



## FINGER LAKES RUNNERS CLUB

### BOARD OF DIRECTORS MEETING

July 12, 2017 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

Board members: Mike Allinger, Denice Cassaro, Joel Cisne, Maria Costanzo, Adam Engst, Nancy Kleinrock, Pete

Kresock, Gary McCheyne, Mickie Sanders-Jauquet, Steve Shaum, Gerrit Van Loon, Scott Wehrwein

Club members and guests:

(5:34) Welcome of Board

(5:34) Review of Meeting Materials; Revisions to the Agenda

(5:35) Approval of the June Meeting Minutes

- Mike moves to approve with correction that Lesa Carter's name is spelled with an "e"; seconded.  
Approved unanimously except for four abstentions.

#### Unfinished Business (5:35)

Lesa Carter vote on for board—Denice Cassaro

- Lesa would like to join the board and get involved in various ways; the departure of Harris has opened a spot that Lesa would fill.
- Denice moves that we welcome Lesa Carter to the board, effective immediately. Seconded.
  - Approved unanimously.

#### New Business (5:40)

Whistleblower Policy and Document Retention/Destruction Policy—Finance Committee

- This item is being postponed until the next board meeting.

#### Current Events Reports & Business (5:40)

Finance—Mike Allinger

- Report submitted; Mike notes that the FL50s is not closed out as per report; Twilight is almost settled, aside from a pending T-shirt purchase.
- The finance committee is looking at investment options to improve income.

Annual Picnic—Reminder: The date of the picnic is August 19, 3pm–6pm. RSVP requests and invitations have gone out to all runners/volunteers.

- Mickie will have everything in place for this event.
- She recommends that board members invite people within our personal networks.
- RDs with leftover awards, shirts, etc., should provide items to Mickie to use as raffle prizes or to sell.

Is there a need for an August meeting? Or just encourage everyone to come to the picnic?

- It is the sense of the board to NOT have an August 2017 FLRC board meeting.

#### Vice-President's Reports & Business (6:00)

Trails—Joel Cisne

- FL50s

- Joel moves to formally thank Steve for his excellent work on the FL50s.
    - Seconded. Unanimous approval (aside from Steve's abstention).
  - There was a ton of rain race weekend. Report attached.
  - Steve will not be directing in the future (but might step up to do registration, if needed).
  - Scott has ideas on how to make race weekend easier.
    - We should have a committee debrief session; Steve will organize this.
- Forest Frolic
  - Joel has been doing paid social media advertisement (\$20 a pop) for Frolic, Forge, and Monster.
  - There are currently 110 preregistered for this Sunday's Frolic (last year there were 125 preregistrants).
- Forge the Gorges
  - Preparations are on track.
  - The date conflicts with the Tromptown HM, but that is deemed not to be a problem.
  - Jessica is bringing her friend Jen on as a codirector.
- Monster Marathon
  - Joel has been capitalizing on the Monster Half being named the sixth toughest HM in the east.
    - 60 people have thus far preregistered, including people from a range of states.
- Tortoise and Hare
  - There had been three kids under ten-years-old from Corning that had signed up for the 10K; their parents were also running, and these kids were left unattended but were ambling along.
  - T&H race directors are instituting a new policy that kids under age ten must have a parent running with them (unless a specific exception is made).

Road—Alan Lockett

- Twilight
  - Maria reports that things went smoothly.
  - There was a woman pushing her elementary school son with cerebral palsy in a wheelchair; Maria let them proceed.
  - There was a train—a short train—but a train nevertheless. Beginning with the tenth runner, a number of runners were briefly delayed by the train.
  - Gary notes that there was a complaint by a run/walker who was stopped by the fire police who let a car through; the participant had been walking, the officer let a car through just when the participant decided to start running.
    - There was no blame to lay.
  - A couple of the top runners entered the wrong gate to the track.
  - Maria will step down as Twilight codirector; Denice or Lesa might step into this role.
- Women's Distance Festival
  - Denice thanks those on the board who will be volunteering.
  - Registration numbers are picking up.
  - Ian will be doing the water stop.
  - The weather is iffy.
  - Mickie notes that she saw a notice that the Farmers Market will be holding a Thursday night market.
    - Denice could put up cones and runners-on-road signs, will discuss with the Farmers Market folks that the race will be happening, and will make an announcement at the start of the race.
    - Maria will be lead biker, and will dress brightly and have a bell on her bike.
- Fillmore 5K
  - Lorrie is looking for volunteers.
  - There are ~30 preregistered runners; Adam will be timing.

Track—Adam Engst

- Summer Track Meets
  - All went well; race reports are attached.
  - Lansing has two wireless microphones and a built-in sound system, a setup that Adam thinks is the cat's pajamas.
  - Volunteer shirts were the same color as two of the teams' shirts, which proved awkward.
  - For the July meet Lansing track/XC will be selling food.

- Cross Country: Report submitted by Tonya and read by Adam:
  - This year's FLRC budget included money for the women's team to get a bunch of jerseys and have them printed with our logo. This project has now been completed and we have jerseys ranging in sizes from XS to XL for women to use during races. Details:
    - Nearly everyone at these races wears a team uniform - shorts and jersey. Because our color is dark blue and to keep things simple, this year we are making sure everyone has a jersey and women can bring their own shorts. This is an improvement over last year, when only some people had jerseys and everyone brought their own shorts.
    - The new jerseys are identical to at least one recent batch of jerseys.
    - Jerseys will be loaned out, either for the season to a woman who plans to come to most races, or just at the race for anyone else. Tonya, team captain, will manage loaning the jerseys and washing them between meets.
    - \$110 remains in the budget for the women's XC team, plus another \$150 thanks to Katie Stettler contributing back her volunteer award. So, \$260 in total.
    - Tonya is open to suggestions/comments and will chat with team members about this, especially Katie, but she thinks the remaining funds should go either to "scholarships" for anyone who wants to run but is uncomfortable with the cost and/or to purchasing an outdoor rug/mat that could be used with an FLRC tent for stretching/changing/hanging out on wet days so we don't have to sit on wet grass/mud when a pavilion is not available. The FLRC tent last year was well-received. Most teams have tents and mats.
  - Women who want to run should get in touch with Tonya; the FLRC Web site will be updated shortly with details for fall. Men can also get in touch with Tonya, or with Adam.
  - Dates are:
    - Sunday Sept. 10, 2017, 11:00, Clay Park Central, Syracuse
    - Sunday Sept. 24, 2017, 11:00, Genesee County Park, East Bethany
    - Sunday Oct. 8, 2017, 11:00, Watkins Glen, Ithaca
    - Sunday Oct. 29, 2017, 11:00, Genesee Valley Park – USATF Niagara, Rochester
    - Sunday Nov. 12, 2017, 11:00, Finger Lakes Community College, Canandaigua

### Committee Reports & Business (6:40)

*Membership*—Shelly Marino

- 262 individual members (including 30 life members), 212 family members as part of 63 family memberships; total of 474 members.
- Adam and Shelly ported membership signup into RunSignUp from GetEntered. All went smoothly.
  - FLRC's presence on RunSignUp was created largely by Leone Timing; Adam and Shelly now have more-or-less full administrative access; Mike has most of the financial access, but has yet to succeed in accessing reports.
  - RunSignUp has a byzantine layering of administrative access/permissioning.

*Programming*—Gary McCheyne

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*Marketing*—Adam Engst

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*Web Presence*—Maria Costanzo

- There is a website setting that dictates that a certain number of (very few) hours after the start of the race the webpage shifts over to showing results instead of continuing to show race information, which people (e.g., crew) still deem highly relevant at that point.
  - There is then a link that says "Show Race Registration Information," but we need to change the window of time to, say, 48 hours postrace and change the message to something that makes more sense, like "Show Race Information."

*Equipment*—Gary McCheyne

- Gary wants to remind the RDs that nothing is to be returned to the equipment director unless it is clean and dry.
- The equipment/supplies (i.e., stuff—stuff that all the races use) budget for 2017 is already largely depleted (\$1200 budget, and has spent \$1100 on valid items), with much of the race season still to come.
- Maria moves to increase the annual "stuff" budget to \$2000. Seconded.

- A discussion ensues regarding what counts as equipment versus supplies; it is determined that all stuff is included.
- The current motion is withdrawn.
- Steve moves to allocate \$500 additional for the remainder of 2017 for any equipment/supplies that the equipment manager might need to purchase. Seconded.
- Unanimous approval, with Gary abstaining.
- The finance committee and the equipment manager will jointly discern what qualifies as equipment versus supplies.

*Volunteer—Mickie Sanders-Jauquet*

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*Scholarship—Gerrit Van Loon*

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*Board Governance—???*

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### Good of the Order (7:06)

Pete moves to adjourn; seconded; unanimously approved.

**Next Board Meeting: September 13, 2017**

#### **Finger Lakes 50s—submitted by Steve Shaum**

Timestamp

Thu Jul 06 2017 16:35:40 GMT-0400 (EDT)

Race Name

Finger Lakes 50s

Race Date

2017-07-01

Race Director(s)

Steve Shaum along with committee: Nancy K., Pam M., Pete K., Scott W., Mickie S-J., Joel C., and Harris B. (who moved away in May/June)

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

Registration took place through Ultra Signup: 250 registered in 3 hours and 20 minutes on January 1.; 266 registered for the wait list; 65 got in off the wait list; people came from 16 states and Canada; 73 50-mile registrants (19 finished); 93 50K registrants (103 finished); 96 25K registrants (89 finished); there were about 10 no-shows for each distance

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

approx: \$25,000 (this includes reg, BBQ meals sold, and merchandise sold)

List of Volunteers (Name and email address)

Kate M Millar , Nancy Kleinrock , Scott Wehrwein , Brenda Michaud , James Miner , Jon E. Shaff , Katie Stettler , Anna Deitcher and Henry Deitcher Lesley Kay Middleton , Pete Kresock , Nora McIver-Sheridan , Bob Talda , Jim McKee , Gary McCheyne , Gillian Haines-Sharp , Janice Johnson (JJ) and Joy, James Lampman , Don Lampman 2 Lampman grandkids Scott Dawson and family, Aaron Proujansky , Scott Ulrich , Donna Wakeman , Tim Wakeman Tim Ingall , Karen Ingall , Derek Dean , Kevin Dames , harris bockol , Peter Dady , Amanda Schmitt , Isaac Phia Gerrit Van Loon , Lorrie Tily Don Tily Dave Jones Liz Brundige Pam Millar , Dale Ottosen , Sue Aigen Bruce Beem-Miller 11 from Wilderness Search and Rescue including Jeff and Kathy Sikora, Steve Shaum

Notable Performances

Adam Engst broke the 25K male master's course record with a time of 2:08:50, he was also first overall in the 25K. And everyone else who ran the race was notable due to the muddy and river-like trail conditions.

#### Publicity

no and no

#### Weather

Rain, rain, rain, and more rain which brought mud, mud, mud and more mud. Temps were in mid- to high 70s. People still hung around despite the on and off rain showers; nearly all the food from the BBQ was eaten (what was left over could have served 10 to 15 more people).

#### Food

Joe Marnell and his brother Jacob provided the BBQ: pulled pork, potatoes, corn on the cob, pickles and pasta salad for 380 people (last year ordered for 320 and we ran out of food). By the way, Jacob is taking over the catering business from Joe. Two kegs of beer were nearly consumed. Aid Station: A couple aid stations seemed to run out of some food, but nearly the same amount was purchased as last year, when there was a lot of aid station food left over. We purchased only 4 less loves of bread, 2 fewer peanut butter jars, 2 fewer jellies, 2 fewer packages of cookies, but mostly everything else was the same. The three items that seemed to run out were bread for PB&Js, 2-liter bottles of Coke, and salty items such as Pringles and pretzels. Nancy and I are guessing that more food was consumed because people were walking more and not running, so their bodies were able to consume more food comfortably, as when you're running harder, you drink more and eat less.

#### Awards

All finishers, all distances: pint glass 50Mile/50K finisher award: Hoodie sweatshirt with glow-in-the-dark logos 25K overall and masters: backpacks left over from last year, cow crossing road sign and growler of beer 50Miler/50K overall and masters: chainsaw carved cow, growler of beer All age groups, all distances: cow crossing road sign All registrants who showed and volunteers: race tech t-shirt with glow-in-the-dark logo on front and back All awards cost \$5,372, not including T-shirts

#### Supplies and Personnel

We had to buy an extra canopy tent for one of the aid stations as there was a tent frame but no cover for one of the older tents. Need to purchase for next year about 20 to 30 more cones to cover the no parking rules (we borrowed 83 from Ian). Scott W. was a huge help - having him as a third person from Wednesday through Sunday (race week/week end) really made a huge difference. If the same procedure is done with Howard's Water Bucket to supply water, there will be the need for a new 25-foot garden hose and a hose shut-off valve as those we used got tossed in the trash. About the same number of volunteers on race weekend as in the past.

#### Problems

Rain and too much mud - other than that, things went smoothly. No one got lost or off course. A few people fell and came in with blood or bruises, but nothing serious. Wegmans did not have the donated coffee ready due to their staffing scheduling error (they have apologized); Rooster Fish Brewery was confirmed for 16 growlers about a week prior to the race, but when Nancy and Scott got to the restaurant, no one knew about the donation (even though they have donated growlers to the race for the past 6 or 7 years) - Rooster Fish fulfilled the order within a half-hour while Nancy and Scott waited. The t-shirts arrived a little late as they got stuck in a West-Coast port due to import customs. No electricity, no running water, and very weak cell service, and dirty camp-site toilets - the port-a-johns were cleaner. The timing company's van got stuck in the mud when they tried to pull out after the race. The Wilderness Search and Rescue pulled them out.

#### Overall Impressions

The race went well despite all the rain we got the day before and during the race. I've received 20+ emails so far thanking me for such a great race, how wonderful the volunteers were, and that they want to come back. It's a great race, but takes a ton of work.

#### Comparison with Last Year

Last year's race was taken place during a drought and the trails were completely dry (which is a rarity for the National Forest). I had comments last year that the race wasn't as fun without some mud. This year, they got their wish - and then some. Income was a bit higher this year as I increased the registration fee by \$5.00 per distance and reduced the refund amounts. There were fewer cancellations than in years past, and this is usually where the race makes the most money as a partial refund or no refund is issued and receive a new reg on top of that.

#### Changes

Not much was changed from last year to this year. I did purchase slightly less food for the aid stations. Committee helped with various tasks such as volunteer coordination. Had more help with trail work, marking the course and the few days leading up to race day - Scott W. was awesome. Mentioned above, increased reg fees and decreased refund amounts.

#### Next Year

Race Director. This is my last year! The race could remain the same with few changes, or the race could become a much lower key race. If a lower key race is the choice, a suggestion is to reduce the aid stations from 6 to 4 (possibly keep the 2 South Beach aid stations, Outback and the Living Room, getting rid of the Morgue and Library), or have an un-manned aid station somewhere. If this is done, communication will be needed to inform runners so they know to carry more food and hydration. Eliminating some aid stations would cut back the number of needed volunteers, equipment needed, and work-load of delivering and picking up equipment. Could also cut out many of the awards, kegs, etc., to save time, effort, and money. The thing that probably can't be reduced in much of any way is the trail work and markings as there are too many intersections and a two section. Registration could be managed differently so it doesn't take so much time. Year's ago, people would cancel and then about 3 weeks before the race, a number of wait list people were invited into the race corresponding with the number of cancels. When I took over, I invited people off the wait list one-by-one- as people cancelled - this increases the number of possible people in the race and increases reg fees received. There were 44 people who declined their invitation into the race and about another 15 I had to manually removed because they never responded to the invite. Oh, and don't get a constant low-grade fever, achy muscles, and headaches, and then get diagnosed with Lyme disease 4 days prior to the race.

#### **Summer Track July Meet—submitted by Adam Engst**

##### Timestamp

Sat Jul 22 2017 19:22:39 GMT-0400 (EDT)

##### Race Name

Summer Track July Meet

##### Race Date

2017-07-18

##### Race Director(s)

Adam Engst

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

91, 4, 80

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

\$190

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

Ved Gund Becca Lovenheim David Keifer Bruce Roebal Scott Wehrwein Julianne Quinn Carl Franck  
Tonya Engst Jesse Koennecke Keith Eggleston Sandy Gregorich

##### Notable Performances

Thanks to all the runners, volunteers, and teams (the Auburn Pulsars, Team PREFO, and Southern Tier SOAR) who made our July track meet a success. It was a relaxed meet on a humid summer evening in Lansing, where we've received a warm welcome from the school track and cross country coaches. The

meet led off with the 3000m, where masters standout Scott Weeks from Groton schooled everyone in how to run evenly and hit your predicted time: his 9:31 was a single second off his seed time and a 5:06 average pace that would have won the mile as well. Taylor Farrell of Team PREFO won the women's race in 16:09. The 200m sprint next up provided the most fireworks of the meet, with Eric Ryan (24.18) nipping Tobi Akintayo (24.97) for the win. Akintayo gets bonus points for having taken the bus up from New York City to Ithaca for the meet, then taking TCAT out to Lansing before discovering that TCAT doesn't run later in the evening — we made sure he got a ride back to the bus station. On the women's side, Gillian Coar ran a 27.25 for a commanding win. In the mile, Jordyn Naylor ran an impressive 5:24 to win the women's race and take fourth overall. On the men's side, after a couple of guys with sub-5:00 seed times failed to show up, Phil Kwasney of STRC outpaced Ethan Reilley of the Auburn Pulsars to win in 5:15 to Reilley's 5:19. Speaking of the mile, we've updated the standings in FLRC's MITHACAL MILE SERIES, so you can see where everyone stands with a single race to go — we'll definitely have some awards that come down to the last race! <https://www.webscorer.com/seriesresult?seriesid=97447> Samuel Voak literally ran away with the 400m, winning by almost 6 seconds in 54.68. Kristin Angierski was almost as dominant for the women, winning by over 3 seconds in 1:15.01. Finally, in the 4 by 800m relay, the Auburn Pulsars fielded six full teams, including the winning team of Josh Cuddy, Ethan Reilley, Chris Mason, and Jack Cavenaugh, who finished the 3200 meters in 10:03. If only we'd gotten Scott Weeks to race all the relay teams on his own!

#### Publicity

Just the usual promotion to the FLRC and High Noon lists, plus the other local running clubs and teams.

#### Weather

It was hot and humid and sunny, but not terrible for running. It may have slowed some of the longer races down, and the bugs were annoying when we put the tent up for shade.

#### Food

We brought four Grand Slam subs and a watermelon for volunteers, and it was once again just about perfect for 12 people. The Lansing Sports Boosters sold pizza and hot dogs and other food as concessions, and while I don't think they sold that much, they were happy to have the opportunity.

#### Awards

No awards in track

#### Supplies and Personnel

Nope, we pegged it

#### Problems

The closest we had to a problem was crackling in the speaker when Julie moved the electronic starting pistol around.

#### Overall Impressions

It was a small, relaxed meet and everyone had a good time.

#### Comparison with Last Year

It was a bit smaller than the June meet due to the lack of the Ithaca Youth Bureau team. Otherwise it was quite similar.

#### Changes

No changes from the previous meet.

#### Next Year

I'd like to figure out a better way to post heat sheets and results, since taping on the back of the tent didn't work well this time.

#### Timestamp

Wed Aug 09 2017 11:32:43 GMT-0400 (EDT)

## **Forest Frolic—submitted by Peter Dady and Mike Stone**

Race Name

Forest Frolic

Race Date

2017-07-16

Race Director(s)

Pete Dady and Mike Stone

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

160 pre + 18 day of = 178. 161 actual racers and 156 finishers

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

pre - don't have this + \$290 day of --- 11 adults and 7 youth

List of Volunteers (Name and email address)

Adam Engst Scott Wehrein Pete Kresock Janice Johnson [jjohnson@tompkins-co.org](mailto:jjohnson@tompkins-co.org) Joy Gaustad [bedsidejoy@gmail.com](mailto:bedsidejoy@gmail.com) Rick Mazzeo [ricmaz31@msn.com](mailto:ricmaz31@msn.com) Jim Miner Audrey Balander Jim Hoch Joe Dabes Gary McCheyne Kathy Sikora - Wilderness Search and Rescue plus one or two spectators helping with tearoffs

Notable Performances

We were pleasantly surprised when the Chittenango HS xc team showed up

Publicity

no post race. We had a large turn out - many registered 7-10 days before event.

Weather

day of race was low 70's and dry but it poured on Friday with flash flooding which made the trails wet and muddy with higher than normal stream crossings

Food

6 watermelons - add 2 more 27 lbs of bananas - reduce to 18-20 lbs 1 bx goldfish - 2 better 4 bags of pretzels 2 peanut butter cookies, 1 lemon, 1 duplex 60 cans of soda 126 cans of beer - less cheap and a bit more craft 30 racks + 3 craft 12 packs

Awards

insect repellent to top male and female finishers in both 7 and 15k races juniors, open, masters, vets. Plus a prize for the last finishers = \$120.87

Supplies and Personnel

1 or 2 added volunteers for misc. A large printed map of course the racers could study would be helpful

Problems

Yes we had two injuries. The WSAR personnel took care of their needs to get them fixed up and brought back to home base. We had one "lost" racer who missed the turn on the powerline. She relocated and we caught up with her after we started to do a search, at the 2nd waterstop - and gave her the last place award. We believe the course was well (over) marked and we think the person got lost from lack of experience and knowledge of course.

Overall Impressions

Overall responses were very positive to course/event. Need more visual aids to help explain course. We are rethinking how we would mark the course next year. We also will redo t-shirts which people asked for.

Comparison with Last Year

2016 - 142 finishers 2017 - 156 finishers We don't have last years financials. Fun quotient was high - 11!

## Changes

We need to continue to refine course marking - even with add the pink flags and paint, we have a couple miss the turns off the power line. The intersection continues to be an issue even with all the discussion how it during the prerace meeting. We may want to talk to Joe Dabes about the additional trail intersection.

## Next Year

We are considering two separate start times to help lessen the confusion at the intersection and because of the deteriorating road conditions at the start. T-shirts and maybe local sponsorship

## **Forge the Gorgeous—submitted by Jessica Kerns**

### Race Name

Forge the Gorgeous

### Race Date

2017-08-03

### Race Director(s)

Jessica Kerns

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

~125 pre-reg, ~20 day-of, 48 (3.5mi) and 104 (7mi) finishers

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

unknown

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

G Michael Allinger, Adam Engst, Tonya Engst, Tristan Engst, Scott Wehrwein, Columbia Warren, Eric Sambolac, my parents: Kat and Ron Gordon, my sister and her boyfriend: Kassi Kerns and Che Dinteman, IH3 hashers: Handy and kids, Debasement, Arachnoflowbia, Pepe Le Poo, Thank You (There might be others that I've forgotten who jumped in last minute at the finish line and aid stations!)

### Notable Performances

3.5mi: Ved Gund 27:03, Sandra Gregorich 36:02 7mi: Rich Heffron 51:37, Yvette De Boer 1:03:23

### Publicity

Social media and local flyers, but no additional advertisement. 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

Sunny and 75. We'd had a lot of rain prior to the race so we were prepared for anything! I think the good weather contributed to more day-of registrants, but we were surprised at the number of pre-reg in the day or two before the race. Perhaps weather related?

### Food

Last year I got 11 pizzas and had one left over. This year I had more pre-reg, so kept the order at 11 pizzas, ~120 beers, ~80 cans of soda, couple of packages of cookies left over from the 50s. NOTHING left over this year!

### Awards

Overall male/female for both distances. Masters male/female for both distances. Age group male/female for both distances. Overalls and masters got a Forge koozie and a big bottle of craft beer. Age groups got koozies. We gave out add'l fun awards for first trail race, trail blood, families, and volunteers.

### Supplies and Personnel

We had enough of everything this year.

### Problems

No injuries. No one lost (not even Boris!).

#### Overall Impressions

Everything went very smoothly. I was worried prior to the race about: 1) course conditions -- The Gorge Trail was closed for a bit because of the summer storms, but they opened it back up a few weeks before the race. 2) the lack of volunteers from the club for race day. My usual suspects for rego and finish line weren't available and a few volunteers that said they could help cancelled last minute. I shouldn't have worried -- Adam is always resourceful with volunteers for the finish line and I have a steady supply of family and great friends in the Ithaca Hash that do a fantastic job of volunteering.

#### Comparison with Last Year

The race is steadily growing. This was the biggest field we've had so far. The shorter distance is getting popular and I think that a lot of folks that wouldn't try a trail race are running Forge now because it's more accessible. I've got many families and younger runners showing up together. I think the race runs like a great evening summer party.

#### Changes

This year I actually ordered koozies that I was going to give out to everyone as participation 'medals' as they crossed the finish line. However, by the time everything shook out, I had more entrants than medals (>125!). Instead I gave out awards to age group winners and others, then passed the remainders on to Mickie for the FLRC picnic. I think everyone liked getting a prize, but we'll have to see how the finances go to see if I can do it again in the future.

#### Next Year

Different 'medals' or awards. Fun signage along the course.

### **Summer Track August Meet—submitted by Adam Engst**

#### Race Name

Summer Track August Meet

#### Race Date

2017-08-15

#### Race Director(s)

Adam Engst

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

115,1,91

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

\$147

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

Ved Gund Becca Lovenheim Bruce Roebal Carl Franck Julianne Quinn Jullien Flynn Tonya Engst Keith Lawrence Eggleston Kristina Kronauer Scott Wehrwein Tom Rishel Mickie Jauquet Bob Talda (and Emily)

#### Notable Performances

Last week's track meet at Lansing High School's track was the final FLRC track meet of 2017, and 91 runners managed to escape getting seriously wet as the torrential downpour let up in time for the events. Adam Pacheck led off the meet with a masterful 5000m, which he won in 15:29, beating out Andrew Davis's 16:03. Only one woman ran, Jacquie Huben, but her strong 17:59 was good for third overall and would likely have won regardless of who else was in the race. In the 100m, Thomas Randall of Cornell cruised through the tape in 11.40 seconds for the win, followed by Samuel Voak in 12.36 and John Saunders of Team PREFO in 13.19. Southern Tier SOAR's Elsa Wood ran 17.01 to beat out Elena Ruffer of Team PREFO (17.43) and teammate Abigail Wagner (18.35). He'd been told by his coach to take it easy, but Leon Atkins of the Auburn Pulsars couldn't resist running a 50.36 to win the 400m in his final FLRC meet before joining the University of Buffalo track team. Thomas Randall was second in 53.10. Elena Ruffer of Team PREFO ran 1:30.50 to edge out Southern Tier SOAR's Abigail Wagner in 1:31.31.

As the final chance for runners to clock in for the MITHACAL MILE SERIES, the mile was by far the largest event, with 63 finishers across 5 heats. Adam Pacheck once again took Andrew Davis for a ride, coming through in 4:30 to Davis's 4:48. Mikaela Garcia took the honors for the women, finishing in 5:56 and edging out Elizabeth Baroody of the Auburn Pulsars in 5:59. Last, in the 4x200m relay, a team of Samuel Voak, Trevor Donovan, Michael Dee, and Andrew Davis, three of whom had run the mile in sub-5:00, took the win in 1:45. Not too bad for 800m! Finally, these track meets wouldn't be possible without our volunteers, and we had a great crew this month, including: Scott Wehrwein, Ved Gund, Bruce Roebal, Carl Franck, Julie Quinn, Jullien Flynn, Tonya Engst, Keith Eggleston, Kristina Kronauer Schwartz, Tom Rishel, Mickie Jauquet, and Bob Talda. Huge thanks to all of them! I'd like to thank Lansing High School for hosting our summer meets this year and the Lansing Sports Boosters for providing concessions, both of which were made possible only through the efforts of Lansing coach Becca Lovenheim.

#### Publicity

Just the usual mailing list and email to coaches publicity.

#### Weather

The weather turned out OK, but was a problem to start. Although the forecast had been for possible light rain, that turned into a downpour around 4:30 PM, and although the rain let up long enough around 4:45 for me to set up the tent at the finish line, it was still raining throughout most of registration. We dealt with it by having registration and bib pickup take place in the press box at the top of the stands at the Lansing track, which worked well and gave us a nice dry area for the computer and printer. We then used the tent, with just a back wall, down at the finish line, to protect the Time Machine and other gear. We put the Time Machine and the big clock in large plastic bags, and the Seiko in a ziploc bag. Happily, the rain let up pretty much by the start of the meet at 6 PM, so all the waterproofing we did wasn't as necessary as it might have been. It was slightly fussy to get results back up to the press box and back down for posting, but it wasn't worth moving the computer and printer during the meet. Also, we reverted to using the traditional starting gun so we didn't have to get the electronic pistol and PA wet.

#### Food

We got four grand slam subs from Shortstop and a watermelon for volunteers. This has worked out well — we get one pastrami, one turkey, one egg salad, and one seitan, so only our gluten-intolerant friend Jullien couldn't partake.

#### Awards

No awards in track

#### Supplies and Personnel

We had everything we needed.

#### Problems

See the weather section above. It was a problem, but we dealt with it well. One parent lost her keys, which made for some fruitless searching in the dark afterward, and the Pulsars left some starting blocks that they got the next day.

#### Overall Impressions

Everything went smoothly and everyone seemed to have a really good time.

#### Comparison with Last Year

Apart from the weather, the meet was very similar to the other two summer meets. Revenue was down a bit due to the weather keeping away individuals and day-of-race registrants, so most of the runners were paid for by teams.

#### Changes

The only thing I did differently was bring a small bulletin board with a bungee strap that we could hang from the tent for posting results. That worked well, and we'll try to do something like that in the future as well.

#### Next Year

Honestly, not a lot — we're doing well and I'm not sure much needs to change.