



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

February 13, 2019 5:30 pm

170 Roberts Hall, Cornell University

In attendance:

Board members: Sue Aigen, Mike Allinger, Denice Cassaro, Peter Dady, Adam Engst, Tonya Engst, Charlie Fay, Jullien Flynn, Emily Funk, Nancy Kleinrock, Pete Kresock, Alan Lockett, Gary McCheyne, Steve Shaum, Gerrit Van Loon, Bill Watson
Club members and guests:

(5:30) Welcome of Board

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

(5:35) Approval of the January Meeting Minutes

- Adam moves to approve the minutes; seconded. Approved, 13; abstained, 2.

New Business (5:40)

- Helping with AIDS Ride for Life (as per letter distributed to board members)
 - Mark Fuhry, previously an area runner who currently lives in NYC, will be running from NYC to Ithaca as an individual, personal challenge, but associated with the Southern Tier AIDS Program's Ride for Life; he is asking FLRC whether we would be interested in developing a running event to build up the profile for STAP's premier annual fundraising event, which will take place this year on September 7, 2019.
 - A number of issues come up during the discussion of developing such an event (insurance, route, interference with riders finishing their century ride, etc.).
 - We are happy to learn more about what is being proposed and will invite Mark, or a STAP representative, to address the board.
- Free race entry for race directors and board members (Adam)
 - RDs and board members have been provided with a coupon code to use when registering, providing them with free entry to all FLRC races (with the exception of the FL50s).
 - It has been noticed that a small number of exceptionally high-level volunteers are not in the two designated categories (i.e., RD or board member).
 - Adam moves to amend the free-entry policy by accepting into it exceptional volunteers, voted in on an annual basis (for the current year) at the discretion of the board. Also, the Volunteer of the Year will be granted this benefit for the remainder of the calendar year. Aside from the VolY, this amendment is intended to be used sparingly.
 - Seconded; unanimously approved.
 - Tonya moves to extend the free-entry benefit for 2019 to Shelly Marino, given her organization of group runs, serving as membership director, and other volunteer efforts.
 - Seconded; unanimously approved.
- Club Clothing Samples (Adam)
 - Adam presents socks \$2.85/pair (if order at least 360)—these are a synthetic sock type largely equivalent to those given to Seneca7 participants many years ago; Adam and Gary give them good reviews.
 - Unless socks are to be given as a volunteer premium, it will likely take a really long time to sell such a quantity.

- Adam also presents samples of sublimated (i.e., nonrubbery) singlet styles as show-and-tell; High Noon is likely to place an order of such singlets.
- Litter Pickup Update (Gerrit)
 - In the past, KC and her household members had been keeping up with twice-a-year pickup outings on the South Hill Recway, although they no longer do this.
 - Gerrit has been picking trash up along the stretch of East Hill Recway as he runs it.
 - Gerrit advocates in favor of trash-pickup assistance—organized or otherwise—along the stretch of the Dryden Rail Trail that will open soon.
 - A challenge becomes who will come around and pick up bags of collected trash after the fact when trash collection is conducted along heavily traveled corridors, such as the roads of the Skunk Cabbage race route.
- Annual Meeting update (Gary)
 - The annual meeting will take place on March 3, 2019, 5 pm, at Celebrations.
 - A discussion ensues about when to close registration to balance getting a good headcount and allowing people to figure out their personal schedules; “same-day registration” is also permitted, but prereg is very much encouraged.
 - FLRC officers and committee chairs will be expected to make a very brief presentation on the activities under their purview.
 - Pete will collect and assemble a slide show of recent running photos; board members are encouraged to submit photos to Pete and solicit photos from friends.
 - There will not be a dessert contest this year.

Current Events Reports & Business (6:30)

- Financial Report—Mike Allinger
 - Mike presents the distributed financial report.
- Program Committee
 - Update on Kristine Newhall February 24, 7pm Greenstar’s The Space (Tonya)
 - The lecture on Gender in Running will take place next Thursday.
 - There will be no video made of the presentation, but an informal audio recording would be fine for very limited distribution to a few people who wish to attend but cannot; the recording will not be posted to the Web.
 - Various FLRC board members will distribute information to the triathlon and cycling email lists with which they’re associated.
 - Tonya still needs to coordinate chair setup.
 - Nancy, Steve, and Emily will assist Tonya and Adam with chair setup; all will show at 6:30 for this purpose.
 - Tonya still needs to coordinate snacks; Greenstar charges by the person, making it a challenge to make a decision regarding snacks without an accurate headcount.
- Recent Races
 - Super Frosty Loomis
 - All went well; there was a record number of racers; snow conditions were great; no one got hurt or lost.
 - The after party at the Dryden Hotel was very enjoyable, well attended, and featured lots of prizes, both earned and just for fun.
 - Winter Chill
 - Roughly 170 people participated across the four races.
 - The third race was postponed until what would have been week five because of heavy snow on the originally scheduled day.
 - The events went well, but there was too-sparse communication to participants, leading to a low level of preregistration, making for very cold day-of-race hands on the part of volunteers.
 - The general consensus among board members who attended the after parties this year and prior greatly preferred those held at Kelly’s Dockside, due to coziness, food/beverage choice, etc.
- Use of Ithaca High School Track (Adam)

- Use of the high school track remains an ongoing negotiation between Adam (on behalf of FLRC) and the school's athletic director, with the expectation that FLRC will get on the regular schedule for before and after school and on weekends.
- General discussion for the "substantial donation" that has been promised to the club by an anonymous donor:
 - Suggestion: A woodchipped 400 m track, which might entail a donation of land; the suggestion includes a track, a storage unit, and pavilion.
 - Suggestion: Promote youth running from the ground up, whether as a paid position through FLRC or as a large donation to the Ithaca Youth Bureau to develop a program.
 - Ian and Jed have kids of appropriate age and interest, are interested in having a local program, and are considering taking the matter into their own hands and starting a youth running group.
 - Mithacal Milers has offered the lesson that it is a boon to the community to offer an opportunity for kids and adults to run/train simultaneously in a safe and supervised environment (see below, in the Track VP's report).
 - Denice decides that a good half hour of the April board meeting will be given over this discussion.

Vice-President's Reports & Business (6:40)

Trails—Gary McCheyne

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Road—Alan Lockett

- The Skunk Cabbage organizational team will be meeting late February.
- The June FLRC board meeting conflicts with the Twilight 5K. A decision will be made at the April board meeting about rescheduling the June meeting.

Track—Adam Engst

- Hartshorne Masters Mile: The schedule of heats had to shift to earlier in the morning because of oncoming heavy snow.
 - All went smoothly, and the number of runners was ample.
- The February track meet will be this coming weekend; it will likely will be a large one.
 - Adam has worked out the kinks in the software.
 - New bibs should arrive by the time of the meet.
- The March meet will include events in the context of an Intercollegiate Running Club Association meet in addition regular activities.
- Tonya adds her appreciation for Sandy Gregorich and Bill Watson coaching the kids at the Mithacal Milers workouts.
 - Sandy has put together a curriculum that is easily implemented by others, as per Bill's experience.

Committee Reports & Business (6:50)

Membership—Adam Engst

- 609 total members distributed across 392 membership units (this is up from 519 members across 338 memberships one year prior)

Programming—Gary McCheyne

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Marketing —Tonya Engst

- Tonya would like to get good, current photos this year to add to FLRC's marketing materials (flyers, website, etc.).
- She would like to focus on the purpose of marketing: Do we have enough members? Do we want more? Do we want more people at our races? At specific races? Are we happy with the membership demographics?
 - Many of these issues were addressed in the extensive survey conducted in 2014.
- It is determined that the website should list all the organizations to which we donate.

Equipment—Gary McCheyne

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Volunteer—Mickie Sanders-Jauquet

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Scholarship—Jullien Flynn

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Governance—?

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Website—Adam

- Adam showed the website to a web designer knowledgeable about ADA compliance, with an eye toward making the site accessible. The report (verbatim):
 - ADA compliance is a bit tricky, since a lot of it comes down to judgement calls. It is generally understood to mean following the WCAG guidelines, but those are not a “yes or no” kind of thing, but a list of goals that can be accomplished in lots of different ways. As such, we just try to make a site as accessible as possible, with the understanding that there is really no way to say “yes, now it is ADA compliant”.
 - It is also harder to retrofit after the fact, since a lot of it comes down to design choices. For example, of the things on the FLRC site that can be audited by an automatic tester, most of them come down to contrast problems (not enough differentiation between text and background colors), which of course require design changes to fix. That said, here are the main issues I can see:
 - 1. Contrast (buttons, headings, etc.)
 - 2. There is no indication on most of the elements when they receive focus by tabbing – this is a huge thing with accessibility
 - 3. Some buttons don’t have text that could be identified by a screen reader
 - 4. The “menu” button is actually a link that’s hijacked by javascript in a way that renders it unusable by keyboard
 - 4. Some photos lacking useful alt text
 - None of these are huge deals to fix. Obviously I would have to make some changes to the colors to get the contrast, but otherwise I wouldn’t need to change the design. All in all, this should take around 3-4 hours to do.
- Adam moves to allocate funds within the website’s allocation for 2019 to bring the website as close to ADA compliance as reasonable, according to the recommendations listed above.
 - Seconded; approved unanimously.

Good of the Order (7:20)

Gary moves to adjourn. Seconded. Approved

Future Board Meetings for 2019:

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

RACE REPORTS

Hartshorne Masters Mile

Race Date:
2019-01-19

Next Year's Date:

Race Director(s):
Adam Engst, Charlie Fay, Tom Hartshorne

Number of Runners (Preregistered, Day-of-Race, and Total):
88 registered, 73 finished

Race Income (Preregistered + Day-of-Race = Total):
\$75

List of Volunteers (Name, email address—one per line):

John Whitman James Miner Kathleen Gibson David Rossiter Bruce Roebal Sean Nicholson Shelly Marino Megan Powers Sandy Gregorich Bob Dattola Bert Bland Tom Hartshorne Charlie Fay Bill Watson Steve Gallow Carl Franck Bailey Drewes Adam Pacheck Mik Kern Stacie Mann Tonya Engst

RACE EVALUATION

Notable Performances:

I'm pleased to report that one of FLRC's marquee events, the Hartshorne Memorial Masters Mile, was once again a success, despite us having to reschedule both the meet and post-race banquet to accommodate weather-related changes. On Thursday before the Saturday race, we were told that the Cornell administration was considering closing the university early on Saturday due to the predicted snowstorm, and they required Cornell Track & Field to start the Upstate Challenge track meet at 11 AM instead of 1 PM. That in turn forced us to move the start of Hartshorne up by 90 minutes, and Charlie Fay, Tom Hartshorne, and I scrambled all day Thursday and Friday to alert runners, volunteers, and others to the new times. In the end, only about ten runners scratched from the race due to the weather, and only one didn't see the scheduling email and missed her race. So a huge thanks to Charlie, Tom, and the volunteers who made Hartshorne run so smoothly this year. Tonya Engst, Jim Miner, Carl Franck, and Bill Watson all arrived early to help set up, and Jim Miner and John Whitman continued on to manage the registration table, with Jim also running the race. Bill Watson also did a fabulous job as clerk-of-course, filling in for the snowbound Joe Simpson. Dan Hurley started all the races flawlessly, as usual. Bruce Roebal ran the lap counter and printed our results booklet in plenty of time for the banquet. Bob Dattola called splits for the runners. Megan Powers wrangled the results into the booklet with help from Kathleen Gibson. Sandy Gregorich and Shelly Marino donned evening gowns and tiaras to hold the finish tape for the elite races. Bert Bland, Sean Nicholson, Truck Rossiter, and Stacie Mann helped Tom monitor the track to keep the collegiate runners from accidentally interfering with our races. Our rabbits—Bailey Drewes (W50+), Mik Kern (M50+), and Adam Pacheck (M40)—helped the leaders of their races hit fast times. And of course, Steve Gallow once again took great photos. As far as the races themselves, they were once again a treat to watch, and I tremendously enjoyed being able to cheer for all the runners during their races. The FLRC site now has sortable results, and the Leone Timing site has results with lap splits. Here's a rundown: Veteran Men & Women: In our first heat of the day, local runners ruled. Joe Reynolds ran an 8:15 to outpace Harland Bigelow in second at 8:49, and Jane Leff ran a 10:10 in only her second mile race ever (after last year's Hartshorne), sneaking in 5 seconds ahead of Sandy Balling. 84-year-old Edna Hyer, who has been running Hartshorne for many years, came in fifth. Women Section 1: While a certain amount of non-partisanship is required of a race director, I was overjoyed to watch Tonya Engst run a gloriously tactical race, tucking in behind her cross-country rival Collen Magnussen and 63-year-old Ivy Bell for 6 laps. Then Tonya kicked hard from 300m out, running a final lap that was 7 seconds faster than her average and beating Bell by 4 seconds and Magnussen by 9. Susan Stirrat and Christine Klein finished fourth and fifth, with local ultravet Deb Bliss running a solid 8:12 at age 71. Men Section 3: This race was also filled with locals at the top. 68-year-old Joel Leff won it by 5 seconds in 6:28, but not before 65-year-old Ken Hodges gave him a run for his money. Phil Metzger was third, followed by the indomitable Jim Miner, who ran a 6:53 at age 70. A pair of 75-year-olds, Hal Lieberman and Vita Di Cesare, filled out the finisher ranks. Men Section 2: 48-year-old Javier Martinez came down from Baldwinsville to win this race in 5:39, but a pair of Ithacans from our Tuesday night MITHACAL MILERS group, Bill Thibault and Steve Vanek, dueled it out for second and third, with Thibault unleashing a kick that brought him in just behind Martinez in 5:40, with Vanek through in 5:41. Talk about an exciting finish! Rich McCutcheon finished fourth, followed by GVH's Tim McMullen, Takeshi Yamazaki (in town from New York City to watch his daughter run at the Cornell meet), High Noon's Greg Green, GVH's Mark Rybinski, ex-High Nooner Rod Garratt, Ric Bond, GVH's Dave Bowen, Jack Salisbury, and 71-year-old Harold Nolan. Men Section 1: In our final non-elite section, Bill Frawley came up from Philadelphia and ran away with the race to win in 5:14, outpacing High Noon's Scott Dawson, who came through in 5:23. Scott Armstrong was fourth, followed by GVH's Joe Mora, then Neal Coffey, High Noon's Jean-Luc Jannink, Syracuse Track Club's 60-year-old Tim Riccardi, Keith Davies, Robert Mozo, Keith Eggleston, and 64-year-old Reno Stirrat. Women Elite 50+: Moving on to the elite races, national racewalking champion Michelle Rohl came up from Mansfield, PA to run this time, and won handily in 5:37 with rabbiting help from Bailey Drewes. Apart from Karyl Sargent, the rest of the race was made up of women from the

elite Athena Track Club, with Lorraine Jasper in second, followed by Louise Kelley, Julie Pangburn, Sargent, Mary Swan, Betsy Stewart, and Coreen Steinbach. Although Steinbach wasn't entirely happy with her 6:37, at age 67, she topped the age-graded percentage competition for all runners at the meet. Men Elite 50+: Paced by rabbit Mik Kern, this section was a tight four-man race for most of the laps. In the end, though, a pair of runners from New Jersey, Peter Kashulines and Brian Crowley pulled away, with Crowley outkicking Kashulines for a 2-second win in 4:51—impressive at age 54. Ryan Mitchel snuck past PGXH race director Mike Nier by half a second for third in 4:57, followed by Canadian Stuart Galloway, High Noon's Alex Colvin, GVH's Dale Flanders, Dave Lee, Chuck Shields, 63-year-old Canadian Jerry Kooymans, 61-year-old David Westenberg, and Francis Burdett. Women Elite 40: This race was once again a foregone conclusion with Syracuse's Sascha Scott winning for her fourth year in a row—every year since she turned 40. Scott ran a 5:02 this year, followed by the Athena Track Club's Christy Peterson in 5:20. In third was Dianne DeOliveira, then GVH's Heather Webster, GVH's Donna Langerfeld, running as a sub-master, and 50-year-old Felicia Bishop, running down from the W50+ section. And no, we couldn't find anyone fast enough to rabbit Sascha Scott, who is one of the top runners in the world for her age group. Men Elite 40: Mark Williams was looking to retain his crown in the final race of the day, but Brock Butler wasn't having it. After rabbit Adam Pacheck took them out at a fast clip, Butler stayed behind Williams until the last couple of laps and then made his move, which Williams couldn't counter. Butler ended up winning in 4:34, with Williams through 2 seconds later in 4:36. GVH's Tim Reith was third, followed by Dan Courtney, who outleaned High Noon's Brian Lazzaro by .08 seconds. Finally, I'd like to thank the sponsors who make Hartshorne possible. It takes a lot of money to put on a national-level meet like this, with rabbits, a professional announcer, video of all the races (coming soon), a post-race banquet, and cash prizes to attract some of the top talent in the US and Canada. The race's 2019 sponsors include Cayuga Medical Center, Bangs Ambulance, the Hartshorne Family, Sean Nicholson, Joe Daley, Ken Zeserson, Bill Quinlisk, Felder Track & Field, and a grant from the Myrtle Dee Nash Fund of Community Foundation. The masters running community is tremendously appreciative of the support.

Publicity:

We put an ad in National Masters News again, and had a schedule of sending email to all past Hartshorne runners, along with the usual publicity to the local lists and Facebook. There will also be an article about the race in National Masters News, complete with photos.

Weather:

Weather was a major problem, with a snowstorm keeping at least 10 people away and causing many others to skip the post-race banquet. And we had to move the meet and the banquet up by 90 minutes.

Food:

We had the banquet at Moakley House and Cornell Catering did a good job. It was more expensive than we would have liked, but the quality was good.

Awards:

Cash awards will be made to the top elite men and women based on age-graded performance on the following schedule: 1st: \$450, 2nd: \$300, 3rd: \$150, 4th: \$100, 5th: \$50. The top three finishers in each race will also receive commemorative medals. Winners in the 5-year age group categories in the non-elite races won chocolate medals and winners of those sections received a copy of "The Perfect Mile" book. In the team competition we gave the top team 5 bottles of wine from Ports of NY, 18 bottles of Ithaca Beer for the second place team (3 six packs), and 16 bottles of Ithaca Soda for the third place team (4 four packs).

Supplies and Personnel:

Nope, we did well. We provided the PA system this year, which saved us some money and was easier for Jorge Cuevas, who has done it before.

Problems:

No, it went shockingly smoothly after we had to move the start time up by 90 minutes to accommodate Cornell starting their meet earlier. I also had a lot of mailing to do afterward for awards because so few people stayed for the banquet.

Overall Impressions:

Everyone has said the nicest things about the race in general and our running of it this year.

LOOKING BACK AND FORWARD

Comparison with Last Year:

We had slightly more runners, but will make somewhat less money due to the banquet being more expensive. We should raise that price next year. Our individual sponsors were more generous this year and made up for losing Morgan Stanley as a sponsor. The other corporate sponsors and grants came through again.

Changes:

We added a team competition that helped attract more runners, although the snow took some of them away.

Next Year:

The main thing we're going to do is print a banner that we can hang on the wall so people can stand in front of it and take selfies. Some people really liked the earlier race, but that may not work well for those driving in that morning.

Winter Chill

Race Date:

2019-01-06

Next Year's Date:

Race Director(s):

Sarah Drumheller, Bob Talda

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

100, 95, 170

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

?

List of Volunteers (Name, email address—one per line):

Jill Ackerman, jackerman@ithaca.edu Merin Ketcham, merinketcham@gmail.com Jess Boulia, jnboulia@gmail.com Alissa McCain, find1ed@hotmail.com Mickie Jaquet, mickiejauquet@gmail.com Ally Jauquet, allyjauquet@gmail.com Bob Talda, bobtalda@yahoo.com Adam, Engst, ace@tidbits.com Pat Kabat, pkabat59@gmail.com

RACE EVALUATION

Notable Performances:

Prizes were awarded for overall participation

Publicity:

Posters we're printed and posted at area gyms, libraries, etc.

Weather:

It was very cold. One of the races was very icy. Only 2 people fell.

Food:

Mini scones, mini cookies, hot cider or hot cocoa

Awards:

FLRC swag was given at the series wrap brunch to overall participation winners.

Supplies and Personnel:

I think maybe a second table.

Problems:

At the second race we didn't know to import everyone from the first race so there was a lot of confusion. Mickie sorted it out and I am very grateful.

Overall Impressions:
It was fun

LOOKING BACK AND FORWARD

Comparison with Last Year:
Participation was up. Day of registration is a pain, I hate it. We didn't do any themes, we should do themes.

Changes:
I was still learning

Next Year:
Start earlier. Themes.

February 2019 Indoor Winter Track Meet

Race Date:
2019-02-17

Next Year's Date:

Race Director(s):
Adam Engst

Number of Runners (Preregistered, Day-of-Race, and Total):
274, 10, 224

Race Income (Preregistered + Day-of-Race = Total):
\$446

List of Volunteers (Name, email address—one per line):
Aaron Proujansky Jullien Flynn Ellie Pell Bill Watson David Rossiter Tom Rishel Bob Talda Tonya Engst Adam Pacheck Ethan Pacheck Jesse Koennecke Josh Brockner Gerrit Van Loon Casey Carlstrom Ian Golden

RACE EVALUATION

Notable Performances:

Our second track meet of the 2019 season is in the books! Although mid-winter illnesses kept nearly 50 pre-registrants from running, we still had 224 finishers and 376 entries across our traditional 5 events, including some stellar times, particularly in the mile and 3000m. Team attendance was up, thanks to collegiate club teams from Cornell, Ithaca College, Morrisville State, Syracuse University, and Columbia-Greene Community College. They joined the Ithaca College crew team and our regular youth groups: the Auburn Pulsars, GIAC Navigators, Team SOAR, and the Corning-Painted Post school teams. We kicked things off with four heats of the 3000m, with Cornell grad student Sam Lagasse unleashing a ferocious kick in the final laps to win in 9:10, 11 seconds in front of Ryan Buzby and James Felice, who he'd been running with until the kick. Amrita Ramamurthy of the Cornell Running Club took the win for the women in 10:50, well ahead of Rylee Campeau's second place in 12:08. James Felice was only warming up in the 3000m, it turned out, as he posted a 2:02.4 in the 800m for the win, just .2 seconds ahead of Owen Juan. Elora Ferrie of Corning-Painted Post West ran an impressive 2:26.8 to take the women's crown, just ahead of teammate Charlotte Nevins in 2:27.9, with 53-year-old Michelle Rohl placing third in 2:28.1. It took 17 heats of the 200m to get to the fastest sprinters, with Conor O'Neill finishing first in 23.90 seconds, half a second ahead of Caden Bennett's 24.46. In the women's race, Charlie Slusser of Team SOAR came through in 28.99, beating Maddie Olson of Corning-Painted Post West, who ran a 30.45. The mile was the marquee event of the day, and even though several top seeds weren't able to run due to illness, all the runners in the fastest heat (of nine!) were seeded at 4:40 or faster. They didn't disappoint, with only one person missing the seed slightly and Louis Greco laying down a 4:32 for the win. Oliver Rapp of the Cornell Running Club kicked hard,

but slightly too late—he took second place in 4:33. Finally, in the 4 by 400m relay, the Syracuse Running Club proved dominant, winning the relay by 20 seconds with a 4:14.

Publicity:

Just the usual publicity to the lists and area coaches. More collegiate running clubs came, which was interesting—we may be showing up on their radar.

Weather:

It wasn't an issue, happily.

Food:

I brought 6 bananas, 6 bagels and cream cheese, and a number of fig newton-like bars (including some gluten-free ones for Jullien) and it was just about perfect. All the bananas went, and there was just one bagel and some fig bars left at the end.

Awards:

No awards.

Supplies and Personnel:

We had everything needed.

Problems:

There were a number of small problems, such as the gun not firing a few times, the electronic pistol not being loud enough at times, and TONS of people changing heats or seeds. We handled it all pretty well, although it was necessary to take a break in the 200s so Jullien could reseed the mile—there wasn't enough time between heats otherwise.

Overall Impressions:

It wasn't our best performance ever, but it was fine. One coach asked that we run the 800 after the mile next year, which we can do, and another asked that we print seeding sheets for coaches, which we have sometimes done but haven't gotten much feedback on. The problem was that there was so much movement that the pre-race seed sheets were way out of date and we should have replaced them, something we didn't think of while juggling so much else.

LOOKING BACK AND FORWARD

Comparison with Last Year:

It was a bit larger and more profitable than January, but overall, I think it went well. The mix of events wasn't quite as good, but there's nothing new with that. We might think about a different mix for next year's February meet.

Changes:

This time we figured out how to import times for cross-country style races (the 800 and up) into Meet Manager from the Time Machine. It's a funky workaround, and it takes time between heats, but it's much more accurate than doing things manually. I'm sure we'll get faster!

Next Year:

The main thing is that we're going to replace the seed sheets if we reseed an entire event—that hadn't been necessary in January so we didn't think of it this time.

Super Frosty Loomis

Race Date:

2019-02-02

Next Year's Date:

Race Director(s):

David Kania, Boris Dzikovski, Eric Sambolec

Number of Runners (Preregistered, Day-of-Race, and Total):
10k - 30prereg, 27finishers. 5k - 16prereg, 18finishers. 4 day of registrations

Race Income (Preregistered + Day-of-Race = Total):
\$500 preregistration, \$80 day of, \$40 clothes sales

List of Volunteers (Name, email address—one per line):
Mickie Sanders-Jaquet ;"Josh Brockner" ;"Adam" ;"Jay Hubisz" ;Tonya ;Thomas Mullins ;Joel ;"Martin Moravek"
;Nancy Kleinrock

RACE EVALUATION

Notable Performances:

10k Winners, Male-Eric Sambolec, Female-Amelia Kaufman 5k Winners, Male-Bill Watson, Female-Meghan Morgan

Publicity:

No media coverage that I know of Facebook event page and we talked up the race at stone wall in winona forest

Weather:

Weather was sunny in the teens at the start of registration warmed into low twenties by finish.

Food:

We had drinks, water, hot cocoa, coffee at the Hill-ton. Also Melissa made soup. Afterwards we encouraged people to come down to the Dryden Hotel where we did awards. The Hotel had a food and drink special for that day.

Awards:

Some awards were donated by Ian's store: 2 x underwear and 2 x gaiters. The rest were from EMS and the hardware store.

Supplies and Personnel:

From FLRC: Table, water cooler, flags, cones, clock/timing equipment, cups From Dave: table, stove, heater, sled We could have used another volunteer to organize things in the Hill-ton and help record bibs. Tom helped after finishing the race.

Problems:

We tried to use radios to talk to Joel and Martin on the course, they did not work. Next year we will talk to Wilderness Rescue earlier and ask them to assist on the course.

Overall Impressions:

Overall everyone seemed to have a good time. I think a couple more volunteers could have helped us keep organized and move things along quicker at the end so we could have moved to the Hotel sooner and started awards.

LOOKING BACK AND FORWARD

Comparison with Last Year:

10k number of runners stayed about the same 5k numbers increased, a large number came from Cornell

Changes:

We tried to put more volunteers out on the course. The radios did not work, so this did not improve anything over last year, but here were no problems so we made out OK.

Next Year:

Hopefully next year, we might have some merchandise like hats or socks. Also, maybe if next year the NY snowshoe association comes back into existence and we are part of the series it could increase our numbers.

March 2019 Indoor Winter Track Meet

Race Date
2018-03-04

Race Director(s)
Adam Engst

Number of Runners (Preregistered, Day-of-Race, and Total)
267, 7, 228

Race Income (Preregistered + Day-of-Race = Total)
\$482

List of Volunteers (Name and email address)

David Keifer Becca Lovenheim Tonya Engst Scott Wehrwein Josh Brockner Jullien Flynn Tom Rishel Carl Franck
Adam Pacheck Emily Funk Julianne Quinn Rachel Hilliard Alex Colvin

Notable Performances

FLRC's final indoor track meet of 2018 went off without a hitch on Sunday, and full results are now available. The meet was one of our largest ever, thanks in part to being cosponsored by the Cornell Running Club as a National Intercollegiate Running Club Association (NIRCA) meet that drew teams from as far away as Buffalo, NY and Burlington, VT. Also increasing interest in the meet was a popular race walking clinic presented by Erin Taylor-Talcott, a world record holder in the 50K race walk who was fresh off a second place in an international 50K race walk in Monterrey, Mexico. And we were happy to see youth teams from Ithaca's own GIAC Navigators and the Syracuse-based SAS ATOMS joining our regulars from the Corning-based Southern Tier SOAR and the Auburn Pulsars. We kicked the meet off with four heats of the 3000m, culminating in a compelling final heat in which Sam Lagasse repeated his win from last month (a 9:49 in the 2 mile) by running an even more impressive 8:51. In the last lap, Lagasse turned up the speed to outkick David Richards (8:54) and Keith McAteer of the Syracuse University Running Club (8:59). Further back in the pack in the fast heat, Jullien Flynn of Red Newt Racing keyed off the extra competition from being in a mixed race to run a strong 9:57, a season's best and 1:13 ahead of the second place woman. Switching from our longest race to the shortest, the 60m showed incredible depth, with a slew of fast times across the last three heats. Patrick Skinner took the win in 7.19 seconds in heat 16, followed by Mike D'Angelo's 7.25 in heat 17, William Zuckerberg's 7.31 in heat 16 for the Cornell Running Club, and a tie for fourth between Arnoldo Burnett (heat 15) and Blake Williams (heat 17, for the University of Vermont Running Club) in 7.32. For the women, Charlie Slusser of Southern Tier SOAR won in 8.36, beating Rose Simmons of Mohawk Valley Community College's 8.67. Four other women also finished under 8.87 seconds. Next up was our exhibition event — the 800m race walk. It's not a traditional event, but after Erin Taylor-Talcott's presentation, we wanted to give people a chance to try race walking for real. It's not as easy as it looks, and good race walkers speed right along. We had 20 finishers, led by Tayler-Talcott's husband, Dave Talcott (himself an accomplished race walker) in 3:58 and followed by local favorite Gerrit Van Loon in 4:20 and the Cornell Running Club's Claire Jones in 4:21. Geraldine Rogers even made the long drive down from near Rome for the race walking presentation and to try this race. Changing gears again, we moved on to 19 heats of the 200m, and again, there was great depth. The two fastest times of the day came in the final 19th heat, but the next two finishers set their times in heats 18 and 17. In a finish that was really too close to call, Alex Worsley of the Cornell Track & Field Club nominally outleaned Blake Williams of the University of Vermont Running Club, 23.94 to 23.95. Without camera-based fully automatic timing, however, it's impossible to know for sure who really won. For the women, Charlie Slusser of Southern Tier SOAR repeated her win in the 60m, coming through the tape in 28.87, nearly 1 second ahead of Mya Marsh of the Candor CSD Running Club. Our final and largest individual event of the day was the 1 mile race, with 120 finishers across 10 heats. It was the fourth event in the MITHACAL MILE SERIES, so I'll start calculating rankings soon — remember that you need to race four miles to compete for an age-group award. The mile races were exciting, and the times were impressive — fully 31 competitors ran under 5:15. The fast last heat featured blistering kicks and exciting finishes for both first and second, and third and fourth. Mik Kern, who won last month's mile with a strong final lap in 4:41, tried for the same strategy this time, but Kody Parrott of the University of Buffalo XC and Track Club had a ferocious kick of his own, and managed to outpace Kern in the final meters, 4:36.1 to 4:36.4. Just seconds behind them, David Richards pulled off a similar feat to take third, beating Nico Tripeny of the B Team, 4:39.4 to 4:39.9. The women's race wasn't in the slightest bit close, with Kristina Schwartz of Red Newt Racing duplicating her teammate Jullien Flynn's strategy of moving up smoothly to clock a 5:00.4, 22 seconds in front of

second place. (As an aside, the day before, in the outdoor Belmar Parade Day Mile in Binghamton, the Ithaca-based Red New Racing team of Kristina Schwarz, Jullien Flynn, and Rachel Hilliard, who was head timer for Sunday's track meet, swept the women's elite race in 5:15, 5:29, and 5:44!) As always, we closed out the meet with 6 heats of a relay race — a 4 by 400m this time. Despite all the collegiate runners participating, the Candor CSD Running Club replicated their February win, clocking a team effort of 3:55.

Publicity

Just the usual messages to the FLRC and High Noon lists, and email to local area coaches. However, because it was the Cornell Running Club's NIRCA meet, they also promoted the meet somewhat.

Weather

The weather was good, so there were no travel issues.

Food

2 dozen bagels, plus 2 gluten-free ones for Jullien. As with last month, it was a little too much, but we can count on runners to clean up the scraps.

Awards

No awards

Supplies and Personnel

We had everything we needed.

Problems

No problems at all, happily.

Overall Impressions

Everything ran very smoothly, and we got a lot of compliments from coaches, parents, and runners alike.

Comparison with Last Year

It was almost identical to February's meet in terms of number of runners, but made a bit less due to the number of teams.

Changes

We tried creating forms for adding and dropping events and runners, and changing seed times. They helped some, but we'll need more testing to figure out how to get them to work better. We also had a race walking presentation and special 800m racewalk heat, both of which were popular (about 20 people) and didn't add much time to the overall meet.

Next Year

We're going to keep working on the add/drop/change forms. We may also have a race walking presentation and heat for one of the summer meets.