



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

January 9, 2019 5:30 pm
170 Roberts Hall, Cornell University

In attendance:

Board members: Sue Aigen, Mike Allinger, Denice Cassaro, Peter Dady, Adam Engst, Charlie Fay, Tonya Engst, Emily Funk, Nancy Kleinrock, Daniel Longaker, Pete Kresock, Gary McCheyne, Mickie Sanders-Jauquet, Steve Shaum, Gerrit Van Loon, Bill Watson
Club members and guests:

(5:30) Welcome of Board

- Nancy will email a copy of the club bylaws to the board as a refresher.

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

(5:35) Approval of the December Meeting Minutes

- Adam moves to approve the minutes; seconded. Approved, 11; abstained, 3.

New Business (5:33)

- Ithaca Festival Mile: Should FLRC become the go-to organization for the competitive mile, encompassing registration and timing, rather than timing only?—Adam
 - Adam's argument in favor is that taking the Ithaca Youth Bureau out of the registration–timing loop would facilitate procedural issues around the timing responsibilities the club has taken on.
- Access to the Ithaca High School track: Adam contacted the new athletic director, who said that having the track unlocked is a liability issue. However, the athletic director offered that there is an individual who regularly requests to run there, and he is permitted to do so. She said that any interested party is welcome to email her, and an on-premises staff person will admit a runner to the track.
 - If FLRC declares operating hours to use the track, the athletic director will permit any FLRC member to run there during such a period, with insurance coverage provided under the club's RRCA policy.
 - Charlie notes that this creates an opportunity to increase club membership to take advantage of this benefit.
 - Tonya moves for the creation of standing operating hours for club members' use of the Ithaca High School track to maximize availability, with specifics to be determined by RRCA recommendations.
 - Seconded. Approved unanimously.
- Vote update on Board Slate—Nancy
 - 35 FLRC members cast a vote; 33 voted for the slate in its entirety, while two voted for candidates in selected positions, but no one explicitly cast a no vote.
 - In an email Nancy asked Shelly to send out to the membership in December following the voting period, it was announced that Angelika Kraemer would not be able to serve.
 - That same email thanked members for voting and stated that a winner of the Volunteer of the Year award had emerged and would be announced at the annual meeting, details of which would be announced soon.
- Annual Meeting update—Gary
 - Gary and Emily met yesterday and determined to hold the annual meeting on Sunday, March 3, late afternoon/early evening (four-hour time slot), at Celebrations. Food will be discounted because of the ability to co-order with a wedding taking place the day prior.

- Details of menu and pricing will be forthcoming.
 - Emily will provide timing and other details to Tonya, who will publicize the event to the FLRC membership.

Current Events Reports & Business (6:00)

- Financial Report—Mike Allinger
 - Mike presents the financial reports, including the final numbers for 2018.
 - He requests direction for what to do with a percentage of the surplus/profit.
 - It is suggested to do one-time donations to well-aligned nonprofits.
 - It is suggested to develop guidelines for how much to spend/retain.
 - Four-to-six-months worth of expenditure is a reasonable amount to hold on hand.
 - It is suggested to donate at the end of the year if we find an unbudgeted surplus.
 - It is suggested to provide more perks at races with some of the surplus, such as photography, live music, etc.
 - It is suggested to use some of the funds for advertising.
 - It is noted that 2018 was a year with particularly low equipment expenditures, which was anomalous.
 - It is determined to pursue information, costs, etc., about photographers and other “experiential” opportunities.
 - Mike reports that there is an individual interested in making a large-dollar donation.
 - One suggestion is to become a perpetual donor to the scholarship fund, naming the scholarship for this (unnamed) individual.
- Program Committee
 - Tonya provides an update on Kristine Newhall to speak with us about gender in running/racing events.
 - Kristine’s presentation will be on Thursday, Feb 21, 7 pm, at Greenstar’s The Space.
 - The Space will be ours beginning at 6:30 pm; will need to begin setting up chairs at that time.
 - The board and RDs will be strongly encouraged to attend; club members will be invited as space permits.
 - Tonya and Kristine are massaging wording for the blurb.
 - Tonya will look into videotaping the talk for the use of the board/RDs, and also create a contract with Kristine regarding publishing such a video to the Web.

Vice-President’s Reports & Business (6:30)

Trails—Gary McCheyne

- Nothing new.

Road—Alan Lockett

- Nothing new.

Track—Adam Engst

- Mithacal Miler workouts: Attendance is huge this year, with something like 60 participants showing up on any given evening, including many children.
 - There are so many children that they need supervision; Sandy Gregorich has volunteered to oversee/coach the kids.
 - It would be nice to provide Sandy with a thank you gift at the end of the season, since she volunteered on the spot.
 - “We have inadvertently created a kids’ running program in the winter,” says Adam.
- This coming weekend is the first winter track meet; it will be huge, with many children.
 - Adam will be working with new timing software.
- Hartshorne Masters Mile:
 - Registration is down this year, unfortunately.
 - Socks and playing cards (52nd anniversary—get it?) will be given out to participants.
 - Sponsorships are in place (as noted in the December minutes).

Committee Reports & Business (6:45)

Sue and Denice will send out an email to board members regarding committee assignments.

Membership—Shelly Marino

- 621 total members distributed across 519 membership units (this is up from 401 members across 341 memberships one year prior)

Programming—Gary McCheyne

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Marketing—Tonya Engst

- Tonya will set up a marketing committee meeting.
 - She would like to acquire more photos for the website.
- Adam has printed annual calendars of various sizes.
- Adam and Tonya will create a Mithacal Milers flyer.

Equipment—Gary McCheyne

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Volunteer—Mickie Sanders-Jauquet

- The annual picnic will be Saturday, August 24, 2019; Mickie will reserve the pavilion at Upper Buttermilk and consult with the caterer.

Web site—Steve Shaum

- Steve notes that a blind student is suing dozens of universities regarding inaccessibility of their websites; it will be quite expensive to make our website accessible, but would be “the right thing to do.”
 - Adam will look into the cost of making this improvement.

Scholarship—Jullien Flynn

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Governance—?

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Good of the Order (7:00)

Peter moves to adjourn. Seconded. Approved

Future Board Meetings for 2019:

February 13
March 13
April 10
May 8
June 12
July 10
August 14
September 11
October 9
November 13
December 11

RACE REPORTS

Winter Track January Meet

Race Date

2019-01-13

While you're thinking about dates, what date do you anticipate your race being next year so we can make the calendar without asking you again?

2020-01-12

Race Director(s)

Adam Engst

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

226, 6, 198

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

\$408

List of Volunteers (Name and email address)

Adam Pacheck Carl Franck Tom Rishel Jullien Flynn Tonya Engst Jesse Koennecke Bill Watson Aaron Proujansky Emily Funk Casey Carlstrom Rodney Weeden Bree Zogaria Shannon Oakes Robert Swizdor Josh Brockner

Notable Performances

This past Sunday marked FLRC's first indoor meet of 2019, and it was a rousing success, with 198 runners and 436 entries across 5 events. We had so many kids—even a 2-year-old!—running the 60m that it was the most popular event of the day with 121 finishers across 18 heats, although the 400m wasn't far behind, with 104 finishers in 21 heats. 17 hardy souls gritted out 25 laps in the 5000m, and the 1 mile once again drew strongly, with 88 finishers across 7 heats. A lot of the kids came from our youth club and school teams: the Auburn Pulsars, Candor CSD Club Runners, Chenango Forks, Corning-Painted Post West, GIAC Navigators, SOAR, and Watkins Glen. As usual, it's great to see so many teams at our meets, and we anticipate even more at the next two meets. Onto the results The 5000m was mostly a warmup race this month, with Roy Wedge winning it in 17:44 for the men, 8 seconds ahead of Jake Pusey, and Megan Luckner the first woman across the line in 18:57, 35 seconds in front of Amelia Kaufman. In the final heat of the 60m, Lance Jensen of Candor ran a 7.4 to best Patrick Skinner's 7.5. For the women, Haley Dean of Watkins Glen took the crown with an 8.9 second finish, outpacing Emma Frost of Corning by .2 seconds. Lance Jensen tried to repeat his win in the 400m, but couldn't catch the speedsuit-clad Henry Gilbert, who laid down a commanding 51.1 time for the win, notably faster than Jensen's 53.9. The first woman was Marissa Silba in 1:06.9, well ahead of Sophie Stewart's 1:10.2 for second. The 1 mile is often our most contested race, and this month looked like it was going to be another nail-biter, with James Felice leading for a number of laps before 2018 MITHACAL MILE SERIES champion Adam Pacheck took the lead in the middle of the race. But Pacheck wasn't able to hold on past six laps, and Felice cruised in for a 4:30 win, 9 seconds ahead of Pacheck's second place 4:39. For the women, 16-year-old Alyssa Walker ran a strong 5:29 for the win, followed by Megan Luckner in 5:37. We closed with a relay, a 4x200m this time, which was won by a team anchored by 400m winner Henry Gilbert, just barely outpacing the Candor A team anchored by Lance Jensen, 1:43 to 1:44. Impressively, Adam Pacheck and his brother Ethan (who also ran a 4:49 mile) doubled up in the 4x200m to run a 1:52 for fourth, just behind Candor's B team in 1:51.

Publicity

No unusual publicity other than the FLRC and High Noon mailing lists, Facebook, and contacting local coaches.

Weather

No impact from the weather

Food

2 dozen bagels for volunteers, but many weren't eaten, so we're thinking about alternatives.

Awards

No awards

Supplies and Personnel

The only thing I could have used was the PA system so we could use the electronic starting gun, but it was in use at Winter Chill.

Problems

Apart from one heat that had a slightly confusing finish, there were no problems.

Overall Impressions

From what I can tell, everyone was very pleased with the meet—we got nothing but compliments from runners and coaches and parents.

Comparison with Last Year

I think it was a little smaller than last year, and ran very similarly.

Changes

We switched to HyTek Meet Manager from MeetPro, which allowed us to download times for lane-timed races directly from the Time Machine, saving time and effort and allowing us to get the results printed faster than before. The main reason for the switch, though, was MeetPro being unreliable. Otherwise, we continued to execute on our proven approach.

Next Year

We're planning to try making change/add/scratch cards for coaches to simplify changing the heat seeding, and we may do some more education for younger runners about how to break into the inside line after a staggered start