Peter Dady dady@toast.net; JJ Johnson JJOHNSON@tompkins-co.org; Joy Bob Taldabobtalda@verizon.net; Brenda Michaud msbrenda8162@gmail.com; Katie Stettler katiestettler@twcny.rr.com; Lesley Middleton lkm53@cornell.edu; Jon Shaff jes8@cornell.edu; Amilia Kaufman Amelia.Kaufman@uvm.edu; Lorrie Tily ljm2@cornell.edu; Jeney Wierman jeneylynn@gmail.com; Adam Moody jamoody@gmail.com; Jim Miner shiggyrunner@gmail.com; Pete Kresock pete.kresock@gmail.com; George Conety cassieadams06@hotmail.com; Kate Brett katherine.e.brett@gmail.com; Rocio Anica rocio.anica@gmail.com; Joe Dabes kabjnd@msn.com; Adam Engst ace@tidbits.com; Tonya Engst tonya@tidbits.com; Alex Colvin ajc22@cornell.edu; Elizabeth (Liz) Kluz lizninakluz@yahoo.com; Bill King mharkins@twcny.rr.com; Dan Longaker dwl24@cornell.edu; Bob Swizdor bike189@aol.com; Harris Bockol hfbockol@msn.com; Tanya Bockol David Keifer keiferdw@gmail.com; Melissa Benitez-Felton mel103_ben@yahoo.com; Liz Terwilliger liztspt2007@yahoo.com; Jim McKee emckee1@rochester.rr.com; elliemckee@me.com; Dale Ottosen ottosen@gmail.com

Notable Performances

Two course records broken noted below: 50-miler: Men's 1 7:17:23 8:45 Phillip Pawlukovich 37 M Forest Hill MD 2:15:00 2:21:43 2:35:30 0:5:12; Women's 11 83 9:30:57 11:26 Ayako Yamazaki 40 F Nyack NY 2:57:06 3:09:53 3:19:13 0:4:46 Men's Masters: 2 35 7:53:56 9:29 John Hewlett 41 M Schwenksville PA 2:18:47 2:34:33 2:55:41 0:4:56 Women's Masters: 13 142 10:06:35 12:08 Nancy Kleinrock 56 F Ithaca NY 2:59:20 3:14:59 3:45:06 0:7:12 50K Men's 1 57 4:22:49 7:58 Joe Murphy 32 M Astoria NY 2:12:02 2:10:48 Women's 3 155 4:42:24 (new course record by 19 minutes!) 8:34 Nora McIver-Sheridan 31 F Ithaca NY 2:17:04 2:25:21 Mens' Masters: 8 174 5:18:56 9:40 Michael Rush 49 M Waitsfield VT 2:31:45 2:47:11 Women's Masters: 7 172 5:17:40 9:38 Kristen Roe 47 F Manlius NY 2:32:39 2:45:02 25K: Men's: 1 265 1:49:25 (new course record) 6:38 Jeff Powers 33 M Philadelphia PA Women's: 7 285 2:19:25 8:27 Cassandra Winters 34 F Brooklyn NY Master's Mens: 5 279 2:17:52 8:22 Michael Toma 48 M New York NY Women's Masters: 22 278 2:38:41 9:37 Sarah Strunk 50 F Durham NC

Publicity

no publicity; none needed - it's a popular race.

Weather

Couldn't beat it. 55 degrees at start with some clouds; high for the day was mid-70's with clouds and breeze and unseasonably low humidity. Trails were dry as can be.

Food

Yellow Truck Catering (Joe Marnell) BBQ with pulled pork, veggie burgers, salt potatoes, cucumber/tomato salad. Ran out of pulled pork even though he brought 3 extra pork butts for an event the next day - those were used as well. Aid stations had the typical: Pringles, oreo cookies, Twizzlers, gummy bears, beef jerky, other cookies, pretzels, watermelon, bananas and Hammer products (gel, Heed, and Endurolites)

Awards

Overall men and women and master's men and women and first in 10-year age groups for each of the three races. Chain saw carved cows for the men, women, masters men, masters women in the 50K and 50-miler (8 cows total). Cow crossing road signs for the age group and 25K overall/master's winners. Finisher awards: Pint glasses for all finishers in all three races; Backpacks with the race logo for all 50K and 50-miler finishers.

Supplies and Personnel

all the equipment! Could use more tables (2 per aid station instead of 1)

Problems

Two things come to mind: Ran out of pulled pork at the BBQ and the Uhaul. I reserved a van and a 15 foot Uhaul truck, but they didn't have the truck when Gary went to pick it up - all they had was a van. He and Maria managed to pack everything in the van and her car. This told us that we may be able to due with a 10 foot truck and a van or 3 vans for the race.

Overall Impressions

Great race, so many compliments from runners and spectators on how well managed, how well the trails were marked, and how helpful and wonderful the volunteers were. Can't say enough about all the volunteer help.

Comparison with Last Year

Last year was the muddiest I've seen the race in the 10 or 11 years I've been associated with the race (running and/or volunteering or directing). This year was the driest - even more dry than 2010. The overall fun quotient - more than fun for runners and spectators - just flat out a blast!!

Changes

Pad the BBQ numbers by 40 or more so there's enough food for all.

Next Year

Make a sign when race runners need to be out of the campground on Sunday morning. More flags to mark the trail along the Gorge Trail in the creek section. Not many changes needed unless people have ideas.

Race Report for Forest Frolic

Timestamp

Mon Jul 18 2016 16:30:52 GMT-0400 (EDT)

Race Name

Forest Frolic

Race Date

2016-07-17

Race Director(s)

Melissa and Jay Hubisz

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

125, 23, 142

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

1780, 430, 2210

List of Volunteers (Name and email address)

Adam Engst: ace@tidbits.com (lots of help setting up webscorer, registration forms, day-of timing) Robert Talda: bobtalda@verizon.net (lead timer) Harris Bockol: hfbockol@msn.com (timing) Kerra Quinn and Zen Fowler: kerraquinn@gmail.com (composting and timing) Jane Leff: janeleff@comcast.net (my mother- bib pulling, watching Maple) Gary McCheyne: gary@cayugamusic.com (equipment) Katie Stettler: katiestettler@twcny.rr.com (finances) Seth Carl: sethcarl72@gmail.com (registration and timing) Peter Dady: dady@toast.net (registration) Pete Kresock: pete.kresock@gmail.com (registration) Audrey Balander: audreybalander@gmail.com (post-race clean-up) Joe Dabes: kabjnd@msn.com (course marshall at intersection, and trail maintenance) Harland Bigelow: harland.bigelow@cortland.edu (pre-race set-up) Kathleen Jo Sikora with her large team of ~1 dozen: kjsikora@syr.edu (Wilderness Search and Rescue)

Notable Performances

7k: male winner Stephen Thompson age 17 time: 30:04 female winner Danielle Hautaniemi (Lansing) age 42 time: 43:31 male masters winner Adam Engst age 49 30:23 "tempo run" youngest runner Riley Hubisz age 8 (almost 9) time 1:02:00 Also of note Julie Schneider ran a respectable 58:32 despite being pregnant with a September due date; this was her last FLRC trail race as she is moving to Kingston in ~a week. 15k: male winner Michael Selig age 38 time 1:03:53 female winner Donna Langerfeld (Port Byron, NY) age 30 time 1:11:45 male masters winner Scotie Jacobs age 41 time 1:14:13 female masters winner Audrey Balander age 59, time 1:44:33 15k had several teenage runners that did very well: 3rd place age 15 Evan Whittaker (Mecklenburg) 1:06:35 4th place age 17 Joseph Thompson 1:10:40 (twin brother of 7k winner) 5th place female age 16 Emma Jourdain of Becket, MA 1:34:29 6th place female age 18 Emily

Tibbetts of Lenox, MA 1:35:27 also Austin Lamb of Freeville, NY age 15 time 1:28:51

Publicity

no. I think we got plenty of runners without publicity. I would not want it much bigger for the sake of not tearing up the trails. DEC permit placed the max at 175.

Weather

Weather was perfect. Unexpectedly cool (60's), rain the previous evening made just a little bit of mud but the course was generally dry and fast. I had expected hot weather and bought too many watermelons for a cool day.

Food

Chips (3 bags), Cookies (5 packages), Peanut butter (1), jelly (1), honey (1), bread (3 loaves), m&ms (1 bag, could have had more), oranges (8), clementines (2 bags), bananas (5 bunches), watermelon (6). Numbers reflect the amount eaten. Had some leftovers: a couple watermelon, a few bunches of bananas, a few oranges, a couple loaves of bread, a couple packages of cookies and chips. The leftover cookies and chips can go back to the club for the next race; most of the leftover produce was given away to people who helped clean up the race. We also went through 6 12-packs of assorted beer and 4 cases of soda (no leftovers here). 8 gallon jug of gatorade was half drunk. We had 3 8-gallon jugs of water which were about 2/3 finished, as well one jug each of water and Heed at two aid stations.

Awards

We gave 6-packs of assorted craft beer (with option for craft soda for winners who don't drink or are under 21) to first and masters winners of both races (8 awards total). Because we had buy extra awards to accommodate the beer/soda option, we gave some extra silly prizes to notable performances (can't remember exactly but something like youngest, oldest, pregnantest, etc).

Supplies and Personnel

We had 3 tables at the start/finish and I would have liked another 1-2, especially since the ground was wet and there were items I did not want to place on the ground, and I wanted a place to put flyers for future races. I had just the right number of volunteers and they were all fabulous.

Problems

Nothing big. We found \$30 too much in the cash box in the end and believe it was due to race-day registrants age ≤ 18 not getting the \$10 discount. Also realized later that many race-day registrants did not sign the waiver. In the future will emphasize this to registration staff.

Overall Impressions

I think it went really well overall, everything went very smoothly from my perspective and I didn't hear any complaints. Nobody got lost and I heard many people say the course was marked better than ever (Jay did the markings). Joe Dabes had recently rerouted part of the 8k loop off the logging road and people seemed to like the changes. Having Wilderness Search and

Rescue on hand was a huge relief; it was great to know where the runners were, especially towards the end when we are waiting/hoping that the last few stragglers will eventually appear. WSAR did find the clockwise/counter-clockwise option for the 15k confusing and have some doubts about whether it is a good idea going forward, but I think they are willing to give it a try again next year.

Comparison with Last Year

It was better- the course changes were great, WSAR's presence made it safer and much less stressful for me. We had more runners, not sure why, possibly because it did not conflict with Grass Roots this year? I had a few more volunteers and one more year experience, and everything just went smoother. People seemed to have a great time.

Changes

WSAR presence- very successful. They had about a dozen people at various stations and were awesome. And minor course changes by Joe Dabes were nice. Nothing else changed very much.

Next Year

Nothing big comes to mind. One of these years I'd like to do something more original with the food.
