



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

June 8, 2016 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

Board members: Sue Aigen, Mike Allinger, KC Bennett, Denice Cassaro, Maria Costanzo, Adam Engst, Mickie Jauquet-Sanders, Nancy Kleinrock, Alan Lockett, Daniel Longaker, Gary McCheyne, Steve Shaum, Bruce Roebal, Gerrit Van Loon
Club members and guests: Pete Kresock

(5:35) Welcome of Board

(5:35) Review of Meeting Materials; Revisions to the Agenda

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(5:35) Approval of the May Meeting Minutes

- Mike moves to approve; seconded. In favor, 12; opposed, 0; abstain: 1.

Unfinished Business (5:37)

Parking fees at Annual Picnic Event—Mickie Sanders-Jauquet (decision)

- Should the club pay the \$8 state park parking fee at the picnic for volunteers attending the picnic? This question is in response to one person at last year's picnic complaining about having to pay the fee.
- The feeling of the board is not to sponsor the parking for the 2016 picnic.
- This year's picnic will be Aug 20, 4–7 pm; north pavilion, Lower Treman State Park.

Request to RDs for door prize donations—Mickie Sanders-Jauquet

- A request is put out for leftover doodads from races to be donated as door prizes at this year's picnic.

Extra expenses to cover payments made for the Margaret Webb Event—Mickie Sanders-Jauquet (decision)

- Adam moves to pay \$168 for travel and \$150 for rental of the Unitarian Church for the Margaret Webb event. Seconded.
 - In favor: unanimous.
- Separately, discussion ensued regarding on-the-spot donations made by board members to cover additional funds that had not been allocated.
- In the future, there should be better planning on expenses that are likely to arise; planners are to consider all likely expenses, but should not be held personally responsible if an unanticipated overrun arises.
- Denice would be happy to assist with the creation of a form/checklist to use when planning future events.
- Event planners should enter into a contract with future speakers/coaches/etc to clearly establish expectations—financial and otherwise—regarding events.
- Denice moves that future events include entering into a contract with speaker/presenter/trainer/coach to lay out all financially associated expectations, and the club's programmer(s) also fills out an event check sheet to make sure that all contingencies are accounted for.
 - This motion is tabled until Denice establishes and shares with the board a sample check sheet and contract.

Trail shirts—Mickie Sanders-Jauquet (decision)

- Shirts are selling well, and some people have preordered sizes that have already sold out.
 - Currently need 3 women's small and 1 men's small to cover those who have preordered.
 - Note that the shirts are running large.
 - 69 shirts have sold of the 144 initially purchased across all sizes (have a surfeit of XL; can give to WSR)
 - Maria moves that the club purchases 60 additional shirts (with emphasis on smaller sizes). Seconded.
 - Amended motion: Maria moves that the club purchases additional shirts up to \$1000 worth, with a goal of selling out all shirts by year's end. Seconded.
 - Unanimous approval.

New Business ()

None this Month

Current Events Reports & Business (6:20)

Tortoise & Hare—KC Bennett/Mickie Sanders-Jauquet

- There were fewer runners this year; about 34 no-shows; 186 prereg; 17 same-day reg; ~159 total runners.
- Revenue: \$2870 (not including shirt sales); expenses, ~\$700.
- Issues: normally the race has been first Sat of June, but Ian scheduled CT50 that day for 2016, advertising it widely; the upshot is that T&H had to move to Sunday.
 - This proved somewhat more problematic in terms of picking up supplies that morning (e.g., ice from Greenstar).
 - Marking the course for the race was also problematic because it could not be done while CT50 was going on.
 - Equipment miscommunication led to insufficient drinking water at the finish; had only 3 water jugs, so had to send people to water faucets near restrooms for a drink after finishing the race.
 - The paper registration form didn't include the Clydesdale division.
- KC is stepping down from directing T&H; suggests that Mickie gets a new co-director.
 - KC plans to redirect her volunteer energies to helping generally at this and other races.
- Maria moves to thank KC for her 9 years of service to this race. Seconded. Passes unanimously.

Margaret Webb Visit—Gary McCheyne

- 53 people came Sat night, for a pleasant evening.
- Fri night began with a costumed club run, then some book club women from Pennsylvania came and hung out.

The Scholarship Fund—Lorrie Tily—not in attendance

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GotR—Lorrie Tily—not in attendance

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FL50s—Steve Shaum

- Acquiring volunteers has been challenging, but is coming together; could still use some more people for Sat morning registration.
- More than 200 people on the waitlist.
- Steve and Nancy will be doing trail prep this weekend (weed whacking, arrows).
 - Gerrit will help.

Women's Distance Festival—Sue Aigen/Denice Cassaro

- Registration is online, and 1 registrant has signed up thus far.
- Now it's time to collect volunteers, and order food and good weather.
- Pete will create a Facebook page for it

Twilight 5K—Maria Costanzo and Gary McCheyne

- Registration is online, and 184 registrants thus far.
- Permits, volunteers, fire police, and awards are all in place.

Financials— Submitted by Katie Stettler (not in attendance)

- Financials and explanatory notes were distributed electronically prior to the meeting.
- Mike presents them as per Katie's notes.

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

Trails—Joel Cisne (not in attendance)

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Road—Alan Lockett

- no report.

Track—Adam Engst

- First summer track meet is tomorrow.
- Cornell will be resodding the soccer field this summer; runners are forbidden to be in the infield.

Committee Reports & Business (7:10)

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Membership—Shelly Marino

- In the last month we've added approximately 3 new individual members and one new family, along with approximately 7 renewals. There appears to be a problem renewing family memberships online. Shelly has heard this from two families and wrote to GetEntered, but has yet to receive a response.
 - Maria notes that Shelly needs to contact the Leone Timing folks.

Programming—Gary McCheyne

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Marketing—Mickie Jauquet

- Adam would like to put nice graphic materials, calendar, race entries, club shirts, etc., in the dedicated space in Ian's store.
- Time to promote Forest Frolic, Women's Distance Festival, and the Volunteer Picnic.
- Maria notes that it's great that Pete was tweeting the winners of T&H as they were crossing the line.
- Tyler Fink (tylerfink.com) took great photos of T&H, which was much appreciated.
- Adam suggests to Pete to post recaps of events on social media; Pete has been doing that.

Web Presence—Maria Costanzo

- It is going to be a manual operation to move data over to the new website.
- Perhaps the club can enlist some capable teens who need to do community service to perform this task.

Equipment—Gary McCheyne

- All is fine.
- No need for RDs to purchase surveyor flags

Volunteer—Denice Cassaro

- Gerrit raises the issue of providing chits toward race entries in response for volunteering.

Board Governance—Lorrie Tily

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Good of the Order (7:15)

Gerrit moves to adjourn at 7:15. Seconded. Passes unanimously.

Next Board Meeting: July 13, 2016?

FLRC Race Report for Tortoise & Hare—KC Bennett

timestamp:

Thu Jun 09 2016 14:57:50 GMT-0400 (EDT)

username: Race Name:

Tortoise & Hare

Race Details: Race Date:

2016-06-05

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

186, 17, 159

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

2465, 340, 2102.53 (actual total once expenses and Tshirt sales were taken out)

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

karen ingall, simon ingall, pete kresock, harris bokol, adam engst, gary mccheyne, maria costanzo, katie stettler, liz kinast, steve shaum, nancy kleinrock, gerrit van loon, heather somebody (food), anna deitcher, lesley middleton, nora mciver-sheridan, bridgid shipman, karlene smith, matt ryan, august ryan, kelly makosh, kenny makosh,

Race Evaluation: Notable Performances:

The 2 first place men were close the entire race so the finish was fantastic!

Publicity:

no

Weather:

drizzly, humid, wet, warm. The weather is always a factor. When it rains it is miserable for volunteers. I believe that the threat of bad weather contributed to a high number of "no shows" this year.

Food:

Too many bagels for only 159 runners.

Awards:

Purchased: 6 prs socks, approx \$50 worth. Ian donated 10 git cards from Altra Running. We had FLRC hats on hand for possible prizes.

Supplies and Personnel:

People to help unload and carry supplies at 6:20am would've been great.

Problems:

Had a clump of 7 walkers who were behind at the beginning, but they were good about notifying finish line people when they left early.

Overall Impressions:

Thank god the rain held off. Marking the trail proved to be very frustrating due to the trail marking in place for the Cayuga 50s being held. Having the race on Sunday instead of Saturday proved to be not good for me in terms of timing, planning, etc. I think most runners had a good time. Volunteers (on the course) had a good time

Looking Back and Forward:

Comparison with Last Year:

Less runners this year. I'm sure the income was higher due to the increased race cost. I felt that I had less control over registration, set up, etc due to being out later setting up the course. Not having access to water at the site was a sticking point.

Changes:

Didn't double check my equipment list at the time of pickup so some things were not picked up. Having equipment not available due to Ian's race using it was annoying and felt disconcerting.

Next Year:

I'm considering having someone else be race director next year.

FLRC Race Report for the June 2016 Track Meet—Adam Engst—

Timestamp

Sat Jun 11 2016 11:53:54 GMT-0400 (EDT)

Race Name

Summer Track June Meet

Race Date

2016-06-09

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

159, 13, 90

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

\$104 all day-of-race

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

Michael Lam Alexander Looi Julianne Quinn Ved Gund Tom Rishel Bruce Roebal Aaron Proujansky Carl Franck

Notable Performances

We kicked off the races with a single heat of the 2 mile, which Dave Cook ran away with in 10:09. Faithe Ketchum of Team PREFO took the women's win in 12:33. Next up were seven heats of the 100m, capped by Peter Sigona in 11.84 seconds and Maddie Schattinger in 13.95. In the 800m, Leon Atkins of the Auburn Pulsars set a PR running 2:00, and Maddie Schattinger doubled her wins with a 2:42. The 1600m brought two new faces to the winner's circle, with Andrew Boyce throwing down a 4:36 to win for the men, and Mary Bushallow taking the women's race in 6:12. In the final race of the evening, Leon Atkins led off his team's 4x400m relay with a 51 second lap, and his teammates Peter Sigona, Zach Lanphere, and Dave Cook contributed fast laps of their own to post a 3:53 time for 1600 meters. Honorable mention goes to the three-woman team of Maritza Cruz, Maddie Schattinger, and Mary Bushallow, which ran a 5:22 even though 15-year-old Cruz ran the last two laps instead of just one. And that was coming off a 13:41 2 mile and 6:13 1600m for her.

Publicity

I sent email to the usual lists and clubs, but didn't get any coverage in the local media. The race is also listed on various external sites, but that didn't apparently make any difference.

Weather

Cool and windy! The wind didn't hurt attendance at all, but it made managing the meet a lot harder. I anticipated the wind and brought a bag of rocks to hold paper down, which was a lifesaver. We didn't attempt to enter results at the meet because of the wind, nor did we hand out FLRC calendars or other race forms. Volunteers got cold toward the end. Performances may have suffered a bit because of the stiff breeze on the backstretch.

Food

I got a dozen bagels and cream cheese for volunteers, and 10 were eaten. Next time I have to remember to ask CTB to cut them!

Awards

Track meets don't have awards.

Supplies and Personnel

I should have asked for another table and more chairs, since the ones that were left at the track last year were missing, and one table isn't quite enough space for all the papers and equipment we need to lay out. I also need to ask for big cones next time, just in case, but we lucked out and there were sufficient cones lying around on the track.

Problems

Wind was a huge issue. We had a few minor confusions in the results due to runners changing bibs and jumping heats, but nothing major. Sun also made working on the computer screen a bit difficult, and although I had a tent, it wasn't worth setting up in that wind.

Overall Impressions

Overall, the meet went well, and we got lots of gratitude and appreciation from coaches and parents.

Comparison with Last Year

It's a little hard to remember, honestly (which is why we're doing these reports!), but I think it was fairly comparable. Things were less in control than at the indoor meets, due to the wind.

Changes

I tried using the Sprint Timer app to do pseudo-FAT timing with the camera, but it wasn't particularly successful. I need to test it a lot more and work with the developer on the program flow, since it would be helpful to have it recording the finish line as a backup to the tick sheets.

Next Year

For July, I'm hoping to get results entered and printed at the meet, which will be easier with another table and better weather.

FLRC Race Report for the Twilight 5K—Gary McCheyne/Maria Costanzo

Timestamp

Sat Jun 18 2016 16:24:07 GMT-0400 (EDT)

Race Name

Twilight 5K

Race Date

2016-06-15

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

Pre-reg: 235 online, 50 mail-in; Reg at packet pickup: 10; total pre-reg: 295; day-of-race: about 65; finishers: 326

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

Pre-reg income was close to \$5000. I don't know what race day income was - I wanted to count it before the cash box was taken away, but was too busy and tired.

List of Volunteers (Name and email address)

Amy and Scott Dawson and family; Adam Engst; Brenda Michaud; Jon Schaff; Melinda Butler; Mickie Saunders, Mark Jauquet and family; Lorrie Tily; Steve Shaum; Nora McIver-Sheridan; Joe Nolan; Tom Marino and colleagues from Morgan Stanley; Tim Ingall; Aaron Proujansky
amy@emoticakes.com, ace@tidbits.com, msbrenda8162@gmail.com, jes8@cornell.edu,
buttermelinda1@gmail.com, mickiejauquet@gmail.com, ljtily@gmail.com, sls243@cornell.edu,
nora.mciversheridan@gmail.com, jcn@ecovillage.ithaca.ny.us,
Thomas.J.Marino@morganstanley.com, timingall@gmail.com, aaron.proujansky@gmail.com

Notable Performances

All results and age-group winners can be seen here:

<http://www.leonetiming.com/2016/Roads/Twilight5K16.htm>. Our own Alan Lockett was the male masters winner. Age of the participants ranged from 6-77. Most people were local, with a few from PA. Girls on the Run programs from 3 local schools used Twilight as the culmination of their seasons.

Publicity

No pre-race coverage, but we had a nice photo gallery in the Ithaca Journal afterwards:

<http://www.ithacajournal.com/media/cinematic/gallery/85982398/gallery-ithaca-twilight-5k/>

Weather

It was warm (low 80s) and partly cloudy. This is typical for Twilight and I don't think it impacted attendance.

Food

We served 14 sheet pizzas and also had other snacks: bagels, cookies, chips, and fruit. We could have used a couple extra watermelons, but otherwise the food amounts were good.

Awards

We purchased hand-made pottery mugs from Front Porch Pottery for \$12 each. We've done this every year. They're stamped on the bottom with "Twilight 5K" and the year. Overall winners each get a mug and \$25 gift certificate from Viva (donated); Masters winners and top in each age group (5-year groups) get a mug.

Supplies and Personnel

No

Problems

No problems on race day. I wanted to alert other RDs to one issue: Wegmans will not exempt our purchases from sales tax unless we are using the Wegmans credit card (although they did exempt us in the past).

Overall Impressions

The race went very smoothly. Our biggest problem in the past has been getting timely access to the track and the IHS concession stand, but that was straightforward this year.

Comparison with Last Year

We had a few more runners than last year; otherwise it was about the same.

Changes

No major changes.

Next Year

I think Twilight is successful as is and I wouldn't make any major changes.