



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

February 8, 2017 5:30 pm
170 Roberts Hall, Cornell University

In attendance:

Board members: Sue Aigen, Mike Allinger, Joel Cisne, Adam Engst, Mickie Sanders-Jauquet, Nancy Kleinrock, Alan Lockett, Daniel Longaker, Gary McCheyne, Bruce Roebal, Steve Shaum, Gerrit Van Loon, Scott Wehrwein

Club members and guests:

(5:32) Welcome of Board

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

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(5:32) Approval of the January Meeting Minutes

- Daniel moves approve minutes; seconded. Approved with two abstentions.

Unfinished Business (5:40)

Donations to FLTC: decision was previously made to donate \$2500 to the Finger Lakes Trails Conference in 2017, but the board didn't decide the process—All (discussion/possible decision)

- Ideas:
 - Donation button to send people to FLTC webpage.
 - Donation button on our webpage, with us processing and passing along donations.
 - This and the first bullet point can also be done on each trail race page.
 - A few dollars added to each race entry fee.
 - Pay out of general funds, since each race is making money.
 - Track Friday.
 - Institute a donate-to-FLRC opportunity on our website and use some of that toward FLTC.
- Adam moves to pay \$2500 to FLTC out of general funds.
 - Seconded. Passed with one abstention.
- It was also decided also to put links to the FLTC website on appropriate FLRC webpages (e.g., trail race pages) to give people the opportunity to donate to the FLTC.

Volunteer of the Year Award—Nancy Kleinrock

- 15 people expressed an opinion on outstanding volunteers; Katie Stettler emerged as the runaway winner, with people noting the long hours she spent getting FLRC's finances in order, working with RDs and board members to develop a realistic budget, and holding people to it.
- Steve and Gerrit will present this honor to Katie at the annual meeting.

New Business (6:00)

WDF—Sue Aigen

- The Women's Distance Festival will be held this year in Ithaca n attempt to generate more participation.
 - The out-and-back course will go from Stewart Park's small pavilion to the Farmers' Market on the Waterfront Trail.

- Two years ago racers had the option during the registration process to donate to the Advocacy Center, raising \$400 for the AC; last year a donation can was set out, reapinl no more than \$100.
- Sue consulted with a specialist about legality of funneling funds through the registration process to the AC as was done two years ago, and it is not a problem.
- Sue moves to allow registrants for the 2017 WDF to make a donation, if they choose, to the Advocacy Center as part of the race registration process.
 - Seconded. Unanimously approved.

Current Events Reports & Business (6:10)

New Website—Adam Engst

- The website is up and working; there have been no complaints.
- Currently, some people who google “finger lakes runners club” get a broken link, but today Adam will apply a redirect as a workaround.

Annual Meeting—Mickie Sanders-Jauquet

- The event will be held Sunday, March 5, 4–6 pm at Joe’s Restaurant.
- Light appetizers will be provided by Joe’s, with club members bringing desserts for the dessert contest.
- There will be no other March board meeting.
- Amelia will be the featured speaker, presenting a 10-minute version of her TED talk.
- Mickie will put a notice and RSVP request on the email list and will also send an invitation to the Wilderness Search & Rescue group.

Winter Brunch—Mickie Sanders-Jauquet

- This event will be held at EcoVillage on Sunday, February 26.
- This will consist of a group run (9 am) followed by brunch (10 am), with a discussion to solicit ideas for the work of the club and to assign tasks to committees, as well as seek to beef up the size of committees that are on the lean side.
- RDs, board members, life members, and a few key club members are receiving invitations.

Frosty Loomis Snowshoe Race—Joel Cisne on behalf of Boris Dzikovski

- 26 participants, half stayed for a postrace event at the Dryden Hotel.
- There were no problematic issues other than very limited promotion.
 - It was promoted on Facebook and appeared in the race calendar on the FLRC website, but no mention whatsoever took place on the FLRC email list—an oversight to avoid in the future.

Winter Chill 5K series—Bob Talda

- 108 people participated over the course of the month-long series, with roughly 50 people at each of the four races; 27 people attended the final race’s postrace party.
- Several new members signed up as part of this series.

Finance Report—Mike Allinger

- Submitted and discussed, with a few discrepancies on food expenditures sorted out.

Vice-President’s Reports & Business (6:40)

Trails—Joel Cisne

- Joel intends to get Thom B registration online this month.
 - To reduce refuse at the race, Joel intends to get Ultraspire collapsible cups; \$8 each retail, and is looking at getting a bulk price.
 - Once he gets a price, Joel will consider whether to sell the cups to participants or consider them race schwag.
 - Gerrit and Daniel have both used these vessels and found them inconvenient; they recommend not using this product.
- Forest Frolics: Mike Stone and Pete Dady will be codirectors of Forest Frolics, with Joel’s assistance.

Road—Alan Lockett

- 705 entrants thus far for Skunk Cabbage Classic, which is a handful more than last year at this point.

- The next Skunk Cabbage committee meeting will be the end of February.
- All permits are in hand.
- Fillmore 5K: Lorrie Tily and Chris Irving will codirect this year, while shepherding the Four Town folks through the process with the intent of passing the race along to them in the coming year or two.
- Safety checklist for volunteers: Previously, by email, Alan passed around a document for comments; HE intends to make it concise and provide it on index cards to volunteers at Skunk Cabbage.

Track—Adam Engst

- Winter Track
 - See report appended to the Jan 2017 minutes.
 - Generally, it was insanely large (267 runners, many running several races), but went smoothly; it lasted hour longer than usual.
 - Next month, Adam intends to have rolling bib pickup for preregistrants interested in running later events.
 - He also intends to make coaches more responsible for shepherding their young runners.
 - Some suggestions were made about how better to manage placement of people not running a current heat (e.g., erecting corrals).
 - Some discussion ensued on of the changing nature of FLRC indoor meets from family/club member-oriented events to events that serve youth running clubs.
- Hartshorne Memorial Mile
 - The meet went extremely well; the videos are now online.
 - At the awards banquet, Bruce honored Tom with his life membership, spurring a standing ovation.

Committee Reports & Business (7:10)

Membership—Shelly Marino

- 240 individual members; 210 family members; 30 life members; total 480.

Programming

- .

Marketing

- .

Web Presence—Maria Costanzo

- .

Equipment—Gary McCheyne

- Gary will send an email to RDs about ordering bibs.

Volunteer

- .

Board Governance

- .

Good of the Order (7:05)

- Joel moves to adjourn; seconded; unanimously approved.

Next Board Meeting: March 5, 2017 Annual Meeting only for March

Hartshorne Masters Mile Report—Adam Engst

Race Name

Hartshorne Masters Mile

Race Date

2017-01-21

Race Director(s)

Tom Hartshorne, Charlie Fay

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

111, 0, 90

Race Income (Preregistered + Day-of-Race = Total)
\$1,640, \$0, \$1,640

List of Volunteers (Name and email address)

James Miner , John Whitman , Bruce Roebal , Steve Shaum , Nancy Kleinrock , Carl Franck , James John Bisogni Jr , Dan Mckee , Joel Cisne , Darian Muresan , Sean Nicholson , Bert Bland , Aaron Proujansky

Notable Performances

While the Hartshorne Memorial Masters Mile has seen several national and international masters records set over the years, no new records were set in 2017. Complete results are posted to the club web site. World class age-graded performances were turned in by three women and three men. Amazingly, all three women scored above 95%: Alisa Harvey, age 51, 95.74%; Marisa Sutera-Strange, age 53, 95.53%; Coreen Steinbach, age 65, 95.16%. The three men included Nolan Shaheed, age 67, 93.33%; Peter Brady, age 45, 90.58%, and Kent Lemme, age 50, 90.19%.

Publicity

At our request, National Masters News ran a 1/4 page ad in Nov. 2016 and subsequently (at no cost) included this event in their E-News Alert sent to their readership on Jan. 5, 2017. The Ithaca Journal provided pre-race coverage in an article published Jan. 19 and post-race results with photos on Jan. 23. Peter Taylor, the track-side announcer, filed an article with National Masters News with an "inside look" of the elite sections. The event was also noted by Ken Stone on masterstrack.com.

Weather

The weather was clear and unusually warm. This is an indoor track meet so not directly impacted by weather and there were no weather conditions that prevented runners coming from other states or countries from attending.

Food

Food is not provided at the race. A post-race banquet was held in the Moakley House at Cornell Univ. golf course which was well attended.

Awards

Awards were presented to the top three finishers of the elite sections, the top three age-graded women and men, and the top three men and women in each 5-year age group. Special awards included the Diane Scherrer award to the top woman and the Charlie McMullin award to the top man, both based on age-graded performance.

Supplies and Personnel

No.

Problems

No problems of any significance occurred during the event.

Overall Impressions

This was the 50th anniversary of the Hartshorne Memorial Masters Mile and claims to be the oldest masters mile race in the US. It has a national and even international reputation for excellence, largely thanks to the efforts of RD Tom Hartshorne (and Rick Hoebeke before him) who takes personal responsibility for recruitment of the elite athletes. The race garners high praise and enthusiastic support from participants in all categories - runners, volunteers, and supporters - for being well run and especially offering a highly competitive and "elite" experience to runners at all levels. The post-race banquet is consistently regarded as being great fun and entertaining while providing racers of all abilities the opportunity to meet, watch the race videos, share stories, and enjoy a good meal and dancing.

Comparison with Last Year

Registrations were markedly higher for this 50th anniversary event. In the recent past, registrations were around 80 with about 65 actual racers. In 2017, there were 111 advance registrations with 90 actual racers. It is worth noting that we received a number of regrets from runners who chose to attend the

Women's March on Washington DC that same day.

Changes

We used Webscorer for the first time this year, but only for the submission of race and banquet fees. It was a definite improvement to handling mailed checks and money orders. Some small tweaks can be made to improve the Webscorer process.

Next Year

The future of this race is under consideration by the race directors. Continuing beyond 50 years will likely require some significant restructuring of the race, the identification of new sponsors, and a renewed commitment by race leadership. The RD's have had numerous informal discussions with several club members and race participants regarding the future of this race. The outcome of these discussions will be brought to the Board for consideration.

January 2017 Winter Chill—Bob Talda

Timestamp

Sun Feb 12 2017 15:04:48 GMT-0500 (EST)

Race Name

Winter Chill 5K Series

Race Date

2017-01-29

Race Director(s)

Bob Talda, with significant help from Adam Engst and Mickie Jacquet

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

total for all 4 races: 62,48,100

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

0

List of Volunteers (Name and email address)

Mickie and Ally Jauquet ; Adam Engst ; Harris Bockol ; Sarah Drumheller ; Shelly Marino ; Denice Cassaro ; David Kania ; Scott Wehrwein ; Gerrit Van Loon ; Pete Kresock ;

Notable Performances

14 runners completed each of the four races; 22 ran in 3 races; 28 ran in 2 and 36 ran once. 54 runners braved brutal conditions - gusty winds driving the wind chill below 0 -the first week. 53 runners enjoyed more seasonable conditions the second week. 56 runners (and at least 4 dogs) basked in the balmy third week, resulting in some individual best times. The last race was a return to proper winter chill, but that didn't stop the 52 finishers. The fastest time was 17:35.9 recorded by Rich Heffron the last week. The best time may have been the warm cider after the first race. That, or the coneheads crossing the finish line. Special mention to Gerrit Van Loon who turned around after doing one 5K loop and started another, resulting in 4 10Ks.

Publicity

Minimal. Formal City of Ithaca approval did not come until the week of the race, limiting timeframe. One appearance made on local radio to promote event. More on this below.

Weather

Weather varied wildly - from arctic temperatures with below-zero wind chills the first week to spring-like conditions the third. Given that we had roughly the same number of racers each week, though, I suspect the weather wasn't much of a factor during the race, though it certainly limited the post-race fun the first week. I will note that the use of a pop-up canopy WITH one side helped the registration and timing processes by keeping them out of the worst of the wind

Food

Post race nibbles (differed every week, but included donut holes, mini-muffins, scones) and on two occasions, warm apple cider (particularly appreciated the first week). Did not have large quantities - 3 containers or so, translating to roughly 3 dozen individual items but generally had more than we needed - which was important! Best food was at the series-ending party at Kelly's Dockside!

Awards

Focused on participation awards: random drawing among 14 "4-timers" for an FLRC gift card and Island fitness day passes. This was one area for future improvement.

Supplies and Personnel

No

Problems

The second week the race director (me) left key paperwork at home and I attempted to go get it. BAD mistake - only got back minutes before race started.

Overall Impressions

Generally, I believe things went well. Working with Mickie Jacquet and Adam Engst, I tried something different this year, having Mickie manage the registration process and Adam the bib assignment and timing. The registration process is always messy, because of the possible combinations: athletes could be existing, new or returning members; they could be individuals or families; they could sign up in advance on line, or just show up and fill out a membership form or a waiver; and they may have to pay. The on-line/paper divide produced some interesting issues for registration. As race director, I had access to the emergency contact information for the on-line registrants, but not the paper registrations. Mickie had the contact info and payments (if necessary) for the paper registrations, but no information as to which on-line registrants had paid. Everything ultimately got funneled through Shelly Marino, who responded in a timely fashion, but it still is clunky. Timing was somewhat smoother, but here the issue is the bib re-use, because for any given race, someone might show up with an assigned bib whether or not they had registered for the race. Thus, timers are either adding runners on the fly at the finish, or marking a number of bibs DNS at the finish. I have found the latter to be the best approach; I ask runners to check in at the start so as to give timers some idea of how many runners there actually are. Random thoughts: - pop up tent with side was invaluable that first windy day - integration with Island Fitness for third week was okay, and actually better than okay for the timers, as we could watch pretty much the first and last miles of the race, but I'm not sure it really added to the series - warm cider was a hit! - post race party was a must - and a definite requirement for next year

Comparison with Last Year

The two years are tough to compare, because we made a drastic change: no registration for individual races was allowed. Folks signed up for the series even if they only ran one race. As such, our overall numbers were down - BUT I suspect the number of new and renewing members increased, due to a) better management of the registration process (thank you, Mickie) and b) focus on the series not individual races. (Mickie or Shelly will have to provide the final numbers on memberships; I only have information for the first two weeks).. Having said that, the themes kept the fun element high, and there was a sense of community, particularly when the weather was bad.

Changes

Besides not allowing registration for individual races, we moved the start of the third week of the race to enable runners to take advantage of the TOPO event at Island Health & Fitness. Not sure how many runners took advantage of it. We also added a post-series party that I thoroughly enjoyed - and hope to have more runners enjoy next year. Interestingly, the 14 runners who completed all 4 races came to the party. A good omen

Next Year

Work with some of the fitness groups - e.g. Cayuga Coaching, YMCA, Crossfit of Ithaca - to integrate participation in the series into their offerings and to give WC runners some ongoing fitness alternatives.

Frosty Loomis

Race Name

Super Frosty Loomis

Race Date

2017-02-04

Race Director(s)

Boris Dzikovski, Eric Sambolec

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

19, 8, 26

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

\$230 - \$19 + \$140=\$351

List of Volunteers (Name and email address)

David Kania: dk264@cornell.edu Gary McCheyne: gary@cayugamusic.com Gretchen Gilbert: gcg4@cornell.edu Melissa Schmidt Joel Cisne: joelorama@gmail.com Scotie Jacobs: scotiej28@gmail.com

Notable Performances

Eric Sambolec, one of the race directors set the new 10K course record at 42:32, improving his last year performance by 3 minutes. Matt Westerlund from Lacona, NY set the masters course record with 47:43, improving his last year record by more than 4 min. Third year in a row Sarah Ridenour of Ithaca won the Women's 5K race every time improving her finishing time. Jim Miner won the 5k and then went to compete at the Cast a Shadow 6 hour race.

Publicity

There was no media coverage for this race; publicity was mostly notifying people through FLRC mailing list/website, USSSA web resources and Facebook. Fliers were also displayed at sponsor businesses, at Cornell, at Hammond Hill, and at Old Goat in downtown Ithaca.

Weather

This time the weather was perfect. It was the warmest of the three Super Frosty Loomis events (15F at 10 am) with ample snow cover and light winds. We were able to do the award ceremony outside in the sunshine with temperature climbing into 20s.

Food

We provided at the Hammond Hill warming hut (Hammond Hilton) coffee, breakfast bars, bagels with cream cheese and apples. This year the participants enjoyed hot soup made by Melissa Schmidt. After-race party was held at Dryden Hotel.

Awards

For the second time we used the timing system by Webscore and it very useful. We had sufficient number of volunteers. We provided a Port-a-Potty for the race weekend. Matt Westerlund, who conducts several winter sports events in Winona State Forest brought several pairs of snowshoes for rent for \$5. These snowshoes were rented and used not only by racers but also by three people who did not race wanted to try snowshoes for the first time.

Supplies and Personnel

We could have used one or two more volunteers, it was very hectic setting up the food and registrations tables, as well as organizing awards while racers were still finishing.

Problems

Nothing went wrong enough to mention here.

Overall Impressions

This time everything went without a hitch. There was a glitch in the pre-registration resulting in a registration without name and payment. The race conflicted with another snowshoe event, the traditional "Cast a Shadow" 6 hour run at Rochester. This year they had a 4mi option which diverted the Rochester crowd from Loomis – even though they had just a trail race due to the lack of snow.

Comparison with Last Year

It was the third year of the race and the conditions were best ever. People not only enjoyed the race but also hanging out outside at Hammond Hill after the event. Last year the conditions were harsher with subzero temperature, wind chill (The Loomis factor) in negative 20s and just barely enough snow to snowshoe. We had more sponsors this year. As last year the post-race party was in the Dryden Hotel and it was well attended.

Changes

There were minimal changes compared to the last year. There were small changes in race food, e.g. apples instead of bananas, Melissa's soup. The port-a-potty was rented this year only for the race weekend. Previous two years we rented it for a month – with about \$40 difference in price and intention to offer it for the benefit/enjoyment of cross-country skiers and other users of the State Forest, but it did not work. The booth was either completely blocked by a huge snow drift (2015) or knocked down by the wind next day after the race (2016)

Next Year

Being part of the Empire State Snowshoe Series probably encouraged a few more folks from out of town to attend. Perhaps including this race in the Stonehead/Pebblehead/Boulderhead series, as the former FLRC snowshoe race was, could encourage more local folks to come out. We also plan to attract more first-time snowshoers for the 5K event and to do the advertising according to that.

Winter Track Meet, March 2017—Adam Engst

Race Name

Winter Track February Meet

Race Date

2017-02-19

Race Director(s)

Adam Engst

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

283, 35, 252 (536 entries)

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

\$708

List of Volunteers (Name and email address)

David Keifer , Carl Franck , Tom Rishel , Alex Looi , Julie Quinn , Aaron Proujansky , Scott Wehrwein , Ved Gund , Jesse Koennecke , Tonya Engst , Mickie Jauquet , Casey Carlstrom , Kevin Nelson , Jullien Flynn , James Miner , Alex Colvin , Harris Bockol

Notable Performances

We had another huge one for FLRC's February 19th meet, with 252 runners across 4 individual events and 2 relays (42 heats all told) for a grand total of 536 entries. Phew! It was a record number of teams too, with 18 teams coming from all over New York and even several from Pennsylvania. We always start with the longest race, which this month was the 2 mile, where Ace Serianni outlasted Joseph Thompson to take the tape in 10:37. Olivia Lovejoy of Elmira won the women's race in 12:06, with Amrita Ramamurthy of the Cornell Running Club in second in 13:17. After 20 heats of the 200m, we ended up with nine runners under 25 seconds, with Alex Spicer of Corning-Painted Post finishing strong in 24.05 to edge his teammate Carrington Vaughn's 24.06. The women's race was almost as close, with Elmira's Agrieanna Mathewson running 27.22 to beat her teammate Hannah Brooks's 27.33. The 800m proved to be one of the most exciting races of the meet, with Corning-Painted Post's Kevin Moshier, one of the top cross-country

runners in New York State last fall, winning in 1:58.1 over Owego's Clayton Wolfe, who came through just a half-second later in 1:58.6. In another nail-biter, Alyssa Walker of Team PREFO took the women's crown in 2:25.7, outleaning Elmira's Madaleen Nelan, who finished just two-tenths of a second later in 2:25.9. In the 1 mile, Kevin Moshier paced his Corning-Painted Post teammates through the first five or six laps before dropping out to let Quinn Nicholson and Jack Ustanik battle for the win. Nicholson took it in 4:32, with Ustanik back just slightly in 4:36. It was another deep race, with the top ten men all under 5:00. On the women's side, Kristina Kronauer of Red Newt Racing won handily with a 5:09, followed by a trio from Corning-Painted Post — Katherine Mertus, Emily Nui, and Cleo Baker — all of whom finished within tenths of a second in 5:19. Sadly, the second mile heat was marred when world-class super-vet runner Coreen Steinbach went down shortly after the start, breaking her clavicle. Our best wishes for a speedy recovery, Coreen! Although we were tempted to dock some of the teams in the post-Valentine's Day 2x400m relay for insufficient smooching, we resisted the urge, and Owego's middle distance runners took the top two spots, with Clayton Wolfe's team running a 1:51.2 to beat Vince Duvall's team's 1:54.2. In the more traditional 4x400m relay, Corning-Painted Post's Alex Spicer followed up on his 200m victory to anchor the winning relay team in a smoking 3:39.6, beating out Owego's 3:55.8, anchored again by Clayton Wolfe.

Publicity

Given the size of the meet, I didn't do any publicity apart from contacting local coaches to make sure they knew about it.

Weather

It was warm and dry outside, so there were no driving issues for anyone.

Food

2 dozen bagels and 3 cream cheeses seems to be a bit too much, if only because people don't have time to eat. Jhakeem Haltom, the New Roots coach, asked about possibly bringing another group of kids that has the necessary licensing and whatnot to sell food (breakfast sandwiches and juice) at future meets. I think it's a fine idea, but referred him to Cornell, since it's out of our bailiwick.

Awards

None

Supplies and Personnel

We did pretty well, though we want to get a backup gun, since we had to fall back on the whistle again while Carl figured out why the gun wouldn't close after reloading. And Tom wants to try an electronic starter that doesn't look like a gun.

Problems

Our first aid kit was once again requested for a runner who fell during the 800 and got scraped and needed a bandage. I didn't see this happen, and no one else commented on it. The real problem was that Coreen Steinbach fell in the first 10 meters of the 1 mile race and broke her clavicle seriously. I believe someone clipped her foot from behind, but it's impossible to know for sure. We let the race go on, since we didn't realize the severity of her injury until we'd already helped her off the track. She was crying and saying that she thought she'd broken something because she'd had a previous injury in that general area. I gave Coreen an ice pack from the first aid kit and asked Oliver Habicht, who has trained as a volunteer firefighter and thus has EMT experience to come and talk with her. At Coreen's request, Gerrit Van Loon, who is a chiropractor and physical therapist, came over to check her as well. Her husband was present, and after they all talked for a little while, Oliver and Coreen's husband helped her out to the car, and her husband drove her to the emergency room at Cayuga Medical. We later heard from Coreen that she'd broken her clavicle badly, although when she saw an orthopedic surgeon in Syracuse the next day, surgery wasn't recommended. Mickie organized sending flowers to Coreen several days later, and she said she appreciated them greatly. I also heard from Cornell after the meet that we've grown to a size where we need to pay for extra janitorial. I'll learn more about that for the next meet. It doesn't seem unreasonable.

Overall Impressions

I think the meet went well for the most part, and the extra volunteers and procedures we had for heat management worked well. I wasn't happy with the size of some of the heats and will be reducing that a

little for the faster heats in particular next month. I'd like to come up with better rules-of-thumb for heat size; in the past it hasn't mattered as much because the meets were smaller, but without attention, the meets will start going on too long.

Comparison with Last Year

The meet was very comparable in terms of size, number of day-of-meet registrants, and revenue. Raising the price hasn't dissuaded people or really caused them to pre-register more as much as I'd like. We had a lot more teams, 18 all told, although they were much smaller than some of the teams last month. Since Tonya and I had to catch a plane at 4 PM, we were worried about how long the meet would go, but it ended up being fine, in large part because of the extra effort we put into setting up heats. We finished around 1:30. Having rolling bib pickup seemed to go over well and we didn't have any notable confusion around that.

Changes

The main changes we implemented were more volunteers and a better process for setting up seeded heats. We positioned cones on the infield and got runners in particular heats to line up by their cones. Having three or four volunteers wrangling the heats also helped a lot. I also publicized the event start times the night before the race and some people took advantage of that and the rolling bib pickup to show up near the start of their race. We'll keep doing that.

Next Year

For March, we're going to try seeding the entire meet of pre-registered runners the night before and sending seed sheets to all the coaches and posting them online. Then, anyone who registers day-of will be put in a heat at the end, or will be slotted in wherever we have room. We hope that will continue to encourage pre-registration. We'll also be able to post seed sheets right away at the meet, so runners will know when they're running quite accurately, which should reduce confusion. I'm also hoping to measure the track so we can do a group start (2/3 inside, 1/3 in an outer box, with a two-turn break marker) for the mile and up. That should reduce congestion at the start of the longer races. I'm also planning to reduce heat size somewhat, particularly in the faster heats. Scott and I are going to see if we can figure out a way to get video of the finish line for every event so we have that as a backup in close finishes or where too many people are finishing simultaneously to record bib numbers accurately.

Winter Track Meet, March 2017—Adam Engst

Race Name

Winter Track March Meet

Race Date

2017-03-19

Race Director(s)

Adam Engst

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

202, 19, 184

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

\$504

List of Volunteers (Name and email address)

Tonya Engst Mickie Jauquet Bob Talda David Keifer David Rossiter Scott Wehrwein Jesse Koennecke
Mike Stewart Steve Shaum Nancy Kleinrock Tom Rishel Alex Colvin Bryce Derick Gavin Derick Don
Tompkins

Notable Performances

Our final indoor meet of 2017 wasn't quite as large as the previous two meets, due to the high school indoor track season being over, but it was still a hopping good time for a lot of people. 184 runners competed in 45 heats across 4 individual events and 1 relay for 404 total entries! If we had meet MVPs, those awards would certainly have gone to Leon Atkins of the Auburn Pulsars and Allison Koch of

Camden. Although his specialty is the 400m, since we didn't have that event at this meet, Atkins ran almost everything else, taking first in the 200m and the 1 mile, second in the 60m, and anchoring the winning 4x400m relay team. Koch won the 60m and the 200m, and also anchored a women-only relay team. But we wouldn't realize how dominant they were going to be since the first race was the 3000m, which Evan Magnussen took out hard from the gun and held the lead all the way to the tape in 8:58. Patrick Queiroz of the University of Buffalo XC and Track Club took second in 9:05. For the women, Jordyn Naylor's 10:40 outpaced the 11:04 by Karen Simmonds-Brady of the Auburn Pulsars. In the 60m, Thomas White ran a commanding 6.69 to beat Leon Atkins, who crossed in 7.02. On the women's side, Allison Koch of Camden took the win in 8.50 over Charlie Slusser of Southern Tier SOAR, who ran 8.70. But after a false start that marred the final heat of the 200m, Leon Atkins showed what he could do, running a 23:59 to beat the 24.05 run by Justin Starks of the Cornell Track & Field Club by almost half a second. Similarly, Allison Koch of Camden doubled her victory count with a 28.03 that beat Annie Geiger of the Cornell Running Club's 29.63. Coming back in the 1 mile race, which he had never run before, Leon Atkins went out way too fast, like most novice milers, but then settled down and led the rest of the race and outkicking Clayton Wolfe of Owego Free Academy in the final lap to win in 4:37 over Wolfe's 4:38. Elizabeth Lucason of Camden won the women's race commandingly, with a 5:14, a full 10 seconds faster than her win in the January meet's mile. Faithe Ketchum of Team PREFO was second in 5:36. In the final event of the day, the 4x400m relay, Leon Atkins teamed with Clayton Wolfe and Vince Duvall of Owego Free Academy, and sprinter Alex Tompkins to win the relay in 3:48.5. Although impressive, that time remains only the second-fastest 4x400m of the year, behind Corning-Painted Post's astonishing 3:39.6 in the February meet. As always, dedicated work by a team of volunteers was essential in helping this meet run smoothly. Tonya Engst and David Keifer handled registration, with Mickie Jauquet and Bob Talda entering day-of-meet registrants and then wrangling all the heats as clerks of course. Alex Colvin reprised his role from January as head timer, Tom Rishel used our new electronic starting pistol as the starter, and David Rossiter counted laps and did backup timing along with Nancy Kleinrock. Steve Shaum managed the finish line with aplomb, Scott Wehrwein did a fantastic job of entering results with help from David Keifer and Jesse Koennecke. Special thanks to Mike Stewart for help setting up, Bryce Derick and Gavin Derick for helping out with timing and keeping finishers in order, and Don Tompkins for timing the 60m.

Publicity

We didn't do any publicity apart from notifying local coaches and the FLRC and High Noon mailing lists, as always.

Weather

The weather didn't impact travel plans at all.

Food

We provided two dozen bagels for volunteers, and once again, there were quite a few left over. It's just too hard to eat much during the meet.

Awards

None

Supplies and Personnel

We could have used a louder amp/speaker for the new electronic starting pistol.

Problems

In part because of the new starting pistol being too quiet, a false start in the final heat of the 200m led to two runners doing the entire lap at full speed. We should have run the first heat of the mile before re-running the 200m heat, but we didn't, and they were angry. I offered later to give them a makeup heat, but they turned it down (through one of the coaches, I never actually talked with the runners). They likely would have been angry even if we'd given them plenty of rest, but perhaps less so. We also had one runner pull out of the 3000m before the last lap and go down to his hands and knees. He said he was OK when I went over, and his coach took over quickly. I later learned he was sick, and probably shouldn't have run at all. A few other runners went down from exertion, but there were no injuries. One person came to the table to get a band-aid. We lost the tube for the FLRC banner! We're very bummed; it just disappeared during the meet. We're still checking with Barton to see if it shows up but we might need to find a new

cardboard tube.

Overall Impressions

Overall, I think the meet went very well, though I'm still beating myself up over the problem in the 200m, and I wish the new starting pistol had been louder. I got some very nice comments from the coaches about the new seeding approach, and the meet ran smoothly.

Comparison with Last Year

The March meet is always smaller than the January and February meets, but not hugely so. Income was down, almost entirely due to there being fewer day-of-race registrants, though smaller teams also paid less. I think the atmosphere was calmer and quieter, partly due to there being fewer people, but also because we had the seeding far more under control. There were still 20 heats of the 200m, so having nearly 100 people under better control helped a lot.

Changes

The big difference this meet was pre-seeding the races the night before and sending the seeding sheets to the coaches. They loved that, and having them printed out for everyone to read at the meet was also very popular. Mickie and Bob had to manually deal with day-of-race registrants and other seeding changes, but my impression is that it was worth the effort. We also tested a new electronic starting pistol. It wasn't loud enough and generated some complaints, but overall it worked well and we're keeping it. It also had a mic for the starter, which Tom Rishel appreciated a lot for his pre-race instructions. Gary thinks we can get a better amp/speaker for it. We're also not sure if it will work as well outdoors in bright sunlight (since the head timer has to see the LED tip when fired) but we'll see in June. We can always fall back on the old gun, but if we have to do that much, we may want to buy a new traditional starting pistol too for reliability. We pulled out some of the bleachers for spectators, which seemed popular, since a lot of people ended up sitting there. Finally, we tried a big rectangle area for the timers and volunteers, and that seemed to work better than separating tables.

Next Year

I am seriously considering eliminating day-of-race registration for next year's indoor meets. It causes almost all the headaches, although it also made us a bunch more money this year. A number of people just aren't getting the hint that we don't want them to wait for day-of-race registration. We might also need to charge more next year to accommodate the increase Cornell janitorial fees (which were an added \$360 or so for this meet because Cornell said we were hosting too many people after the February meet).