



**FINGER LAKES RUNNERS CLUB  
BOARD OF DIRECTORS MEETING**

September 14, 2016 5:30 pm  
170 Roberts Hall, Cornell University

In attendance:

Board members: Sue Aigen, Mike Allinger, Denice Cassaro, Joel Cisne, Mickie Jauquet-Sanders, Nancy Kleinrock, Alan Lockett, Daniel Longaker, Gary McCheyne, Steve Shaum, Bruce Roebal, Bob Talda, Lorrie Tily, Gerrit Van Loon, Scott Wehrwein  
Club members and guests: (none)

(5:37) Welcome of Board

(5:39) Review of Meeting Materials; Revisions to the Agenda

- Nancy wishes to add discussion of Finger Lakes Trail Conference fundraising to the Trails report.

(5:40) Approval of the July Meeting Minutes

- Correction by Nancy on Katie S.'s behalf: add "due to the no-refunds policy (with the exception of shirts) established in a unanimous Dec 2015 board vote" to the second comment by Adam under "New Business."
- Gerrit moves to approve the minutes with this amendment; seconded. Passes: yes, 12; no, 0; abstain, 2.

**Unfinished Business (5:47)**

Updating the 2017 calendar with Race Dates—Mickie Sanders-Jauquet (Announcement)

- The tentative schedule in the table below is updated during the meeting with the items indicated in red.
- Adam requests moving summer track meets to Ithaca High (from Cornell); easier to get better dates, available water and bathrooms (vs. Cornell), but will cost \$150/meet, making it dicey whether the meets will break even, requiring a board vote.
  - Adam is raising fees for day-of registration to encourage preregistration.
  - Sue moves to move summer track meets to Ithaca High for the three events, incurring a cost of \$150/meet. Seconded.
    - Passes unanimously.

Race	Date	Day	Time	Confirmed
Winter Chill #1	8-Jan	Sunday	11am	Y
Winter Chill #2	15-Jan	Sunday	11am	Y
Winter Chill #3	22-Jan	Sunday	11am	Y
Winter Chill #4	29-Jan	Sunday	11am	Y
Winter Track Jan	Jan 15 or 22	Sunday	9am	Y
Winter Track Feb	19-Feb	Sunday	9am	Y
Winter Track Mar	19-Mar	Sunday	9am	Y
Hartshorne Mile	21-Jan	Saturday	9am	Y
Frosty Loomis	4-Feb	Saturday	9am	Y
Skunk Cabbage	9-Apr	Sunday	10-10:15am	Y

Thom B	13-May	Saturday	7 & 10am	Y
Summer Track Jun	Third Tuesday, Ithaca High	Tuesday	6pm	Y
T&H 10K	4-Jun	Sunday	9am	Y
Twilight 5K	15-Jun	Wednesday	7pm	Y
Summer Track July	Third Tuesday, Ithaca High	Tuesday	6pm	Y
FL50s	1-Jul	Saturday	6:30 & 8am	Y
Women's Distance	13-Jul	Thursday	6:30pm	(RDs are seeking to move location to Stewart Park, but can't reserve until January)
Forest Frolic	16-Jul	Sunday	9am	
Fillmore 5K	22-Jul	Saturday	9am	Y
Summer Track Aug	Third Tuesdays, Ithaca High	Tuesday	6pm	Y
Forge the Gorgeous	3-Aug	Thursday	6pm	Y
Monster Marathon	19-Aug	Saturday	6:30 & 9am	Y
Ithaca 5 & 10	10-Sep	Sunday	8:30am	Y
Danby D&D	7-Oct	Saturday	9am	Y
Turkey Trot Prediction	23-Nov	Thursday	9am	Y

(items in red added during the Sep 2016 meeting; items in blue added during the Oct 2016 meeting)

Create Nomination Committee to solicit names for 2017 Board Members—Mickie Sanders-Jauquet (Discussion/Decision)

- Suggestions for people not in attendance to serve on the nomination committee:
  - Joel suggests Jeff Holbrook
  - Mickie suggests Shelly Marino (as chair)
  - Mickie suggests Pete Kresock
- Gerrit Van Loon, in attendance, agrees to be on the committee
- Mickie will contact these people for confirmation.

### New Business (6:03)

Track Friday—Adam Engst (Discussion/Decision)

- Adam (not in attendance) seeks insurance coverage for a Track Friday meetup at Ithaca High the day after Thanksgiving.
  - As is the case for the Thanksgiving Day Prediction Run, Adam should request waiving the track use fee.
- Nancy moves that Track Friday should become an official FLRC event. Seconded; passes unanimously.

Needed Race Directors—

FL50s

- Lorrie suggests sending info out to local email lists (FLRC, High Noon, ITC) for RD suggestions; the board would need to okay any candidate(s).
- Suggestion would be to acquire a committee to direct the event.
- Steve will write a concise overview of duties to use to solicit an RD or team of co-RDs.

Forest Frolic

- Joel has some ideas about RD(s) for Frolic:
  - Jenny Henyon as a co-director.
  - He will also approach Jeff Holbrook, Eric Sambolec, and a few others.

Fillmore

- Alan will speak with Pam Millar about Fillmore.

- Alan also has been speaking with a Moravia man familiar with the event who is interested in directing Fillmore, but would need to move the date by one week.
  - Lorrie mentions that there is one family that comes for a family reunion that weekend, providing roughly 20 race entrants.
- An alternative is to have the Four Town organization take over directorship; would have to let Four Town know that our insurance would not cover the event if they take it over.
- This should be decided in October.

Others?

- Gerrit notes that with the completion of the Black Diamond Trail, might we want to launch a race that uses it?
  - Scott notes that Ian is considering expanding the Gorges Half to include a full marathon option that includes the Black Diamond.
- Pam Millar is interested in being a race director. Harris Bockol-Sorenson is also interested, but needs training.

### **Current Events Reports & Business (6:24)**

Financial Report—Katie Stettler

- Statements are reviewed, but Katie is not in attendance)

Women's Distance—Sue Aigen/Denice Cassaro

- This year's race had a low turnout (only 40-some participants)
  - The usual complement of Binghamton and Syracuse women was absent.
- Sue and Denice suggest changing the location from Dryden Lake Park to Stewart Park, with the race running from the pavilion out to roughly the Farmers' Market and back on the Waterfront Trail.
  - Gary notes that he has discussed with Liz Vance having a 5K beginning/ending at the Youth Bureau; Sue and Denice will explore that, but want access to the pavilion.
  - Sue notes that the original, 1984, running of the WDF, took place at Stewart Park and was a full-day event.
  - Sue moves to relocate the Women's Distance Festival to Stewart Park from Dryden Lake (assuming the RDs can reserve the pavilion); seconded; yes, 14; no, 0; abstain 1.
- Lorrie had issues with the pint glasses as awards this year, even for young children.

Forest Frolic—Melissa Hubisz (race report appended)

- Melissa isn't at the meeting, but Joel debriefed her about the event.
- Melissa has provided a timeline of RD duties to facilitate the transition to a new RD.

Fillmore—Lorrie Tily (race report appended)

- Participant numbers were up, continuing three years of growth.
- Lorrie's "gal pals" came out as volunteers, due to a dearth of volunteers otherwise; lack of a seasoned finish line team led to some challenging moments.

Monster Marathon—Karen Ingall (race report appended)

- Joel summarizes the race report.
- Nancy notes problems with race markings.
- Lorrie notes that the race was short on volunteers this year.
- Multiple board members suggest moving the course off the park trails and onto the FLT (both to the door in the woods and up Lick Brook, although consideration will need to be given to the creek crossing near the railroad track on the Lick Brook side of the highway underpass.

Forge the Gorgeous—Jessica Kerns (race report appended)

- Joel notes that it was hot and a bunch of people dropped; people liked the homemade awards; people want better beer next year.
- Lorrie notes that her son collected many surveyor flags and a cone that he found a week after the fact.

5&10—Gary McCheyne

- Not well advertised (because of last-minute decisions about the course route, due to bridge work); many people registered but didn't run, which surprised Gary.
- Directing it as a 5K/10K was hugely easier than as a 5M/10M race; needed far fewer volunteers, with most coming out of the woodwork within the final days before the race.
- 22 kids participated in the fun run, which was ably coordinated by Jay and Melissa; the kids had a great time.

- Gerrit notes that adding fun runs to more races would be good (perhaps add one to the Women's Distance Festival).
- The race went smoothly.

Picnic—Mickie Sanders-Jauquet

- There was some confusion about the location of the North Pavilion—a facility that was deemed a bit big for the 85 people present; 88 people preregistered, with 13 not showing up from the prereg list, and the remainder showing up without preregistering.
  - The sense of the board is that the South Pavilion was more welcoming, cozier, shadier, less expensive to rent, and generally more preferable.
  - It is suggested to move the start time a bit earlier (e.g., 3 pm) to encourage people involved with Monster to stick around for the picnic.
- There were many leftover pint glasses; it is decided to give them away to volunteers at Skunk Cabbage 2017.

Danby Down & Dirty—Andy Jordan

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**Vice-President's Reports & Business (7:00)**

Trails—Joel Cisne

- Finger Lakes Trail Conference—Nancy Kleinrock (note: this discussion took place prior to the meeting acquiring quorum)
  - Nancy met with Quinn Ray, CEO of the Finger Lakes Trail Conference, who wished to discuss fundraising ideas for the FLTC with the goal of hiring an executive director, the cost of whom would amount to roughly \$100/mile of FLT annually.
  - Quinn has been meeting with representatives of organizations that put on races that use the FLT; to date, all he has met with have been amenable to fundraising on the FLTC's behalf by raising race entry fees by, say \$3-5/entrant.
  - Still, is it appropriate for trail racers to bear the brunt of this new expense?
  - While it is true that it would not be deemed onerous for entrants of the FL50s to have the entry bump up from \$85 to \$90—people entering marquee races are not particularly price sensitive—raising the fee for other FLT-heavy events like Frolics or the Down and Dirty would be poorly received.
  - Quinn noted his appreciation of the FLRC for its ongoing contributions to the FLTC, both monetary and in terms of trail upkeep.
  - Nancy communicated other fundraising suggestions to Quinn:
    - Track (or trail?) Friday (see the model at [www.trackfriday.org](http://www.trackfriday.org)), and promote it broadly to not only running groups, but also hiking groups and other “friendlies” along the length of the trails
    - Prominently place donation envelopes and URL at every trail register and lean-to along the length of the FLT.
    - Improve the ability to donate through the FLTC website (e.g., put a “donate” button on the homepage).
  - Other ways for FLRC to facilitate FLTC's fundraising effort:
    - Place link to FLTC's membership page on FLRC digital and downloadable entry forms.
    - Purchase race shirts with FLTC acting as middleman (tech shirts for \$10–11, printed, would net FLTC \$1-2/shirt, and Quinn says he would deliver with no shipping charges added).
  - Quinn also expressed interest in putting on a very ambitious staged relay race, covering the full length of the FLT, 50 miles at a time, as a 50-mile, five-person relay, once a month, with the trail section covered progressing down the FLT each month throughout the year. He has a strong volunteer base of hikers, but recognizes that he doesn't know what it takes to put on a race.
    - Nancy let him know that this would be a *huge* undertaking.

Road—Alan Lockett

- He is quite pleased with the new 5&10 course.
- Alan liked that the awards ceremony took place outside (although the food was inside).

Track—Adam Engst

- August Track Meet (race reports for July and August meets appended)

**Committee Reports & Business (7:13)**

Membership—Shelly Marino

- 25 life, 234 individual, 215 family, total 474 members.

*Programming*—Gary McCheyne

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*Marketing*—Mickie Jauquet

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*Web Presence*—Maria Costanzo

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*Equipment*—Gary McCheyne

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*Volunteer*—Denice Cassaro

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*Board Governance*—Lorrie Tily

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Several committee chairs are looking to step down.

Announcement:

- The Elmira City School requests FLRC to table at their Wellness Fair, Oct 21, 11:30–3:30. The programming committee will seek someone to represent.
- There are slots at the Ithaca Readathon; Bob Talda will take this on.

### **Good of the Order (7:15)**

7:16 pm, Gary moves to adjourn; seconded. Approved.

**Next Board Meeting: October 12, 2016**

### **Race Reports:**

#### **Fillmore 5K:**

Timestamp

Mon Aug 08 2016 16:13:06 GMT-0400 (EDT)

Race Name

Fillmore 5K

Race Date

2016-07-23

Race Director(s)

Lorrie Tily

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

111 registered runners, 92 raced and finished, 4 fun runners

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

\$2360.00

List of Volunteers (Name and email address)

Chris Irving - [irvassoc@aol.com](mailto:irvassoc@aol.com), Joe Reynolds - joe reynolds ([flnf10155@yahoo.com](mailto:flnf10155@yahoo.com)), Kim Snedden - Kimberly Snedden , Sandy Fitterer - [sfittt@gmail.com](mailto:sfittt@gmail.com), Donal Fitterer, Audrey Balandar - [audreybalander@gmail.com](mailto:audreybalander@gmail.com), Jim Hoch, Donald Tily - [dontily@gmail.com](mailto:dontily@gmail.com), Katie Stettler - [katiestettler50@gmail.com](mailto:katiestettler50@gmail.com). Four Town Ambulance and first Aid squad provided all course marshals and manned the water stop.

Notable Performances

The Auburn youth runners and their coach attended putting in several strong performances. Youngest participant was 10, the oldest was 74. This race attract runners that we do not see at our other races. People come from Groton, Homer, Cortland, Moravia, Locke, Auburn, Skaneateles, Holliston Ma. Binghamton and Syracuse.

#### Publicity

The Moravia Register printed information about the race in four separate weekly editions. ESPN did a phone interview and had a reported on site.

#### Weather

Warm sunny morning

#### Food

Begalovers' bagels. Peanut butter and honey. Bananas, left over cookies and pretzels from the FL50's.

#### Awards

Four Town provided a variety of awards, 6 pack coolers, large umbrellas, draw string bags, Koozies. left over socks from the FL50's.

#### Supplies and Personnel

Lack of skilled FLRC volunteers at the finish line made getting the results out in a timely manner a challenge

#### Problems

The track was being resurfaced therefore we could not use it for the fun run. We held the fun run on the adjacent football practice field. The fun run numbers were down by quite a bit. Many former fun runners moved up the 5k this year.

#### Overall Impressions

People love this race. We get many of the same participants year after year. I hear things like "this is a great home town feel race", "This is the type of race I really love", "You guys do a great job putting on races"

#### Comparison with Last Year

The numbers were up by a lot. We still had a bunch of race day registrations.

#### Changes

Get more paper entries around to other race sites. See the entry helps promote the race.

#### Next Year

Continue the partnership with Four Town. promote early, advertise locally and put physically entry forms in more locations.

#### Forge the Gorgeous:

##### Timestamp

Fri Aug 12 2016 10:48:28 GMT-0400 (EDT)

##### Race Name

Forge the Gorgeous

##### Race Date

2016-08-04

##### Race Director(s)

Jessica Kerns

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

103; 35; 131 (74 long; 57 short)

Race Income (Preregistered + Day-of-Race = Total)  
?? 103 pre-registered. 35 paid day-of.

List of Volunteers (Name and email address)

G Michael Allinger, Adam Engst, Mickie Jauquet, Katie Stettler (and family including Kona the dog!), KC Ryan (formerly Bennett), IH3 hashers: Tastes Like 10th Grade, Arachnoflowbia, Spike, Handy (and family), my parents Ron and Kat Gordon, and my crazy husband Joel Cisne

Notable Performances

3.5 mi Adam Engst 28:38, Hannah Watkins 38:29 7 mi Eric Sambolec 49:29, Nora McIver-Sheridan 59:21

Publicity

I post flyers at Island and other locations around Ithaca. FLRC posts on their FB page and website. I post on FB. Due to the volume of runners we have already, I don't think we should publicize much more or risk too many people on the park trails.

Weather

This year weather was very dry, very humid, and very hot (85 degrees). I don't believe it affected attendance, but it definitely affected the number of runners that dropped from the 7-mile race to the 3.5 mile race. The hot summer night was great for the post-race party!

Food

I ordered 11 sheet pizzas from Guiseppes in Moravia. They are pretty great to us, give me a discount, and deliver to the park. We had ~1 full sheet leftover, so I will probably buy just 10 next year. I bought 2 cheap cases of beer (PBR/Genny), 4-12 packs of decent beer, and a 12-pack of cider. Next year, I'm going to spend a little more on "good" beer and forego the cheapy stuff that folks only drink because they have to! I also bought 72 cans of generic brand soda from Wegmans. They were all consumed. (Next year remember paper towels or napkins!)

Awards

I screenprinted personalized bandanas for Forge and presented them to the overall winners (M,F) of each distance. Also purchased a few 6-packs of beer to present to best trail blood, first trail racers, and birthdays.

Supplies and Personnel

We had enough of everything this year.

Problems

No major falls or injuries and no one lost!

Overall Impressions

It went almost too smoothly. No crazy thunderstorms. Trail markings were clear. I had enough water, food, volunteers in the right places. The only thing that made this year's race harder was the weather. Overwhelming support from the 3.5mi runners for the course change. Only one 7mi runner said the South Rim climb out of the gorge was too brutal (but I kinda like that brutality!).

Comparison with Last Year

Similar to last year. I've dialed it in a lot better in the last few years so there are very few surprises or mistakes.

Changes

Changed the course: very successful. Short course is drawing in lots of new trail runners who wouldn't try the 7mi course because of the length/difficulty.

Next Year

I tried to be frugal with club money and bought cheap beer for the masses post-race. I'm definitely going to splurge just a little more on better beer for the congratulatory finishers! Also gonna do awards for all the overalls in each age group next year. I like handing out prizes. I'll start planning something homemade and fun now.

## Monster Marathon:

### Timestamp

Fri Aug 26 2016 15:44:06 GMT-0400 (EDT)

### Race Name

Monster Marathon

### Race Date

2016-08-20

### Race Director(s)

Karen & Tim Ingall

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

160 PreReg, 139 day of race

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

\$5000

### List of Volunteers (Name and email address)

Marie Harkins ; harris bockol ; Katie Durrant [katiemdurrant@gmail.com](mailto:katiemdurrant@gmail.com); Gary McCheyne ; Bob Talda ([bobtalda@verizon.net](mailto:bobtalda@verizon.net)); Mickie Jauquet ; Tim Ingall ; [Audreybalander@gmail.com](mailto:Audreybalander@gmail.com); Alan Lockett ([amlockett@juno.com](mailto:amlockett@juno.com)); KC Ryan ; David Kania ([dk264@cornell.edu](mailto:dk264@cornell.edu)); Nancy Kleinrock ; [nk33@cornel.edu](mailto:nk33@cornel.edu);; 'Adam Engst' ; Andy Jordan; ([ajordanpt@verizon.net](mailto:ajordanpt@verizon.net)); Suzanne Aigen ; Susan Mehringer

### Notable Performances

Dan VanDam at age 23 completed his 7 full Monster Marathon in 4:10 (no handicap); Jean Rand at the age of 67 finished the Marathon looking fresh as a daisy in 9th place (2nd female), Fred Harle won with a 3:41:50 on only 6 minute handicap, Robert and Emily Seltzer ran the entire Marathon together (father and daughter had the same handicap); Alex Haschen proposed to his girlfriend Kristi on the course (Simon Ingall was enlisted to photograph the event); Rich Hebron won the Half at 1:35 a week after learning the course on the run through (he followed that up with a win at Lucifer's Crossing the next day); Nora McIver-Sheridon won the half making this her fifth win in the FLRC trail Stonehead series

### Publicity

I don't do any marketing, but my numbers were up this year by about 30 registrants, I think if I put more effort into advertising it would most likely grow.

### Weather

The weather was definitely hot and humid, and yes it did affect the attendance and runner performance. Most of the trail is in covered woods, but the portion around the field was awful. I brought a kiddie pool and ice and several runners stood or sat in the water (or took a swim at Treman).

### Food

I continue receiving good feedback on the food provided from Yellow Truck (Joe Marnell). My only complaint in regard to the food was not being visible to the runners when they finished. It's nice for folks to lounge around near the finish and cheer for others as they come in, but the food was set up on the other side of the building, I'll definitely address that next year.

### Awards

I always make my own awards, everyone gets one. Since I have handicapped starts I don't feel that it makes sense to award only the first place finishers, I like to give them all something tangible. I had leftover ceramic bowls that I painted a few years ago, which still seems to be the favorite item of choice.

#### Supplies and Personnel

I could have used a few more volunteers. I was alone at the finish line at one point with my three year old, and I was definitely a bit overwhelmed. I also chose not to use Search and Rescue this year during the event, and I was questioning my choices when a runner sprained his ankle on the course (Tim picked him up and brought him to the finish but his Mom was asking if we had a way to contact anyone out there).

#### Problems

One runner twisted his ankle (see above note). Several runners cut the course (some may have been unaware or if they were they did not specify. I don't feel that anyone would purposefully cheat, but a few of the first loop splits for the Marathon were a bit faster than they should have been. I had two runners that made a full loop, coming down through the gorge instead of climbing up Red Pine. It's tough to mark sections where park visitors need to access (I cannot block trail and I cannot get enough volunteers to have people standing at trail intersections). One runner told me my arrow looked too professional so he ignored it. I may print up arrows that specify MONSTER on them specifically to point runners off the gorge/rim trails where needed.

#### Overall Impressions

I had a lot of good feedback. Many runners either spoke to me in person, or emailed me the next day on how pleased they were with the event. Some of them asked to be notified as soon as race registration opens for next year. Getting things all buttoned up for the day can get me frazzled, and does not allow me to attend the club picnic (which my volunteers stated as well, they had to choose one or the other to attend).

#### Comparison with Last Year

More runners, more income, more people cutting the course. It is easier to stage from Ithaca than from Virgil for us (less expenses etc) but we kind of miss camping in the cabin and just being on site for folks to use the shower.

#### Changes

We didn't do anything different.

#### Next Year

Better course marking, perhaps more consistency. Nancy Kleinrock did a fabulous job, she had some good ideas on marking the corners that I want to use again next year (if I continue to direct this event).

#### July Track Meet:

##### Timestamp

Mon Aug 08 2016 16:57:43 GMT-0400 (EDT)

##### Race Name

Summer Track July Meet

##### Race Date

2016-07-12

##### Race Director(s)

Adam Engst

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

66, 24, 88

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

\$176 all day-of-race

#### List of Volunteers (Name and email address)

Ved Gund , Bruce Roebal , Michael Lam , Carl Franck , Bob Talda

#### Notable Performances

FLRC's July meet saw a new location at the Ithaca High School track, since Cornell was resurfacing their soccer field - thanks to ICSD for hosting us on short notice! The meet was again successful, with some stellar performances in the sprints in particular. The meet opened with the 3000m, where Dave Cook of the Auburn Track Club ran away from the field to win in 9:16, outpacing Vince Duvall in 9:59. For the women, Team PREFO's Faithe Ketchum won in 11:45. Next up was the 200m, where the top six runners all broke 24 seconds. Edward Cheatham took home the win in 23.02 for the men. Maddie Schattinger of the Auburn Track Club topped the women's race in 30.21. Perhaps tired from his win in the 1500m, Dave Cook lost the battle to the finish in the 1500m, with James Davenport out-leaning him to win by three-tenths of a second in 4:24.2. Mary Bushallow put the Auburn Track Club back on top for the women with a 5:27. Smarting from a fall at the start of the 200m that dropped him to third in that race, Leon Atkins of the Auburn Pulsars crushed the field in the 400m, running a PR of 48.73 to Edward Cheatham's second-place 51.79. Shauna Cheatham dominated the women's race in 1:02.95. Finally in the 4x800m relay, Vince Duvall's team ran a masterful 9:01 for nearly 2 miles to win the 10-team field.

#### Publicity

Just the normal online publicity to the FLRC and High Noon lists, and the FLRC Facebook/Twitter accounts, plus all the local coaches who have brought teams in the past.

#### Weather

The weather was warm and breezy, to the point where we had to weigh down the paper forms so they didn't blow away. The tent was a big win, though, in providing some shade.

#### Food

I brought a dozen bagels and cream cheese for volunteers, but they only ate eight. Carl filled an FLRC cooler most of the way from the sinks in the bathroom at the IHS track, which was a ton of work, but most of it was drunk by runners. We'll want to bring water next time too.

#### Awards

No awards in track

#### Supplies and Personnel

We were a couple of volunteers short, but because we've done so many meets together as a team, it went fine.

#### Problems

The main problem was with the water - we'd assumed we could fill the cooler easily at the track, which turned out not to be true. And the reason we were at IHS in general was because the Cornell soccer field was being resurfaced so Kane Field was closed.

#### Overall Impressions

It went very smoothly, especially considering that we were short a couple of volunteers. There was some confusion with one or two of the heats, but Carl quickly sorted that out.

#### Comparison with Last Year

The number of runners was almost identical to June, but we made a bit more money because fewer of them came from a team. Overall, very similar.

#### Changes

We put up the tent at IHS, and that proved to be welcome, since it gave us a nice space and a bit of shade, which made the computer easier to use. Michael Lam and Ved Gund did a bang-up job of entering results at the meet.

## Next Year

We'll fill the cooler before we come down!

## August Track Meet:

### Timestamp

Mon Aug 08 2016 16:57:52 GMT-0400 (EDT)

### Race Name

Summer Track August Meet

### Race Date

2016-08-02

### Race Director(s)

Adam Engst

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

83, 17, 89

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

\$198 all day-of-race

### List of Volunteers (Name and email address)

Bruce Roebal , Julianne Quinn , Aaron Proujansky , Tom Rishel , Carl Franck , David Keifer , Ved Gund , Bob Talda

### Notable Performances

We closed out the summer track schedule on August 2nd at Ithaca High School, with 89 runners ranging in age from under 5 to over 70 competing in five events. The sprints were the most competitive, with five runners going under 12 seconds in the 100m, which Chris Simmons won in 11.13 seconds, followed by Edward Cheatham in 11.68. Shauna Cheatham took the win for the women in 13 seconds flat. The 400m was even more competitive, with every runner in the fast heat breaking the 60 second barrier. Leon Atkins of the Auburn Pulsars continued his dominance, breaking the PR he set in July with a 48.66 lap, and Edward Cheatham once again took second with 51.71, beating Chris Simmons (52.33). Shauna Cheatham doubled her win total for the women with a 1:09.39, trailed closely by Elyssa DeRosa of Corning's Team PREFO in 1:10.08. In the distance events, James Davenport ran away with the 5000m, winning easily in 16:26, and Maddie Schattinger topped a small women's field in 26:58. The mile saw a kick to the finish, with Mike Warchol nipping Dave Cook of the Auburn Track Club by two-tenths of a second in 4:56. Faithe Ketchum of Team PREFO ran extremely well to win her heat and the women's race overall in 5:43. The 4x200m relay went fast, with the top team running the 800m in 1:42.2, trailed by 15 more teams from Team PREFO, the Auburn Pulsars, and the Auburn Track Club.

### Publicity

Just the normal online publicity to the FLRC and High Noon lists, and the FLRC Facebook/Twitter accounts, plus all the local coaches who have brought teams in the past.

### Weather

It was hot and sunny, with approximately 42 drops of rain while still being hot and sunny. It may have slowed down the longer races a bit, but wasn't terrible. There was also a decent breeze for some of the day.

### Food

I brought a dozen bagels and cream cheese for volunteers, but only went through eight. I filled an FLRC cooler with 10 gallons of water at home and brought it down because there's no way to fill it at IHS due to the lead in the pipes issue, and we went through the entire 10 gallons.

### Awards

No awards in track

#### Supplies and Personnel

We pretty much pegged it this time. If anything, I had a few too many volunteers for much of the meet. Pete Kresock took some pictures, and it would be nice to get a photographer for other meets.

#### Problems

The meet was at IHS again because Cornell wasn't done with the soccer field. The PA system flaked out on us, perhaps due to the battery connector. Gary said he'd look into it. Apparently, one guy drank a Red Bull before the 5000m and had to pull out of the race late to throw up.

#### Overall Impressions

Once again, the track meet was a resounding success, with lots of nice comments and applause from all the runners at the culmination of the meet.

#### Comparison with Last Year

Compared with the July meet, the numbers were nearly identical, and the meet ran very similarly.

#### Changes

The main thing we did different was to bring water from home, so Carl didn't have to fill the cooler with cups from the sink.

#### Next Year

Honestly, not much. The summer meets are smaller than the winter meets, but that's not too surprising with fewer teams and no track season overlap like we get in the winter. Plus, the evening time might hurt attendance slightly, but it's a nice way to spend a summer evening. We might consider having all the summer meets at the IHS track next year, since it's easier to schedule in advance, though it does cost \$150 per meet.