



## FINGER LAKES RUNNERS CLUB

### BOARD OF DIRECTORS MEETING

January 11, 2017 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

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

(5:30) Welcome of Board

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

- Two additions, inserted below.

(5:33) Approval of the December Meeting Minutes

- Gerrit moves approve minutes; seconded. Approved with one abstention.

#### **Unfinished Business (5:35)**

Lifetime Membership Voting—Mickie Sanders-Jauquet (decision)

- Each of the following individuals were nominated for lifetime membership; all receive approval of the board.
  - Tom Hartshorne
  - Bruce Roebal
  - Sue Aigen
  - Steve Shaum
  - Nancy Kleinrock
- Pete will contact the *Ithaca Journal's* Nick Reynolds with the goal of receiving some positive press surrounding the honor bestowed on these five.

#### **New Business (5:50)**

Financial process—Mike Allinger (report)

- Mike has asked each RD for financial information about their respective race(s).
- Insurance certificates have been arranged for upcoming races.
  - Regarding early-in-the-year races, the goal will be to get letter of intent from RRCA before the end of the prior year.

Conflict of Interest policy—All

- A new form must be filled out by all board members each year; forms are distributed, signed, and collected.

Committee Assignments—Mickie Sanders-Jauquet

- All members are instructed to fill out committee interest forms, indicating top up-to-three preferences and whether wish to chair a committee.

- Preliminary assignments (as distributed by Mickie by email, Feb 2, 2017):
  - Marketing: Adam-Chair; Sue, Daniel, Pete
  - Finance: Mike-Chair; Mickie, Sue
  - Membership: Shelly-Chair, Bruce
  - Programming: Gary-Chair; Denice, Harris, Sarah Drumheller, Adam, Daniel
  - Scholarship: Gerrit-Chair; Alan, Bruce
  - Volunteer: Mickie-Chair; Harris, Scott, Alan, Pete
  - Board Governance: Gerrit, Gary, Nancy, Steve

#### Volunteer of the Year Award—Nancy Kleinrock

- The voting period will conclude on Jan 15. One individual is appearing to emerge as a sole awardee.
- Discussion of process for the future: It is suggested that the board propose a slate of nominees, with an option for write-ins, and have online vote among club members, with the intent to mitigate the appearance of this honor being, in effect, a popularity contest or campaign.
  - It is decided to establish a process in the fall.

#### FLRC Library—Gerrit Van Loon

- Are there criteria for what belongs in the club's library (currently housed at Gerrit's office)? He recently received a large box of books/pamphlets previously belonging to Jim Hartshorne, most having nothing to do with running and dating from the 1970s (with a few exceptions).
- The sense of the board is to let Gerrit use his discretion on what to keep and what to donate to the Friends of the Library Sale.
- Adam will ask his mom (library archivist) about what should be included in the club archive.
- It is decided that a note should go out on the club email list to let folks know the library exists.
  - There is a list of library contents in the "About" section of the website.

### **Current Events Reports & Business (6:15)**

#### New Website—Maria Costanzo/Adam Engst

- A week or so ago, Adam distributed the URL of the hidden site for review and comments from the board.
- It is in generally good shape, ~95% complete in terms of content.
- All races (except for Turkey Trot), calendar, etc., are in place.
- Adam and Pete have begun to create a style guide to create consistency across all (or at least most) race pages.
- The question is when to take it live.
  - Currently, Maria has to enter every new item on both the old and new site, which is a burden.
  - A concern is raised about the location/prominence of the menu icon.
- Pete plans to update the "news" once or twice a week.
- The URLs to all the races are going to change, so will have to update paper forms and/or insert a redirect on the new website.
- The sense of the board is to go ahead and make the new site live.

#### FL50s registration—Steve Shaum

- Registration closed in record time, requiring just three hours, 20 minutes New Years morning to reach the 250-registrant cap (actually 252, due to an initially missed checkbox when setting up registration). The waitlist has 112 applicants as of today.
  - In each of the past three years, roughly 115 people have been invited off the waitlist.
- Insurance certificates are in process, Harris and Steve are working on awards, shirts, cows; caterer (Joe Marnell's Yellow Truck), Wilderness Search & Rescue, Rooster Fish (beer) have been contacted, and other tasks are similarly moving forward.

#### Annual Meeting—Mickie

- The annual meeting will take place March 5, 2017, 4–6 pm, at Joe's restaurant.
  - No additional board meeting will be held in March 2017.
- There will be a dessert contest; Joe's will serve light appetizers.

Winter Brunch—Mickie

- Tentative date: last Sunday in either Feb or March.
- The plan is for a series of runs at Ecovillage with different distance/pace options.
- Discussion topic: Setting up an incentive process for volunteers.

Ian's Promotional Event—Mickie

- Ian is planning an event the weekend of Jan 21/22.
  - The Saturday component will take place in his shop, beginning 10 am.
    - Ian wants representatives from various clubs, including FLRC.
  - The Sunday component will be at Island Health and Fitness, and will be tied into the Winter Chill 5K.

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

Trails—Joel Cisne (not present)

Road—Alan Lockett

- When Alan volunteered to help at the Gorges HM, he was presented with an informational sheet about what to do when encountering a runner in distress.
  - He found the document useful and will forward it to the board for comments.
  - Adam and Scott had compiled a safety document, which is still a work in process.
  - Scott and Alan will share their respective information with one another and confer.
- Skunk Cabbage
  - 428 people have already preregistered.
- Twilight 5K: Denice has expressed interest in shadowing Maria this year.

Track—Adam Engst

- Winter Track
  - Adam has heard from a large number of teams wanting to come this weekend's meet; there could potentially be 300–400 people.
  - Generally, teams are happy to pay team fees, but one team might have a true financial problem with the team fee (even though it is modest).
    - The sense of the board that offering a financial break is at the discretion of the meet director.
- Hartshorne Memorial Mile
  - Plans are coming together.
  - Registration is proceeding; there will be a mix of some fast folks and some old folks (and some fast, old folks).

**Committee Reports & Business (7:10)**

*Membership*—Shelly Marino

- 25 life members, 246 individuals, 218 family members; Total: 489 (also expect many of renewals and new memberships to come in soon)

*Programming*

- 

*Marketing*

- 

*Web Presence*—Maria Costanzo

- (see report above)

*Equipment*—Gary McCheyne

- Charlie Leonard has donated campaign yard signs and wire stands in case we would like to repurpose them for trail races.

*Volunteer*

- 

*Board Governance*

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**Good of the Order (6:55)**

Denice moves to adjourn 6:55 pm; seconded and unanimously approved.

**Next Board Meeting: February 8, 2017**

**Race Report for January 2017 Winter Track Meet, submitted by Adam Engst**

Timestamp

Tue Jan 17 2017 19:21:11 GMT-0500 (EST)

Race Name

Winter Track January Meet

Race Date

2017-01-15

Race Director(s)

Adam Engst

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

291, 38, 267

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

\$685

List of Volunteers (Name and email address)

Nancy Kleinrock Steve Shaum Tom Rishel Tonya Engst Jullien Flynn David Keifer Carl Franck Ruth Sproul Alex Colvin Alan Evans Ved Gund Jesse Koenecke Kevin Nelson Mike Stewart

Notable Performances

Sunday's indoor track meet was one for the record books, with well over 300 registrants and 267 finishers across five events. It was also our longest meet ever because of having so many runners — we didn't finish until 2 PM, thanks to needing 19 heats of the 60m, 23 heats of the 400m, and 9 heats of the mile. And some of those 400m and mile heats were twice as large as we'd normally run! There were numerous great performances as well, with Ben Ericksen of Norwich winning an exciting 5000m in 17:00. He held off Dave Cook of Auburn in 17:07 and Nate Bowers of Owego Free Academy in 17:09. On the women's side, Kylee O'Hara won in 20:27, with Ithaca High alumna Julia Sinton second in 20:58. We worked our way up through the 19 heats of the 60m to culminate with Damoy Allen's 7.25, a hair ahead of Noah Bosket's 7.27 and Peter Sigona's 7.33. Elinor Kops of Ithaca took the women's crown, with a 8.78 that beat out Leila Vargas of Team PREFO's 8.96 and Maia Wright of Owego Free Academy's 9.03. In the 400m, Leon Atkins of the Auburn Pulsars continued his dominance of the event at FLRC meets with 50.59, well ahead of Clayton Wolfe of Owego Free Academy, who still ran an impressive 54.53. Elizabeth Lucason of the Syracuse Track Club took the women's race in 1:07.6, beating out Katie Laris's 1:08.09 and Laurel Vargas of Team PREFO's 1:08.93. The 400m was the most popular event of the day, with 142 finishers. In the mile, which is the first installment in FLRC's MITHACAL MILE SERIES, Camden Zaidel of Corning-Painted Post West ran a 4:49.4, outkicking perennial masters champion Jim Derick by 1 second. Nathan Lawson of Corning-Painted Post West was close behind in 4:54.3. Elizabeth Lucason of the Syracuse Track Club doubled her wins for the day, taking the women's mile in 5:24.2, ahead of Alyssa Walker of Team PREFO in 5:28.7 and her sister Morgan Lucason in 5:49.6. Watch the Lucason sisters — they're going places! We'll be working on the MITHACAL MILE SERIES results soon, since masters runners get to add to their best four race tally at the upcoming Hartshorne Masters Mile. Non-masters runners will have to wait until the February FLRC meet to post another time for the series. Remember, the runners with the best four mile times across all FLRC track meets in 2017 — broken out by age groups, of course! — will win prizes in a special end-of-summer award ceremony. None of this would have been possible without outstanding performance from our volunteers as well. Alex Colvin stepped in to act as head timer, Tom Rishel took over as starter, Steve Shaum recorded finisher numbers, Tonya Engst and Carl Franck herded the cats as clerks of course, Nancy Kleinrock kept registration moving and did backup timing, Ved Gund manned the computer for race seeding and results entry, David Keifer helped with setup and lots more, Jullien Flynn did backup timing and results entry, Ruth Sproul managed the lap counter, Jesse Koenecke and Mike Stewart helped with results entry, and Alan Evans and Sara Sparling provided additional backup timing

help. Thanks to all of you!

#### Publicity

There was no particular pre-race publicity apart from informing coaches, posting on the FLRC and High Noon lists, Pete's social media posts, and appearing on DirectAthletics.

#### Weather

Warm and dry, as always in Barton. And the weather was fine for driving, so it didn't impact attendance.

#### Food

2 dozen bagels and 3x cream cheese for the volunteers, but the meet was so busy that few people had a moment to eat.

#### Awards

None

#### Supplies and Personnel

A few volunteers moved around, which was fine, but it might have been nice to have a few more so someone could stay on registration and two people could work on results. Winter Chill took a few regular volunteers away, as did the 3-day weekend, which was problematic. Next year we should try to avoid the conflict.

#### Problems

We had one heat of the 60m that we had to re-run because I failed to reset the Time Machine (got distracted). After that, I turned the entire thing over to Alex Colvin as head timer, and there were no more problems. In general, the meet was a record size, partially in terms of number of runners (267), but also in terms of number of entries, requiring a lot more heats (19 of the 60m, 23 of the 400m, and 9 of the mile). That made for a lot of confusion and juggling, which we handled well, but will be adjusting practices to address next time. Because of the size of the meet, we combined some heats of the 400 and the mile, which was good for speeding things up, but made the results harder to capture and enter. The gun failed on us during the mile, so we switched to using a whistle that Tom Rishel bought for the meet; it was a lifesaver. Gary will be investigating getting the gun cleaned more thoroughly so it works, and perhaps getting another gun. We also had delays with reloading that two guns could solve.

#### Overall Impressions

Overall, we did well, though we finished at 2 PM, which is our latest ever. We weren't running slowly; it was just so many heats to run. We lost a number of mile runners because it was ran much later in the day than anticipated and people had to go home. Plus, the Bolts (a YMCA team from Norwich) were unhappy because the meet went on so long that the parents wanted to leave before the relays, but since it was mostly little kids, they'd only run the 60m. (I had a conversation with their coach about this in advance since she wanted another event, and I told her that was untenable; I was right. She was a bit unhappy, but I think she saw that perhaps her group wasn't a good fit with the meet.) But for the most part, people understood that the size of the meet and thus the lengthy schedule was out of our control. A lot of people expressed empathy with our plight and complimented us on doing a good job in a tough situation. Apart from dealing with the size, I think we performed well.

#### Comparison with Last Year

It was MUCH bigger, with many more teams (11 total, including 4 from Corning), and we made more money.

#### Changes

The main changes were: \* \$10 day-of-meet entry fee. We made a fair amount more money because of this and I hope it will reduce day-of-meet entries next time. \* Rolling bib pickup for pre-registered runners. We'll do more of this in the future. \* Having a whistle on hand if the gun fails. This is in the track bag now.

#### Next Year

Two big changes, even if the meet isn't as large in February. First, on Saturday night beforehand, I plan to post the heat schedule to the FLRC site and mailing list and Facebook page so pre-registered runners can

see when they are running and come later if need be. Second, we'll be printing seed sheets for each team coach so they can help wrangle their runners better, which should reduce the load on our clerks-of-course. And as far as next year goes, I really want to talk about moving Winter Chill to Saturday to avoid the conflict for volunteers. Losing some regulars was a problem.