



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

June 14, 2017 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

Board members: Denice Cassaro, Steve Shaum, Mickie Jauquet, Alan Lockett, , Scott Wehrwein, Pete Kresock, Adam Engst, Bruce Roebal, Mike Allinger, Gerrit Van Loon, Sue Aigen
Club members and guests: Lesa Carter (invited by Denice)

(5:30) Welcome of Board and introductions for Lesa

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

(5:35) Approval of the May Meeting Minutes

- Gerrit moves to approve; Scott seconded. Approved unanimously.

Unfinished Business (5:40)

Hosting a RRCA Coaching Certification Workshop update—Mickie Sanders-Jauquet

- Mickie continues to work on this.
- RRCA got back to her on dates, but the event likely won't happen in 2017 because of their schedule. It will likely happen in 2018.
- Location will likely be the Ithaca Youth Bureau, but they can't schedule formally until later

New Business (5:50)

RRCA update—Mickie Sanders-Jauquet

- Use of the RacePass platform for signup for races, RRCA has a position on this site.
- RRCA is not amused by the RacePass discount site, which lets subscribers sign up for multiple races
- The problem is largely the waiver, since it has to be vague, generating concerns that it might cause liability issues for RRCA insurance
- It's unclear how RacePass even works; how does it inject the signup into our online system.
- RunSignUp has a blog post about it: <https://runsignup.wordpress.com/2017/05/11/racepass/>
- Adam will check with Vesa at Webscorer to see if he's aware of it. (Done, haven't heard back yet.)

Using RunSignUp for club membership tracking—Adam Engst

- Shelly and Adam are looking into using RunSignUp's club membership tools in place of GetEntered
- GetEntered is free, but was set up for us long ago by Leone Timing, and we have very little control or understanding of it. Plus, it's starting to confuse our members.
- Switching would entail either eating or charging RunSignUp's transaction fee, which will range from 12% down to 6% depending on the transaction amount.
- Last year we made \$5100 on memberships, according to Mike, so we'd "lose" some amount of that to the transaction fees if we go forward.
- Mike moves that the club switch its membership management system to RunSignUp, Denice seconded.

- Unanimously approved
- Sue moves that transaction fees be paid by the club, so members won't pay more, Scott seconded.
 - Unanimously approved
- Outstanding questions/to-dos:
 - Adam will check with RunSignUp to see if we get an RRCA discount
 - Adam will check with RunSignUp to see how it handles free lifetime members
 - Mickie recommends that we track membership revenues and revisit in a few years

Current Events Reports & Business (6:00)

Finance—Mike Allinger

- Mike noted that we're spending \$3000 on scholarships this year
- Tortoise and Thom B are not closed out yet for this year
- Skunk is closed out and made about \$1000 less than last year, almost exactly the cost of hiring Bangs Ambulance on site
- The Finance Committee wants to move \$10,000 from our checking account into our investment account
 - Checking makes no interest at all, so the investment account will do better by definition
 - There are roughly \$41,000 in both checking and investment
 - Alan asked why not move more, but Mike said we need that much as a buffer against race expenses
 - The committee motion passed unanimously
- Sue said the Finance Committee is also working on document destruction and record retention policies and whistleblower policies per RRCA recommendations.

Annual Picnic—Mickie Sanders-Jauquet (August 19th, 3pm to 6pm) Robert Treman, at smaller pavilion near cabins. Volunteer gifts? ideas

- Last year, 88 people came and we paid about \$1500 for food, drinks, and pavilion rental
- Much discussion of paying parking fees, but we decided it was too much logistical work, regardless of the expense
- Instead, Denice suggested that we coordinate carpooling, and Mickie will make that happen

Vice-President's Reports & Business (6:25)

Trails—Joel Cisne

- Thom B.
 - Date may move to avoid CT50 move (see below)
- Tortoise & Hare
 - Attendance was down slightly due to bad weather
 - Next year will move back to Saturday from Sunday this year
 - Made between \$1100 and \$1300
 - CT50 is moving next year (to avoid Western States) so it won't conflict either
 - But it may conflict with Thom B, so that date may move too
- FL50s
 - Nancy, Gerrit, Jim McKee, Pete, Steve, Dale were out for 9 hours clearing trail and putting up arrows
 - Everything is in hand, with all volunteers are signed up according to Pam
 - Steve said that they're preparing food for more people this year because we ran out last year
 - Pete asked what the latest date we'll take people off the waitlist. Steve said June 19th
 - Steve noted that we have registrants from 14-15 states and 3 countries
- Forest Frolic
 - Has permits and is all set to go.

Road—Alan Lockett

- Twilight
- Women's Distance Festival
 - Race is moving from Dryden Lake back to Stewart Park to boost attendance
 - Will be run on the Waterfront Trail

- Still need volunteers, but Denice is working on that
- Sue is giving Pete pictures to post on social media
 - Sue noted (apropos of a picture) that Sandy Fitterer is in the hospital since January with a rare blood disease. Sue will be sending her a card from the club.
- The costs will be higher (\$280 for Stewart Park: \$180 plus a \$100 permit fee), versus \$60 for Dryden Lake
- Green Layer Sports in Portland OR has really cheap good shirts that WFDF is getting for \$2.25 and another \$2.25 for printing at PSP. FL50s uses them too and Steve suggested the club get other shirts from Green Layer Sports
- Fillmore 5K
 - Lorrie sent email to Alan and it's going well.

Track—Adam Engst

- Summer Track meets
 - Moving to Lansing due to Ithaca High construction that would have gotten in the way of July and August
 - Everything is set with Lansing approvals and equipment

Committee Reports & Business (7:10)

●
Membership—Shelly Marino

As of June 1, we have 481 members:

- 231 individual members
- 220 family members
- 30 life members

Programming—Gary McCheyne

Marketing—Adam Engst

- Adam handed out paper forms for a few people to post at Island Health and the like
- We need to refill the Running Store board too.
- Adam asked if the club can buy food to share at the Marketing Committee meeting
 - Mike and Mickie had talked about it and said yes, with the caveats that:
 - No alcohol would be included
 - The cost should be in the \$20 to \$30 range — just keep it reasonable
 - We'll revisit after it has happened a few times
- Adam plans to schedule a Marketing Committee meeting soon.

Web Presence—Adam Engst

- Our Web developer, Steve Mohlke, is leaving to take a new job, and we're hoping he finishes the stuff we've identified as problems now.
- Once we can get those things fixed, we should be in good shape for a while
- Steve will recommend someone new, or we can find a new developer on our own.

Equipment—Gary McCheyne

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Volunteer—Mickie Sanders-Jauquet

New Volunteer T-shirts are in. They can be found in the storage unit.

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Scholarship—Gerrit van Loon

- Lorrie sent a report in email to the board

Board Governance--?

Good of the Order (7:15)

Pete moves to adjourn, Mike seconds. Approved unanimously. Or we'd still be there.

Next Board Meeting: July 12, 2017

Summer Track June Meet—submitted by Adam Engst

Timestamp

Thu Jun 22 2017 15:51:49 GMT-0400 (EDT)

Race Name

Summer Track June Meet

Race Date

2017-06-20

Race Director(s)

Adam Engst

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

101, 13, 98

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

\$212

List of Volunteers (Name and email address)

Aaron Proujansky Becca Lovenheim Bruce Roebal Carl Franck David Keifer Julianne Quinn
Keith Eggleston Kevin Nelson Scott Wehrwein Tom Rishel Tonya Engst Ved Gund

Notable Performances

Results are up for FLRC's first outdoor track meet of the summer, held Tuesday night at Lansing High School. <http://fingerlakesrunners.org/race/outdoor-track-meet-june-2017/> After a brief threat of rain during registration, the weather turned gorgeous for a relaxed meet with tons of kids from the Ithaca Youth Bureau, Team PREFO, and Southern Tier SOAR. In the leadoff 2 mile, Andrew Davis ran a 10:08 for the win, with Team PREFO's Victoria Collins taking the women's title in 13:02. The eight heats of the 100m started off with children who weren't entirely clear on the concept of staying in their lanes or stopping after crossing the finish line, and ended with Thomas White running a powerful 10.48 for the win. Charlie Slusser of Southern Tier SOAR was the first woman in 13.58. The 800m was fairly close, with Andrew David doubling his victory count with a 2:06 over Stephen Thompson's 2:07. Team PREFO's Faithe Ketchum won for the women in

2:35. In the mile, which is the fourth (or fifth, for masters) running in the MITHACAL MILE SERIES, Ethan Seltzer (4:51.76) outkicked Joseph Thompson (4:52.37) by half a second. The women's race was almost as exciting, with Cassandra Collins of Team PREFO outkicking her teammate Lydia Keys, 6:33 to 6:35. The 4x400m relay pitted an ad hoc team composed of Samuel Voak, Joseph Thompson, Michael Dee, and Stephen Thompson against Team PREFO's Ben Fenton, Thomas Bovairo, Nate Wilsoncroft, and Jim Derick. The ad hoc team pulled it out in the end, running 3:54.5 to Team PREFO's 4:00.1. Special thanks to the strong volunteer team that made it all happen. Scott Wehrwein took the lead as head timer, Ved Gund entered day-of-race registrants and results, with help from Aaron Proujansky. Julie Quinn did backup timing and Keith Eggleston recorded finishers. Bruce Roebal returned to his starter duties after the winter off, Kevin Nelson helped with timing the 100m, and Tom Rishel and David Keifer helped with setup, lap counting, and runner wrangling. Tonya Engst and Carl Franck served as clerks of course to arrange all the heats, and Lansing track coach Becca Lovenheim provided on-site assistance with the facility and sound system. And when it was all done and the runners had left, the volunteers all shared sub sandwiches on a glorious summer evening before packing up all the gear.

Publicity

Just the usual notification to the FLRC and High Noon lists, and to the area coaches. Lansing also sent out some email the day of, but I don't know where that came from.

Weather

It was predicted to be good, but a small amount of rain rolled through during registration. After that, it was gorgeous.

Food

Four "Grand Slam" subs from Shortstop worked well for the 12 volunteers.

Awards

No awards

Supplies and Personnel

The final lap bell ended up in a box with the small cones, which I didn't realize in time, so we didn't have a bell to ring. Having the tent, with the back side put up, was very useful for providing shade and protection from wind (and from a little rain).

Problems

There were some accusations that the winner of the 100m jumped the gun, but Bruce as official starter felt that the guy was on the knife edge of appropriateness and we had no standing to disqualify him afterward.

Overall Impressions

The race went very smoothly, especially after the threat of rain passed so we could spread out from under the tent a bit. We didn't push on the schedule because we had plenty of time.

Comparison with Last Year

We had fewer pre-registrants than last year, but more actual runners by a little (90 vs 98)

Changes

The big change was the venue, which moved to Lansing High School. It's a little more awkward to set up equipment there, but they have a track-wide sound system with two wireless mics and that worked brilliantly. We also had some issues with seeding in MeetPro 2 that I'm working on with the developers.

Next Year

For the next race in July, Becca Lovenheim is looking into getting the Lansing track team to do concessions. She'll need to get permission from Lansing for that.

Twilight 5K—submitted by Maria Costanzo and Gary McCheyne

Timestamp

Thu Jul 06 2017 22:29:34 GMT-0400 (EDT)

Race Name

Twilight 5K

Race Date

2017-06-21

Race Director(s)

Maria Costanzo and Gary McCheyne

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

Pre-reg: 315 Day-of: around 100? Total runners: 376

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

Treasurer has these figures.

List of Volunteers (Name and email address)

Ithaca Fire Police (Gary has email contact) Amelia Habicht meels66@gmail.com Denice Cassaro denicecassaro@gmail.com Nancy Kleinrock nkleinrock@gmail.com Mickie Sanders-Jauquet and Ally mickiejauquet@gmail.com Lorrie Tily ljtily@gmail.com Steve Shaum sls243@cornell.edu Pat Gillespie gillespiepd@hotmail.com Liz Kinast lizkinast@hotmail.com Kimberly Chen squabblingdonuts@gmail.com Makoto Endo me62@cornell.edu Aaron Proujansky aaron.proujansky@gmail.com Jeremy Downs and colleagues from Morgan Stanley (Denice has his email) Shelly Marino shelly.marino@cornell.edu KC Ryan kcb1@cornell.edu Pete Kresock pete.kresock@gmail.com Pete Dady and hashers dady@toast.net Joel Cisne joel.cisne@gmail.com Bill King mharkins@twcny.rr.com Jullien Flynn jullienflynn@yahoo.ca Lesley Middleton lesleykm10@gmail.com Mike Allinger ga12@cornell.edu

Notable Performances

Participants' ages ranged from 6 to 78. The male overall winner was Andrew Davis , 20, from Penn Yan, who ran it in 17:06. The female overall winner was Tabatha Fleming, 40, from

Baldwinsville, who ran it in 21:16. A train came through and affected finishing times for some. I heard from the 10th-place runner that he was one of the last ones to get across as the train approached.

Publicity

There was no publicity other than social media.

Weather

The weather was sunny and pleasant, in the 70s - a little warm for running but not seriously hot.

Food

Food was not quite enough. One more sheet pizza and more snacks would have been good. 1 doz bagels 1 x 8 oz cream cheese small jar peanut butter 1 pk. fig newtons 3 x 10 oatmeal raisin cookies 2 pk Wegmans vanilla Os 2 pk Wegmans choc Os 3 x 5 lb oranges 3 watermelons 25 bananas 2 large bags chips 8 x 12 pks drinks (mostly flavored seltzer) 100 assorted juice boxes + choc milk 5 - 18lb bags ice 14 sheet pizzas (7 cheese, 7 pepperoni) 2 gluten-free 10" cheese pizzas

Awards

Handmade pottery mugs stamped with "Twilight 5K 2017" were purchased from Front Porch Pottery at \$12.50 each. They were given to the overall winners, overall masters winners, and top place in each age group. In previous years we have also given Viva gift certificates to the overall and masters winners, but didn't get that organized this year.

Supplies and Personnel

No, we were well supplied and had just the right number of volunteers.

Problems

The train crossed the course and affected people's times, but there was nothing to do about that. One runner complained that she was stopped by the Fire Police to let a car pass. Gary has explained repeatedly to the Fire Police that runners should not be stopped.

Overall Impressions

Everything went very smoothly.

Comparison with Last Year

It was basically the same except that the number of Girls on the Run increased dramatically, which probably cut into the profits (they pre-registered, so were free) but really added to the feel-good quotient for everyone.

Changes

No changes.

Next Year

I have run out of ideas, and although this race is a lot of fun, I am burned out. I will be stepping down as co-RD, but am happy to work with the next RD to pass along what I've learned (Denice has expressed interest).

Finger Lakes 50s Race Report—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 , 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 (4 people total), 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 (at age 49) 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 loaves 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 (first in each 10-year age group): 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.