



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

May 9, 2018 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

Board members: Sue Aigen, Mike Allinger, Lesa Carter, Denice Cassaro, Emily Funk, Nancy Kleinrock, Pete Kresock, Alan Lockett, Daniel Longaker, Mickie Sanders-Jauquet, Steve Shaum, Gerrit Van Loon, Scott Wehrwein

Club members and guests:

(5:30) Welcome of Board

(5:30) Review of Meeting Materials; Revisions to the Agenda

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(5:31) Approval of the April Meeting Minutes

- Mickie moves to approve the minutes as submitted. Seconded. With the modification of wording from “administration” to “leadership,” the minutes are 8 approved with 2 abstentions.

New Business (5:33)

- Pete raises the issue of a potential new 5K series as per the following email:
Hello, I am the program coordinator at Island Health & Fitness for Cayuga Coaching. I am interested in starting a **summer** 5k series. I want to partner with you guys and I could use some help with how to coordinate a race as far as the permits, liability and various things that have made your races so successful. I appreciate your time, Dillon Shaffer
 - Pete notes that there are already many 5K races in the community, but that FLRC could provide some guidance to this individual.
 - Mickie adds that she had a discussion with someone at Island; the goal is for the series to serve as a membership drive for Island Fitness, akin to our Winter Chill.
 - The Island Fitness folks believe that it's too late for this summer, but perhaps will pursue the idea in the future.
- Nancy requests volunteers to take board meeting notes June, August, and September 2018.
 - Steve will do the honors for June, Lesa will do August, and Emily will take September.
- June 2018 board meeting takes place on the evening of the Twilight 5K. It is considered whether to eliminate or move the date of the board meeting that month.
 - A decision (made at the end of this meeting):
 - It is suggested that we cancel the June board meeting, but if something significant comes up we can consider holding or rescheduling it.
 - Mickie moves that we cancel the June 2018 board meeting. Seconded. Unanimously approved.
 - (Steve is therefore relieved of taking minutes.)

Current Events Reports & Business (5:45)

- Financial Report—Mike Allinger
 - Mike presents the report as per the materials distributed.

- He notes that awards (~\$7000) were not budgeted for Skunk Cabbage; this will have to be adjusted for future years.
- Black Diamond Trail runs—Denice Cassaro (for Shelly Marino)
 - The runs have been going, well with good turnout (roughly 20 people on average).
 - Denice will forward Shelly’s report to the board email list.
 - Mickie will continue to take and post photos from each run.
- Girls on the Run update—Mickie Sanders-Jauquet
 - Lorrie posted a message to the board email list regarding the teams involved and how funds were distributed among schools/teams. There will be five Girls on the Run teams at the Twilight 5K.
- Coach Certification meeting—Mickie Sanders-Jauquet
 - There is nothing new to report since last month’s meeting.
- After a bit of a dance, Twilight is a go!—Gary McCheyne
 - Mickie has been working with Ithaca High School’s new athletic director, emphasizing that the race is a community event, with no cost for kids 18 and under, hosting GotR, participation from the Ithaca Youth Bureau, that the race has been going on there for 26 years, etc. It was difficult to get the AD to confirm permission, but confirmation is now in hand.
 - There is a \$100 “donation” required to pay to the school for the privilege of using the facilities. Mickie will insist the donation is to the Track and Field program.
- RRCA update—Mickie Sanders-Jauquet
 - The Skunk Cabbage Half Marathon was the state championship this year; Alex will be apply for it to be the national and/or regional championship for 2019.

Vice-President’s Reports & Business (5:55)

Trails – Gary McCheyne

- 93 people have registered for Thom B to date.
- Joel and Alex have been considering the idea of offering free entry to Thom B for volunteering at the 50s for 2019.
- Alex is considering offering guaranteed entry for a subsequent year for those who volunteer (instituted through early signup).
- Tortoise and Hare:
 - The Greenstar contact is considering being the community sponsor.
 - Requests for volunteers have gone out.

Road—Alan Lockett

- Skunk Cabbage: The debrief meeting was very constructive.
 - Next year there will be an additional 15 minutes between race starts.
 - Next year, like this year, Teagle will not be open, but will be reflected appropriately on the registration information.

Track—Adam Engst

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Committee Reports & Business (6:06)

Membership—Shelly Marino

- We currently have 537 members distributed among 347 memberships.
Last year at this time, numbers were 472/326.

Programming—Gary McCheyne

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Marketing—Adam Engst

- Pete notes that registration is not yet open for some of the summer races.
 - Denice and Sue are finalizing the registration for the Women’s Distance Festival.

Web Presence—

- Equipment—Gary McCheyne
- Volunteer—Mickie Sanders-Jauquet
- Scholarship—
- Governance—
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Good of the Order (6:13)

Scott moves to adjourn at 6:13 pm; seconded. Approved.

Next Board Meeting: July 11, 2018

RACE DIRECTORS' REPORTS:

SUMMER TRACK MEET; JUNE

Timestamp

Thu Jun 21 2018 16:10:55 GMT-0400 (EDT)

Race Name

Summer Track June Meet

Race Date

2018-06-19

Race Director(s)

Adam Engst

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

167, 10, 142

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

\$250

List of Volunteers (Name and email address)

Adam Pacheck Aaron Proujansky Scott Wehrwein Julianne Quinn Kristina Kronauer Jullien Flynn Bruce Roebal Tonya Engst Carl Franck David Keifer Becca Lovenheim

Notable Performances

FLRC's first summer meet of 2018 at Lansing High School was a rousing success, with 142 runners participating, thanks to large groups from the Ithaca Youth Bureau and the new Lansing Lightning club. They brought a ton of young children, joining our usual clubs: the Auburn Pulsars, Southern Tier SOAR, and Team PREFO. That's at least 50% more runners than the summer meets drew last year, and it was great (and utterly hilarious) see kids as young as 3 and 4 scampering down the track, weaving between lanes, and sometimes failing entirely to understand the concept of a finish line ("Come back, come back," we'd yell as they headed into the turn after the 100m). The meet kicked off with the 2 mile, a race that we may be swapping out for the 3000m next year, given that it's never run in any competitive meets anymore. Joshua Derrick ran away from the field, clocking sub-5:00 miles to finish in 9:57, followed by Chris Mason of the Auburn Pulsars in 11:09. The lone woman in the race was Althea Johnston of the Ithaca Youth Bureau, who finished in a thoroughly impressive 17:54, given that she's only 7 years old. Next up was the 100m dash, which was the most popular event of the meet, given all the kids, with 86 finishers. Mike D'Angelo won it in 11.34 seconds, just edging out Eric Ryan in 11.51 and Leon Atkins of the Auburn Pulsars in 11.53. Elizabeth Shaw of the Lansing Lightning took the women's crown with a 15.01, edging out her teammate Emma Beckley, who ran 15.09. Props to Kaarina Granroth, who managed to cover the

100 meters in 31.69 at age 3, beating out a couple of 4- and 5-year-olds. The 800m proved to be an exciting race with Sean Satchwell of the 315 Elite TC winning in 2:11, followed closely by Franklin Skarupinski and Jason Tuori in 2:13.03 and 2:13.84. The top women's times were identical at 3:06, but unfortunately 67-year-old Coreen Steinbach and 10-year-old Kyleen Brady weren't in the same heat, so we didn't get to see them battling to the finish. One of the highlights of the meet was a race-walking clinic put on by nationally acclaimed race walker Erin Taylor-Talcott, fresh from a 3rd place finish in the 5K Race Walk at Nationals. After her clinic, we had an exhibition heat of the 800m for race walkers, with Kevin Nelson taking the tape in 5:02. As so often happens, though, the mile was once again the highlight of the meet. After the gun, the pack settled in behind Scott Dawson for the first lap, with a four-man pack breaking free after that, including 2018 Twilight 5K winner Ethan Seltzer, Joshua Derrick (trying to double from the 2 mile), Cornell University grad student Adam Pacheck (who won both the Skunk Half Marathon and Monster Half Marathon in 2017), and Leon Atkins of the Auburn Pulsars, who ran the 800 in 1:52 for the University of Buffalo. Just past the halfway point, Pacheck took the lead, followed by Atkins, and together they pulled away from Derrick and Seltzer. Pacheck still held the lead at the final bell lap, but Atkins unleashed a ferocious kick to win in 4:32, putting 6 seconds on Pacheck in that last lap even as he was kicking too to come through in 4:38. The race was far from over though. Derrick and Seltzer battled to the line for third and fourth, with Derrick outleaning Seltzer by 0.18 seconds in 4:48. Then, after Jason Tuori cruised in fifth in 5:12, 15-year-old Hayden Belanger of Southern Tier SOAR barely nipped 37-year-old Phil Kwasney of STRC by 0.41 seconds in 5:14. And then, Scott Dawson — remember him from the first lap? — ended up running a 1 mile PR just days after running a half-marathon PR with an 8th place finish in the Gorges Half Marathon. The top women's finishers weren't close, but it was another case of a multi-generational finish, with 52-year-old Michelle Rohl winning in 5:51 and 10-year-old Kyleen Brady second in 6:48. As always, the meet ran smoothly thanks to the efforts of our experienced volunteers. Scott Wehrwein served as head timer for the final time before he leaves Ithaca for Western Washington University next month, Adam Pacheck ran backup timing until his race, after which Tonya Engst took over. Julie Quinn and Aaron Proujansky recorded finishers, and Jullien Flynn managed race entries, seeding, and results with aplomb, thanks in part to help from Kristina Schwartz. Becca Lovenheim and Carl Franck adroitly wrangled getting everyone into heats as clerks of course. Tonya Engst and David Keifer handled registration. And Bruce Roebal reprised his traditional role as starter while Tom Rishel was away. Then we all ate subs and enjoyed the fabulous sunset!

Publicity

Just the usual

Weather

Perfect conditions for running, sunny and a little cool.

Food

4 Grand Slam subs from Shortstop, plus a salad for Jullien and apples all around. Just for the 12 volunteers.

Awards

None

Supplies and Personnel

Gotta remember a bulletin board to hang from the tent for results. Just forgot it.

Problems

Everything went smoothly

Overall Impressions

It was extremely smooth and ran faster than predicted due to the volunteers being so experienced.

Comparison with Last Year

Pretty much the same as last year.

Changes

I made out receipts for the teams in advance, which was a small help.

Next Year

We're getting a new cash box to make handling bills at registration easier.