



FINGER LAKES RUNNERS CLUB
BOARD OF DIRECTORS MEETING
July 11, 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, Rich Heffron, Nancy Kleinrock, Pete Kresock, Daniel Longaker, Gary McCheyne, Steve Shaum, Gerrit Van Loon
Club members and guests: Shelly Marino

(5:30) Welcome of Board

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

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(5:33) Approval of the May Meeting Minutes

- Tonya moves to approve the minutes as submitted. Seconded; approved with 10 votes and 1 abstention.

New Business (5:35)

- Sharing Financial reports with RDs. Thoughts?
 - There is no formal need to make financial reports available to the public, but they are to be made available upon request to club members.
 - Approved minutes will be made available on the website monthly.
- Acknowledging the work of RDs and RD planning teams (Skunk, for example)
 - It is proposed to make all FLRC race entries free to all race directors (and members of distributed directorships, such as the committees that Alex coordinates for her races) to express thanks from the board.
 - One consideration is whether this would be considered improper compensation.
 - Another consideration is whether non-RD board members should be similarly compensated.
 - A third consideration is the financial hit to the club from comping this volume of race entries.
 - There are 33 RDs/board members (plus perhaps a scant handful more from distributed directorships (Skunk, 50s).
 - It is considered not to include the Finger Lakes 50s in this pool of races for free entry.
 - Gerrit moves to offer no-fee preregistered entry to RDs (and members of distributed directorships) and board members to all FLRC races (excepting the Finger Lakes 50s), commencing January 2019. This recognition applies to the current year of service to the club, with a retroactive lead-in period pertaining to 2018 volunteers, who will receive this recognition during the 2019 calendar year.
 - Seconded.
 - Yes, 10; No 0; abstain, 3.
 - Passes.
- The FLRC Volunteer Picnic August 25, 4–7 pm, Upper Buttermilk State Park—Denice Cassaro
 - The caterer and venue have been secured, but Mickie is unable to otherwise organize the picnic this year.
 - Shelly volunteers to be the coordinator and delegate tasks, but not to do all the work herself.
 - Tasks
 - Collect list of volunteers from all RDs (Shelly will do this)

- Order and pick up beer (Steve (he'll ask Mickie how much))
 - Ice, soft drinks, cake from Wegman's (Lesa)
 - Equipment list (Gary will dredge up last year's list)
 - Marketing (Tonya)
 - Purchasing awards (Shelly: e.g., gift cards to local businesses), donations of grab bag items from Ian's store (Rich), request donations of leftover race items from RDs (Shelly)
 - Cleanup, setup.
 - There is a Webscorer registration page for the picnic.
 - The Mithical Miles awards ceremony will take place during the picnic.
- Trail Circuit series and the races included—Steve Shaum
 - There are some races that have been included in the Trail Circuit (for Pebble-, Stone-, and Boulderheads), which we might want to reconsider having on the list.
 - In particular, the Tanglewood Tanglefoot, since Jim Chely is no longer the director.
 - Highland Forest 1-2-3 and Lucifer's Crossing are also not FLRC events, but are in the trail series.
 - A decision is made to remove Tanglewood Tanglefoot from the series, but to retain Highland Forest and Lucifer's Crossing.
- Addition to the minutes—Ithaca 5&10—Gary McCheyne
 - The Ithaca School system has changed how it approves activities that use its facilities. This throws a monkey wrench into the planning process for Ithaca 5&10 and Twilight. Gary is moving forward as quickly as he can, although he is awaiting response from the school district. Gary's not really worried about it at this point, but will be if things don't move forward within a month.

Current Events Reports & Business (6:29)

- Financial Report—Mike Allinger
 - Mike presents the report as per the materials distributed.
 - Mike reports that Joel proposes making an extra donation to Wilderness Search&Rescue to honor Kathy and Jeff's long service to their organization, now that they are moving on.
 - We will discuss this further in the future.
 - It is also noted that we have to get new name/contact info for WS&R.
- Volunteers to take board meeting notes August and September 2018.
 - Rich will record minutes in August, and Emily will do so in September.
- Black Diamond Trail runs—Shelly Marino
 - There have been one- to two-dozen people attending each event (first and third Sundays of the month).
 - The volunteer base has been ample.
 - The summer start time is 7:30 am.
 - There is a wide range of runners/walkers, and it has been a fun time for all.

Vice-President's Reports & Business (6:39)

Trails—Gary McCheyne

- Recent Races
 - Tortoise & Hare
 - Finger Lakes 50s
- Upcoming Races
 - Forest Frolics
 - Forge the Gorges
 - Fillmore Gorge is not usable this year due to an important bridge being out.
 - There has been consideration of moving the event to Buttermilk.
 - The question is whether to cancel the event, do a truncated version, or move it.
 - The race director (Jessica) is not feeling like pursuing an alternative course, and the target course is not a possibility.
 - To date, there are 22 entrants.
 - It is decided to cancel the 2018 race and issue a refund to current registrants through Webscorer.

Road—Alan Lockett

- Recent Events

- Nothing since Skunk Cabbage
- Upcoming Races
 - Women's Distance Festival
 - 111 preregistrants, a record number.
 - Tomorrow is race evening; the weather should be lovely.
 - Fillmore 5K
 - Just 34 preregistrants as of now; this race tends to get many day-of-race registrants.

Track—Adam Engst

- Recent Events
 - June Track Meet
 - Ithaca Youth Bureau and Lansing teams attended, but not the Corning teams.
 - Four or five people participated in the race walk.
- Upcoming Events
 - July Track Meet

Committee Reports & Business (6:51)

Membership—Shelly Marino

- 555 members in 349 memberships (something along the lines of 266 individual, 260 family members).

Programming—Gary McCheyne

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Marketing—Adam Engst

- Tonya reports on group runs.
 - The Black Diamond runs are going great (see above).
 - There has been an intention to do Tour of Tompkins runs, as well, but without anyone stepping up organize, this is unlikely to happen.
 - Tonya has another idea: complement the West Hill run (Black Diamond) with an East Hill run, using the East Hill recway: Begin on Cornell campus, take the East Hill Recway to Game Farm Road to Stevenson to the (provisional) Dryden Rail Trail to the Monkey Run area.
 - Tonya suggests Saturdays (to complement the Black Diamond Sunday runs), and seeks a volunteer to head this up.
 - Alternatively, it could be done on an ad hoc basis.

Web Presence—Adam Engst

- Maria, not being in Ithaca much anymore, is stepping away from being webmaster.
- Adam and Pete have been doing all duties aside from approving events and replying to info@fingerlakesrunners.org emails.
- Adam and Pete can serve as webmasters.
- Adam has a web developer lined up for website maintenance.
 - Adam and Pete will prioritize fixes and get a price from the developer to bring to the board for approval.
- Maria has fallen behind on posting board meeting minutes; Pete will take on this task.

Equipment—Gary McCheyne

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Volunteer—Mickie Sanders-Jauquet

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Scholarship

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Governance

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Good of the Order (7:08)

The board recognizes Scott Wehrwein's excellent service to the board. Scott was "good for the order," and we all wish him and Lindsay all good things.

Sue moves to adjourn at 7:10 pm; seconded. Approved.

Next Board Meeting: August 8, 2018

RACE DIRECTORS' REPORTS

TWILIGHT 5K

Race Name

Twilight 5K

Race Date

2018-06-13

Race Director(s)

Gary McCheyne & Mickie Sanders-Jauquet

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

413 with 386 finishers

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

List of Volunteers (Name and email address)

already submitted

Notable Performances

no course records set.

Publicity

none, just word of mouth

Weather

Thunder showers threatened all day. Lightening struck 40 minutes into the race and the skies opened up with a down pour. Everyone left as soon as they could

Food

We had plenty of left over food (pizza) as the rain threatened for quite a bit before it actually poured.

Awards

Age group awards were presented. Same as last year

Supplies and Personnel

We had the fire police. They are important for the major intersections.

Problems

one stroller on the course and they were upset that their time was removed from the official timing. But we have a no stroller rule and they didn't approach race directors before the race.

Overall Impressions

The gates were locked and I needed to call facilities to get them unlocked. I will work with the school earlier on to get my race on their calendar so I can promote it better.

Comparison with Last Year

Seemed similar numbers and cost. Exception is now we need to pay \$100 to school as a donation to use their track and pay for janitorial services. I didn't get a bill as of yet.

Changes

Work with the school on better communication for the event

Next Year

will encourage GIAC and Fall Creek to get youth groups to come and run

TORTOISE & HARE

Race Name

Tortoise & Hare

Race Date

2018-06-02

Race Director(s)

Emily Funk & Mickie Sanders-Jauquet

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

pre-reg: 133, day-of: 7, total: 109 10k & 15 fun-run

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

List of Volunteers (Name and email address)

Steve Shaum - sls243@cornell.edu Nancy Kleinrock - nk33@cornell.edu Mike Alinger - ga12@cornell.edu
Liz Kinast - lizkinast@hotmail.com Alexandra Salce - alexandrasalce@yahoo.com Denice -
denicecassaro@cornell.edu Sue Aigen - s_aigen@yahoo.com Gary M. - gary@cayugamusic.com David
K. - dk264@cornell.edu Scott - swehrwein@gmail.com Lina A - linaarcila@gmail.com Brigid -
bms2@cornell.edu Karlene - kks23@cornell.edu KC Ryan - kcb@cornell.edu Steve Ryan -
sryan004@twcny.rr.com Kelly - kelly.makosch@gmail.com Rachel Crabby Ally Jauquet Mark Jauquet
Bryce Jauquet Butch Sanders Joel Cisne

Notable Performances

Female Masters winner: Yvette De Boer from Ithaca, age 54, time 56:25 Female Open winner: Donna
Langerfeld from Port Byron, NY, age 32, time 51:00 Female 18 & under winner: Gabriella Mann from
Trumansburg, age 14, time 1:28:49 Male Masters winner: Brian Lee from Ithaca, age 45, time 46:56 Male
Open winner (& overall): Ryan Heinlein from Binghamton, age 35, time 46:40 Male 18 & under winner:
Liam Henry from Newfield, NY, age 14, time 1:14:23 (and he was one of our late arrivals) Youngest
runner: 10 years-old, Nicole Henry Oldest runner: 73 years-old, Joe Reynolds

Publicity

Race announcement posted to the FLRC facebook page and sent out through the FLRC email list-serve.

Weather

Cloudy and damp with temperatures in the upper 50s/low 60s. The trails were clean and fairly dry; the rain
the night before did not create any additional mud. A few muddy spots around the reservoir and some
slippery rocks at stream crossings but not too bad. A couple of runners took falls and 2 came away with
cuts/bruises.

Food

GreenStar sponsored post-race food again this year: 10 dozen bagels & cream cheese, hummus,
chocolate chip cookies, fig newtons, bananas, oranges, fruit snacks, m&m's, Izze spritzers. We had plenty
of food and not much left over. Bananas and oranges were quartered. All cream cheese was used, but we
had left over bagels. All but 2 Izze were consumed, but we had soda left over. Two of four hummus
spreads were consumed. All fig newtons were eaten. 2 bags and 2 packages of chocolate chip cookies
were eaten, and leftover non-opened cookies were given to Twilight. People enjoyed the Welsh's fruit
snacks.

Awards

We gave away 8 FLRC trail shirts as awards to Opens, Masters, 18 and younger, Clydesdale and Athena.
Female sizes: 1 XS, 1S, 1M, 1XL, Male sizes: 1S, 1M, 2L. 4 water bottles were given away as fun prizes:

muddiest, bloodiest, etc.

Supplies and Personnel

Trail marking: We will need a few more arrows (3 straight and 2 left-turn arrows, 1 wrong-way sign) up top in the lollipop loop to make sure folks don't circle more than once. Station a volunteer at the Finger Lakes Trail turn-off; we've posted someone there in the past but didn't this year. We need to bring more flagging for course marking.

Problems

We had 7 late arrivals for the race. They were all pre-registered, and we had some issues finding their bibs. They all ended up starting the race a little late, ~2-3 minutes. We also had 1 participant start the 10k ~15 minutes late, after the fun run. One person got lost on the trail and did the lollipop loop twice; he ended taking close to 3 hours to finish. Luckily we had some great course sweepers (Kelly, Rachel, & Nancy) who put him on the right track, and when Nancy K. caught up with him, she ran with him to the finish. No significant medical events, except a 14 year-old boy fell and split his palm. Mickie cleaned him up and took care of it.

Overall Impressions

As a first-time race director (co-director with Mickie), I thought the Tortoise & Hare ran smoothly. Big thanks to all of our volunteers! A few hiccups at the start of the race with several late arrivals, but everything worked out. The light rain stopped just before the beginning of the race and held off for the entire race. The clear weather allowed for good post-race fun. Runners hung out and enjoyed the provided food while waiting for awards. From the thanks and comments received after the race, I believe most participants had a fun race.

Comparison with Last Year

The race registration/participation numbers were fairly close to last year. Trail maintenance was excellent this year. The park did a great job fixing parts of the trail and creating bridges over a few small creeks. There is more signage on the Finger Lakes Trail and the Lake Trail.

Changes

We held the race on Saturday this year instead of Sunday because Ian moved the Cayuga Trails Race, so there wasn't a conflict.

Next Year

I think with better communication, we can avoid any race start confusion.

JULY TRACK MEET

Race Name

Summer Track July Meet

Race Date

2018-07-17

Race Director(s)

Adam Engst

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

155, 14, 133

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

\$264

List of Volunteers (Name and email address)

Julianne Quinn Carl Franck David Keifer Adam Pacheck Alexandra Salce Bruce Roebal TomRishel
Sandy Gregorich Jullien Flynn Josh Brockner Tonya Engst Becca Lovenheim Casey Carlstrom

Notable Performances

FLRC's July track meet is in the books, once again showcasing some of the area's fastest runners and introducing lots of youngsters to running, thanks to the Ithaca Youth Bureau, Lansing Lightning, Auburn Pulsars, and Team PREFO clubs. We had 133 finishers total, nearly 40 percent of whom were under age 10. The meet led off with the 3000m, which Joshua Derrick took out hard and won handily in 8:59, outpacing Dave Cook's 9:34. 46-year-old Mary Bushallow won for the women in 13:33. More exciting was the 200m, with the early heats suffering some timing chaos as the "littles," as they came to be called, had trouble staying in their lanes. In the final heat, though, Leon Atkins of the Auburn Pulsars ran a 23.67, outleaning Christopher Simmons, who came through in 23.84, Isaiah Smith, in 24.45. For the women, 19-year-old Maddie Schattinger had no significant competition, winning in 32.77, well ahead of 11-year-old Elena Ruffer's 34.97. In the mile, 21-year-old Andrew Davis went out fast but couldn't hold off Cornell grad student Adam Pacheck, who took time out from volunteering at the meet to run an impressive 4:28, just 4 seconds off his PR, followed by Davis's 4:42. In his second race of the night, Joshua Derrick was third in 4:48. Also notable were some fast times from High Noon runners Mike Stewart (5:17), Alex Colvin (5:18), and Scott Dawson (5:21). For the women, 52-year-old Michelle Rohl showed the kids how it's done, looking super smooth while running a 5:45 for the win. She reportedly has the 5th fastest 800m time in the country this year for her age group. 12-year-old Elizabeth Baroody of the Auburn Pulsars was second in 6:12. Remember, FLRC is running the MITHACAL MILE SERIES and we'll be giving age-group based awards to those who have the fastest races across four of our seven meets, plus the Ithaca Festival Mile. Check your standings here: <https://www.webscorer.com/seriesresult?seriesid=144153> The final individual race of the night was the 400m, and Leon Atkins upped the excitement for the final heat by predicting that he'd run under 50 seconds. Alas, he came up short, sort of, recording a time of exactly 50.00 seconds for the win. Christopher Simmons was second in 53.69. Continuing the trend of older women taking the crown, 67-year-old Coreen Steinbach of the Athena Track Club won in 1:18.64, just ahead of 12-year-old Annoura Stewart of the Lansing Lightning in 1:20.19. Huge thanks once again to our dedicated volunteers. Josh Brockner stepped in as head timer, Bruce Roebal started the races, Becca Lovenheim and Carl Franck juggled the heats as clerks-of-course, Jullien Flynn untangled our spaghetti results with help from Casey Carlstrom, Tonya Engst and David Keifer handled registration, Adam Pacheck, Ally Salce, Tom Rishel, and Sandy Gregorich managed lap counting, backup timing, result reading, and numerous other tasks. And, finally, a fond farewell to Julie Quinn, who has recorded finishers at FLRC track meets for years, but is now heading off to a new job at the University of Virginia.

Publicity

Nothing unusual, just sending email to the lists

Weather

After some rain in the morning, the weather turned out to be perfect: warm and sunny.

Food

For volunteers, we once again got four grand slam subs from Shortstop, along with some chips and a watermelon left over from Frolic.

Awards

No awards

Supplies and Personnel

Nope

Problems

There were lots of problems this month, starting with me forgetting some of the bibs at home and having to get them instead of helping with setup. We had issues with way too many people scratching, which threw the heats into disarray, which made timing and entering results harder. And we had trouble with the kids not staying in lanes in the 200m, where we couldn't see the start to work around it. We worked through everything during the meet, and are changing procedures to avoid these problems in the future.

Overall Impressions

Overall, I don't think runners particularly noticed our problems, and it was a classic summer night meet.

Comparison with Last Year

It was again larger than normal, which was OK this month, but may make us run late in August as it gets dark sooner. Perhaps we can get the Lansing track's lights turned on?

Changes

I brought a bulletin board for posting results, which was much more effective than tape.

Next Year

From our post-mortem discussion: Setup: In the winter, where there are more runners and the meets have to run like clockwork, I created a to-do list for setup tasks so others could see what needed to be done without my input. I'll do that again for August, since if there'd been a list, it wouldn't have been as much of a problem for me to leave to get the bibs. Scratches: In the last meet of the winter, we tried getting coaches to fill out forms for scratching runners. It didn't work super well, but the idea is sound, so for August, I'll print a seeding sheet for each coach, and ask them to scratch runners when they pick up bib numbers. Also, we'll have another one at the registration table, and Tonya and David can ask people to scratch themselves from that sheet if they don't want to run something. Jullien can then go through and scratch all those runners and reseed so the seeding sheets will come much closer to matching with the actual runners. Jullien also suggested setting a cutoff time (30 minutes before the race) for scratches. Lining Runners Up: It's being difficult to line runners up into heats when there are so many, and they tend to wander around too. Sandy's idea of getting them to sit down in their line helped, but we also need to get something they can line up behind. Would traffic cones work? We could even make PVC pipe signs to put in them, with numbers 1-6 on the signs, for instance, so we could always have 6 heats lined up and ready to go. I'm totally open to other ideas here. Becca, Sandy, what have you seen done at other meets? Timing the Littles: The 200m was a disaster for the first few heats because the runners moved randomly between lanes and we couldn't see where they started, as we can with the straightaway sprints like the 55m and 100m. This July meet is the only one with an outdoor 200m (we're back to the 100m/400m for August), but for next year, we can try starting them in lanes, but writing down their bib numbers and places as though they were in a cross-country-style finish. That way they learn that they're supposed to run in lanes, but we don't get confused if they fail to do so.