



## **FINGER LAKES RUNNERS CLUB**

### **BOARD OF DIRECTORS MEETING**

February 14, 2018 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

- Board members: Sue Aigen, Mike Allinger, Lesa Carter, Denice Cassaro, Adam Engst, Tonya Engst, Emily Funk, Steve Shaum, Gerrit Van Loon, Scott Wehrwein
- Club members and guests: none

(5:30) Welcome of Board

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

(5:35) Approval of the January Meeting Minutes

- Move to approve by: Tonya; Second. Approved with 1 abstention

#### **Unfinished Business (5:40)**

Update on the combination of Ithaca Eat and Run with FLRC Social Runs (Tonya Engst & Mickie Sanders-Jauquet)

- Tonya is still trying to figure out scheduling with Mickie and Vicki B. regarding the Eat-and-Run group runs
- Conflict with the RRCA coaching clinic (March 10-11)
- Shelly or someone else may be able to oversee the Eat-and-Run for the weekend conflicting with the coaching clinic
- Gerrit reported that Mickie said there might be 3 or so people who canceled from the coaching clinic leaving open spots
- FLRC should be receiving a check from RRCA for the coaching clinic

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

Discussion to explore whether to offer special membership discounts for organizations/groups that are co-sponsors of some of our races. (i.e. Cornell Running Club with their co-sponsorship of Skunk Cabbage)

- Adam spoke about Cornell Running Club with a question of a discount for clubs in general
- Run Signup may be able to be programmed to accept a discount for students – Adam will look into this
- Denice likes the idea of having the co-sponsorship with the Cornell Running Club associated with Skunk because it opens doors for FLRC to have better arrangements with Cornell
- Cornell Running Club wants a track meet for them and to invite other colleges to attend – possibly 100 runners
- Cornell Running Club did ask for a discount for Winter Chill and this is where this conversation started
- Tonya suggested to give them free entry to the Winter Chill runs, Scott agreed – there shouldn't be difficult logistics with Run Signup for this arrangement
- According to Adam, Cornell Running Club has been very supportive and willing to help with our programs
- Tonya suggested to reach out to the leaders of the Cornell Running Club in November to invite them to the Winter Chill
- Motion: Scott moves to invite Cornell Running Club to the Winter Chill runs free of charge in recognition of their co-sponsorship of Skunk and track meets. Second: Tonya. Approved.

## **Current Events Reports & Business (6:40)**

### Financial Report - Mike Allinger

- Received various thank you notes for donations
- Mike refers to and discusses the financial statements he printed and brought to the meeting

Podcast mini-series episode exploring the history and health benefits of recreational running by Kate Essig (freelance podcast producer and Ithaca resident who's made radio for WNYC, Public Radio International, and St. Louis Public Radio). – Mickie Sanders-Jauquet and Adam Engst

- Adam spoke with Kate Essig regarding podcasting on health, community, etc. She may be interested in speaking with others in the future
- Email was sent to the board list if others want to contact her

### Rescheduling of RD Dinner – Gary McCheyne

- February 28, 6:00pm at Agava

### Update on publicity materials for group runs – Tonya Engst

- Tonya produced quarter sheets with group run info and schedules
- Tonya re-affirmed the group runs are open to all running abilities
- It was suggested to possibly add shorter runs
- Tonya suggested to provide water and cups during the summer
- Tonya will be emailing the board about Shelly's interest in recruiting volunteers to help/lead with the group runs
- Conversation was started about making sure that all runners were accounted for if there wasn't a sweeper
- Tonya reported that group runs are updated on the club website

### Contact list for board and race directors – thank you Mickie!

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### Update on Annual Meeting on March 18th in honor of the Club's 50th anniversary – Mickie Sanders-Jauquet

- Denice reported: Mickie will be in touch with VP for reporting.
- Mickie is also thinking of pint glasses in recognition of the 50<sup>th</sup> anniversary for the summer volunteer picnic

### Girls on the Run

- Denice reporting for Mickie: Moravia needs a coach. If there's no coach, what do we do with funding?
- We need more detail to make any decisions
- Girls on the Run wants to expand – had 17 sites last year, have 27 sites this year, but lost Moravia, Dewitt Middle School and Lansing due to lack of coaches
- It was suggested to contact Lorrie Tily to see if she'd be interested in coaching Moravia
- Mickie will report more next month

### Coach Certification Meeting

- There have been a few cancellations

### Hartshorne Masters Mile

- Stayed within budget
- Adam very happy how everything worked out including donations from sponsors
- 69 finishers; 85 registered; 5-6 scratched
- 1 runner very close to a Canadian record
- Several runners using this as a qualifier or stepping stone for future races

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

Trails – Gary McCheyne

- Not present/nothing to report

Road—Alan Lockett

- Not present/nothing to report

Track—Adam Engst

- Next meet on Sunday
- Possible race walking presentation before the meet along with a possible 800 race walking event

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

Membership -- Shelly Marino

- Not reported

Programming – Gary McCheyne

- Not reported

Marketing -- Adam Engst

- Adam – no report
- Tonya – why would a person want to join the club?
  - Reminders on email list about group runs
  - Adam – had a conversation with Mickie about why do we have a membership
    - Create community
    - Create volunteer base
    - Able to run in Barton as a club member

Web Presence –

- Not reported

Equipment – Gary McCheyne

- Not reported

Volunteer -- Mickie Sanders-Jauquet

- Not reported

Scholarship -- ?

- Not reported

Governance -- ?

- Not reported

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

- Sue moved to end meeting; second; approved

**Next Board Meeting: March 18, 2018 – Annual meeting**

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### ***Hartshorne Masters Mile Race Report:***

Race Name

Hartshorne Masters Mile

Race Date

2018-01-20

Race Director(s)

Adam Engst, with help from Charlie Fay and Tom Hartshorne

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

85 registered, 69 finishers

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

Basically break even

List of Volunteers (Name and email address)

Tom Hartshorne Charlie Fay Bruce Roebal James Miner Megan Powers Steve Shaum Nancy Kleinrock Bert Bland Sean Nicholson Joel Cisne Aaron Proujansky Herb Engman

Notable Performances

Men Elite 40s Mark Williams of Columbia, NJ led from the start and held off challenges from Dave Welsh of Haddon Twp., NJ (second) and Scott Weeks of Groton (third) to win in 4:31.81. Women Elite 40s Sascha Scott of Syracuse ran away from the field for her third-straight Hartshorne win in 4:59.05, less than half a second slower than last year's winning time. Christy Peterson of North Wales, PA was second and Dianne DeOliveira of Brick, NJ was third. Men Elite 50s Kent Lemme of Pittsfield, MA defended his title from 2017 in 4:42.76, also about a half-second slower than his 2017 win. Second and third places repeated from 2017 as well, with Mike Nier of Rochester, NY taking second and Stuart Galloway of Fonthill, Ontario in third. Running in his first elite 50s race, Ithaca's Alex Colvin came through in fourth, improving on last year's time by 7 seconds. Women Elite 50s Running down with the elite 40s for more competition, Alisa Harvey wasn't able to match her 2017 time but still won the division easily in 5:26.44. In the actual elite 50s race, Anne Shafer-Nolan of McDonough, NY was first in 6:06.67, with Mary Swan of Jamesville, NY and 66-year-old Coreen Steinbach of Pompey, NY second and third. Men Section 1 This race proved one of the most exciting of the day, with 44-year-old Scott Dawson of Trumansburg running off the shoulder of Groton's Keith Eggleston (58) for most of the race before throwing down an impressive kick to win in 5:23.91. Eggleston was second in 5:31.32, and third place went to Jean-Luc Jannink of Ithaca, who also made up numerous places in the last lap. Men Section 2 Another kick for the win came from Steve Vanek of Ithaca, 46, who blazed through his final lap to hit 5:58.88 and to beat 62-year-old Mark Rybinski of Manlius, NY and High Noon alum Rod Garratt of Santa Barbara, CA, 54. Ithaca native Caleb Rossiter, 66, was fourth in his 25th — and last, he claims — Hartshorne Masters Mile. Men Section 3 Ithaca newcomer Joel Leff, 67, and 64-year-old Ken Hodges, also of Ithaca, battled to the wire in this heat, with Leff outlining Hodges by 7 hundredths of a second in 6:25.85. (The race was timed by Leone Timing with fully automatic timing, so we really do have accuracy to the hundredths of a second). Third place went to Jack Salisbury of Tully, NY. Honorable mention to David Keifer (71) and Jim Miner (69), both of Dryden, who placed eighth and ninth, but were the oldest runners in the heat. Men Section 4 71-year-old Joe Reynolds of Newfield, a fixture at FLRC races for decades, powered through 8 laps to win handily in 8:49.92. He beat Harland Bigelow of Lisle, 73, and John Saylor of Brooktondale, 71. But the most exciting part of this race was when 93-year-old Dixon Hemphill of Fairfax Station, VA, outkicked 89-year-old Richard Sullivan of Buffalo, NY

in the final 60 meters. Women Section 1 Kim Jackson of Cortland, 49, led the entire race, winning in 6:47.95, trailed closely the entire time by Newfield's Christine Reynolds, 47. The next four places were decided in the final 100 meters, with Louise Mahar of Ithaca, in third, Amy Dawson of Trumansburg in fourth, Tonya Engst of Ithaca in fifth (separated by less than 2 seconds), and Lorrie Tily of Locke in sixth. Women Section 2 Jane Leff of Ithaca, 67, running her first Hartshorne, ran away with this race, beating the Buffalo area Belle Watling team in 10:26.54. Sandy Balling of Tonawanda, NY (71) was second, Christa Maier of Williamsville, NY (77) was third, and at 83 years of age, Edna Hyer of South Wales, NY was fourth in her 22nd Hartshorne Masters Mile.

#### Publicity

We ran an ad in National Masters News. Our post-race survey will be determining if it did any good. We also sent 5 email messages to all previous competitors (275 people) to encourage them to come.

#### Weather

Entirely reasonable, so it wasn't a factor in travel to the race.

#### Food

We had a banquet after the race, attended by about 50 people. There was no food at the race.

#### Awards

Elite Sections (M40, W40, M50, W50) Cash awards were made to the top five elite men and women based on age-graded performance on the following schedule: 1st place \$450, 2nd place \$300, 3rd place \$150, 4th place \$100, 5th place \$50. The top three finishers in each race also received commemorative medals. Sections I, II, III (Combined Ages) Winners in 5-year age group categories (40 and up) received awards based on age-graded performance. These awards were 3-inch gold chocolate medals that people could keep or eat (they're a great way of doing awards). We also gave copies of "The Perfect Mile" book to the winners of the section heats. Women Newcomers In honor of long-time Ithaca running advocate Diane Sherrer's contributions to women's running and to encourage more women to give the track a try, we gave up to 10 cash awards for the top age-graded performances of women who make this their Hartshorne debut. Only 2 women were new, unfortunately, so they split the \$200, as donor Lennie Tucker requested.

#### Supplies and Personnel

We had everything we needed.

#### Problems

The only real problems we had were with printing the results for the banquet, which came out too small for easy reading, and with displaying the video of the races at the banquet. That was because we were given an 11 GB video file in an odd format that played poorly. We've also had trouble getting the edited videos in a useful format. We navigated a slight conflict with the two 60m hurdles heats for the heptathlon competitors in Cornell's meet easily.

#### Overall Impressions

Frankly, it all went swimmingly, and we've gotten nothing but compliments from runners.

#### Comparison with Last Year

The race was quite a bit smaller in terms of number of participants, but last year was the 50th anniversary, which helped, and there was uncertainty until October caused by the shift in race directors from Tom Hartshorne to Adam Engst. We also stopped comping elite entries and hotel, which significantly helped the budget, and acquired \$3000 in corporate sponsorships and grants, which enabled us to increase the prize money while still breaking even on the budget.

#### Changes

We did more pre-race promotion via email this year, and I think that was helpful. Raising the prize money might or might not have made any difference — we'll learn that from our post-race survey too. The special awards to attract women to run the race didn't seem to work either, which was disappointing.

#### Next Year

The main thing I want to change for next year is importing results from Excel rather than retyping them. That should make it easier to get results more quickly. There will be some work in getting our spreadsheets ready for that. We're also thinking about adding a team competition to encourage runners to bring their friends. We could pretty easily double the number of runners without even affecting the number of heats. We're also pondering putting the Women's Section 2 and Men's Section 4 heats together, since that's the oldest runners, and they are quite competitive with one another in terms of times.