

FINGER LAKES RUNNERS CLUB BOARD OF DIRECTORS MEETING

May 8, 2019 5:30 pm
YMCA, 50 Graham Rd W, Ithaca NY 14850

In attendance:

Board members: Sue Aigen, Mike Allinger, Lesa Carter, Adam Engst, Tonya Engst, Jullien Flynn, Pete Kresock, Gary McCheyne, Mickie Sanders-Jauquet, Gerrit Van Loon, Bill Watson

(5:30) Welcome of Board

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

(5:35) Approval of the April Meeting Minutes

Gary says the April meeting minutes should include the fact that some people enjoyed the magician. Could add "others enjoyed the magician." Gary moves that we accept the minutes with this alternation. Pete seconds. All vote in favor, except for one abstention.

New Business (5:40)

Ron Cunningham and the dog bite issue (Adam Engst)

There was a time constraint, so Adam wrote this letter and incorporated comments offered by various board members. Adam gathered over 125 signatures for the letter and sent it to seven senators who were on the appropriate committee in paper and electronic format. Adam reports that Ron has been tremendously supportive, plus we got several emails from people in FLRC who have had significant dog problems. Sue noted that we could contact other running clubs in NYS. Adam said that Ron is doing some of this work. We also sent it to the triathlon club and FLCC.

The text of the letter and the names of everyone who signed is available at:

<https://docs.google.com/document/d/1s7OTpHgmy5figPGw9vxWJsxR2Cjdh3BJwYaiOsRktPI/edit?usp=sharing>

FLRC sponsorship of 2019 Peter De Mott Peace Trot, on Father's Day

- K.C. Ryan (formerly Bennet) contacted FLRC to ask for a \$100 donation to the Peace Trot. In exchange the FLRC logo would be displayed on their web page.
- <http://www.peterdemottpeacetrot.org/>
- Peter De Mott ran in many of our runs in the past, but sadly now he is dead; Gary says he fell out of a tree. It is the tenth anniversary of this run.
- We got K.C. on the speakerphone to ask some questions:
 - She doesn't know if she wants to borrow timing equipment. In the past, they've borrowed the hand timers for the fun run so people can have the excitement of getting a time, even though it's an unofficial time.
 - In the past, volunteers have prepared the food. But that's been tough for some of the volunteers financially. Like pots of soup. So, they went to the Ithaca Bakery to get food, and they got a deal, but it's still a cost.
 - Also, they have the cost of advertising.
 - And it can be time-consuming to get sponsors, and some sponsors are flakey.

- They raise money for the Catholic Worker Association, which K.C. says is not religious. They do various good works in the community. Last year they also gave money to Southside Community Center and one year to Black Lives Matter. This year there might be another beneficiary of the race along those lines.
- K.C. thinks we could (and she would encourage) us to put out some postcard-type flyers. (Tonya says she could get some paper materials to K.C.) Also they could put up the FLRC banner and possibly mile marker flags.
- Tonya says this is a good price for being able to communicate to all those racers about FLRC.
- Gary moves that we do this. Adam seconds. All of us are in favor.
- Adam says he will send the logo.

FLRC marketing committee meeting update (Tonya Engst)

Tonya reports that she is organizing a marketing committee meeting that will be held on June 13 at 6:30pm, location TBD. The agenda is twofold:

- Brainstorm and decide how to supplement the marketing/PR work that FLRC is already doing.
- Decide what volunteers we need.

Collaboration for Ithaca Festival Mile, on Thursday May 30th (Adam Engst)

- Adam has exchanged email and had a long call with Yolanda Richardson at the Youth Bureau to talk about how there will be an elite mile this year and FLRC will time it. Runners will register through the Youth Bureau, and Adam and Yolanda have a plan for sharing the data elegantly between the Youth Bureau and our timing system. Adam said he encouraged Yolanda to think about her goals and how they can be met. Adam is concerned that the event is experiencing a drop in interest and isn't getting the fun/emphasis that it could.
- Adam said it was Yolanda's first year last year, and she was unhappy with the communications between the Youth Bureau and the parade organizers/police. She hopes to improve this year. For example, to get barricades moved and roads closed at the appropriate times.
- This year, the race will end where it used to end, which is a better place, which is on Cayuga Street adjacent to DeWitt Park—runners will cross Court Street before they get to the finish.
- Gary reports that our chute is bigger now, because Ian gave us his chute too. So we can do more of the road in a better way.
- Adam says we will have volunteers whose job will be to move stuff at the appropriate time.

USATF statement on transgender/transsexual policy (Mickie Sanders-Jauquet)

Following years of consideration and exploration, the USATF Board of Directors on February 27, 2005, adopted the International Olympic Committee's (IOC) policy regarding competition by transgender athletes and transsexual athletes. It was updated in November of 2015. ([View the IOC's updated policies.](#)) This policy requires that certain medical benchmarks be achieved before an athlete may compete as the opposite gender for medals, prize money and other

benefits. The intent of this policy is to establish competitive eligibility and to help ensure fair competition. The policy also contains safeguards to protect the privacy of any athlete(s) making the request for eligibility.

Each year in the United States, tens of millions of Americans run in road races, and millions compete in track and field. In most cases, entries for these races are at the discretion of the runner entering, and race directors rely upon the entrants to accurately provide their name, age, gender, nationality and other details.

With more than 10 million road race finishers each year in this country, the vast majority of race entrants are participating in the road race experience rather than competing for awards and prize money. USATF's mission is to drive competitive excellence and popular engagement in the sport. In the spirit of popular engagement, USATF encourages race directors and competitors to accept the entries at face value in instances where awards and/or prize money are not at stake.

For any USATF competition or events operated using USATF rules as part of a USATF sanction and where age-group awards and/or prize money are at stake, an affected competitor(s) who has a valid reason to question the accuracy of the entry information of a prize- or award-winning athlete may protest, either orally or in writing, against the prize- or award-winner with the referee during the respective meet, in accordance with the applicable rules for that event. If the matter cannot be immediately resolved, and all applicable appeals have been exhausted, the affected competitor may file a grievance within USATF, following the procedures described in Regulation 21 of the USATF Bylaws and Operating Regulations.

(<http://www.usatf.org/About/Bylaws---Operating-Regulations.aspx>.)

In cases where an athlete's gender is at issue, USATF urges that extreme care should be taken to respect the privacy of the parties affected at every step of the process.

- RDs should be aware of the possibility of a complaint.
- Skunk and Hartshorne are our only USATF races.
- We will use the above guidelines for all of our races. Mickie says the RRCA encourages us to follow the USATF guidelines. Tonya asks if we want a motion about this and it seems that we don't, but it also seems that there is a consensus.

RRCA safe sport recommendation (Mickie Sanders-Jauquet)

- The Safe Sport Act is a new law from the federal government, aimed at protecting young athletes from sexual abuse. It covers events that youth are invited to participate in. Mickie says that FLRC doesn't have to do level 3 because we aren't full-on USATF.
- But for the youth running program we may need to meet certain requirements. For example, we may need to adjust our waiver.
- There are also certain rules for all race volunteers, what they must do.
- It is recommended that you do a free RRCA training, which you can do online.
- <https://www.rrca.org/news-articles/inside-track> (start on page 4) has more info.
- Mickie will send this information to the RDs.
- Adam will look at the waiver information.
- Board members should look this over before the next meeting—especially those not present.

Current Events Reports & Business

Financial Report—Mike Allinger

- Skunk didn't make as much money this year as it did last year. Upcoming races are active and open and receiving money. Finger Lakes 50s is making money, but we haven't had as many drops as in previous years.
- We neglected to pay Wilderness Search and Rescue what we owed them last year, but they got in touch and we have made it right, and we plan to do better this year.

Vice Presidents' Reports & Business

Trails (Gary McCheyne)

Thom B Race

Thom B was "incredibly successful," Gary reports. We were a little low on bagels, but up on doughnuts. Reasonable weather. Aid stations and water took longer than expected to set up, so not available during first loop. Gerrit reported that one runner was unhappy about missing water on the second loop. We may change the start time for the 26K next year to reduce the amount of time that volunteers are waiting for them to finish.

Search and Rescue contacted us shortly before the start of the race—it seems they weren't aware of our calendar, even though Gary had emailed it to them. So in the future, we need the race director to contact them and Gary will too. The main conduit between FLRC and Search and Rescue is Gary and/or Joel.

The course was reconfigured this year to cut out the difficult part of the Finger Lakes Trail. Some people were sad about that, but it's just too rough. Gary thought maybe it can be improved before next year. Gary says that maybe FLRC should look into helping with this, like paying for materials.

Tortoise & Hare

This race is looking for volunteers, and we need more people for the timing crew. Adam says we have some people signed up. Seems like it's basically under control.

Which races are in the trail circuit?

This question has come up about the Tanglefoot and Highland Forest trail races. These are not our races, but they've been part of our trail series

Tanglefoot is at a nature center in Elmira on June 16. It is extra work for Adam to compute the numbers, but he says it's not a big deal, but he doesn't want to do it for no reason. Sue says Adam should decide. Adam says he will do it and contact Jim.

Highland Forest is on June 1. Same weekend as Tortoise & Hare so we are not enthused. Pete suggests that we are open to adding it in the future if there is better coordination and no conflict with one of our races.

Twilight is on June 12. Board meeting cancelled, since it is on the same day.

Tonya motions. Gerrit seconds. All are in favor.

Track—Adam Engst

Track Meets: First track meet is in June, so not much happening at this time.

FLRC Family Running Program: Current session ended last week. This week is the first week of the Youth Bureau session. Adults are continuing to meet and following a program

run by Jason Tuori. And we had one kid. Ian is talking to people about when it would make sense to initiate another session; This is the sort of self-organizing that Adam had in mind for the group. Also Nichole Cappadora is starting a little's running group under our umbrella for kids under the age of 7. Probably will meet on Sunday afternoons and we will promote it on the website. Nichole is a USATF certified coach.

Newfield High: Newfield almost had to cancel their home track meet due to not enough volunteers, but Adam and Kristina Kronauer timed it. We may get similar requests in the future along these lines.

Mini-Grants Idea (based on reflections from Newfield High)

Tonya says that she and Adam have been talking about how possibly in the future FLRC could fund a mini-grants program for local running programs, such as high school track teams, where we could assist with costs of things like timing devices, better uniforms, and entrance fees. It could be similar to how IPEI helps ICSD teachers afford special programs and materials. It would allow FLRC to touch and support the lives of hundreds or even thousands of youth runners, in the context of their running.

Sue comments that Sustainable Tompkins has a similar grant-giving program to IPEI. Sue likes this idea. We could incorporate this into our budget for future years. Add mini-grants to the same area of the budget as scholarships.

Membership — Adam Engst

We have 615 members and 392 memberships. Last year we had 533 and 345.

Programming — Gary McCheyne

Nothing additional to report.

Marketing — Tonya Engst

Nothing additional to report.

Equipment — Gary McCheyne

- Having a dilemma with bibs. The number on the bibs we normally get is coming off too easily. And we need to order more, so Gary is investigating what to do. Adam noticed that Seneca 7 used recyclable bibs, so he sent Gary some info about that in case those are a good option.
- Two of our Seikos are out for repair and it's kind of expensive, \$120 each.
- Our older big race clock is having a minor shut-off issue, so Adam is looking into it.

Volunteer — Mickie Sanders-Jauquet

Mickie reports that she is up-to-date on everything besides Thom B. in regard to volunteers.

Scholarship — Jullien Flynn

The committee has received about two dozen applications and has been reading them over. It appears that they will make their selections tomorrow. Jullien will report on the decision.

Website — Adam Engst

Our developer has modified some of the text colors on the website so there is more contrast. He also still wants to look at the tab order and a few other details.

Tonya will look into the disability at races question.

Good of the Order

Mickie motions to adjourn, and Pete seconds, and all appear to be in favor.

Future Board Meetings for 2019: July 10, August 14, September 11, October 9, November 13, December 11

Race Report for the Thom Bugliosi Race

RACE DETAILS

Race Date:

2019-05-04

Next Year's Date:

Race Director(s): J. Cisne, G. McCheyne

Number of Runners (Preregistered, Day-of-Race, and Total): 167, 2, 149

Race Income (Preregistered + Day-of-Race = Total): 2650+30=2680

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

Megan Powers, David Kania, Adam Engst, Savannah Douglas, Katie (IHS Track Athlete), Eric Sambolec. Also, Nancy Kleinrock, Gerrit Van Loon, Melissa Wallace, and Cady Habicht.

RACE EVALUATION

Notable Performances:

****WINNERS!** Ian Golden and Ellie Pell of Ithaca set the new bar for the revised Marathon distance at 3:37 and 3:55, a good 30-40 minutes faster than last year which is only partially accounted-for by the revised course and better weather. Newcomer Greta Sieve and veteran Eric Sambolec won the double-loop in 2:17 and 2:02, while Fiona Coleman and Brian Lee edged out a fast field in the 13K at 1:15 and :58 respectively. Master's winner shout-outs go to Julie Barclay and Adam Engst for 1:16 & :59 in the 13K, Yvette DeBoer and Scotie Jacobs pulling 2:38 and 2:05 for two loops in the 26K, and Nancy Kleinrock & Tim Maxson in 4:33 and 4:14 for the Marathon. Memorable moments of the day include: -- A fast field in the 13K, with many finishers almost on top of one another -- women's age group winners were all within 16 minutes of each other, with Ithaca's Megan Turnbull a hair ahead of club frequent-fliers Julie Barclay and Sandy Gregorich in the 1:16-1:18 finish bracket. R.D. Emeritus of the Mountain Madness--indomitable force that she is--Gillian Haines-Sharp not only bicycled out to the race from Ithaca, but ran an outstanding 1:22 to finish ahead of AG winner Cora Demler of Ithaca. Similarly, the top men were within two minutes of Brian Lee, with Newfield's Kristofor Norberg keeping ahead of Ithaca's Adam Engst and Mike Surrena for AG awards. --Longtime club race aficionado Fred Miller coming into the 13K finish in :53, only to leave us scratching our heads how he could be so quick... we're guessing he made a wrong turn and ended up following our own fleet-footed Yvette DeBoer, after unwittingly-but-wisely skipping the Red Loop section. --62y.o. Harpursville native Glenn Hamilton's fifth consecutive finish in the longest possible race distance in 5:16, followed a few seconds later by Friend of Hammond Hill Charlie Leonard -- led home by his entirely-too-quick grand-daughter for a photo finish. --Several close finishes in the marathon, including Pete Kresock's age-group win in 4:10, followed closely by last year's winner Andrew Siefert and frequent club racers Josh Buczek and Tim Maxson... as well as a close

women's race with Henrietta native Sophie Kotok leading our own Nancy Kleinrock & Sheena Heise, plus race regular Lori Johnson of Red Hill PA in the 4:27-4:48 bracket for a plethora of age group wins!

Publicity:

n/a

Weather:

Slightly-better weather improved attendance and finish times.

Food:

Better to set out the remote AS (or at least water jugs) @ Red Man Run the night before, or to get a volunteer to cart it out, or to wake up at stupider-o-clock to do it and make someone else get coffee/donuts at 5AM. Difficult with little help and rental van constraints! Otherwise food seemed fine.

Awards:

Purchased pies for awards from CTB @ ~\$12/per, plus made pine-cone-and-shiny-antique-crap-necklaces for 42K finishers.

Supplies and Personnel:

n/a

Problems:

Not really, apart from being a bit late getting the remote AS assembled.

Overall Impressions:

Generally well! A couple good reports and private emails came back from participants... folks reported excellent course markings, good snacks, and good times all around.

LOOKING BACK AND FORWARD

Comparison with Last Year:

Better numbers, better fun, better weather - yay! No complaints.

Changes:

Modified back section to remove FLT and continue on Y4 -- very well received by the pack.

Next Year:

Adjust start time - 7A marathon, 7:45A 26K, 8:30 13K. This should get us all done even quicker, but will require a little more work at the finish.

Race Report for the Tortoise & Hare Race

RACE DETAILS

Race Date:

2019-06-02

Next Year's Date:

Race Director(s):

Mickie Sanders-Jauquet & Emily Funk

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

152, 11, 163 (106 ran)

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

1500, 220, 1720

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

Pete Kresock , Cady Habicht , David Kania , Gary McCheyne , Karlene Smith , Nancy Kleinrock , Robert Talda , Steve Shaum , zsofiafranck@gmail.com, Steve Ryan , Liz Kinast , "" , robert swizdor , "Brigid M. Shipman" , brigidship@yahoo.com, bellaluna.briggs@icsd.k12.ny.us

RACE EVALUATION

Notable Performances:

Female open: Greta Sieve, 31 from Freeville ran 53:03; Male open: Sam Lagasse, 25 from Ithaca ran 43:32; Female masters: Yvette De Boer, 55 from Ithaca ran 57:45; Male master: Eric Sambolec, 41 from Ithaca ran 46:25

Publicity:

The race was posted to the FLRC Facebook Page and emails were sent to the list serve.

Weather:

The course, especially the first loop around the field, was very wet and muddy from all the rain we'd been having in May. Day of race, there were a few rain showers before the start during set-up and bib pick-up, but the rain stopped by race start and held off for the duration. We had tents set up over the bib-pick and food tables to keep things dry.

Food:

Green Star sponsored the post-race food again this year providing us with Izze, bananas, oranges, bagels, cream cheese, hummus, and cookies. We supplemented with peanut butter, honey, chocolate & candy, oreos, chips, soda, and gatorade. There was plenty of food and the runners seemed to enjoy everything post-race. We had quite a bit left over, but everything is being used at the Twilight 5k so nothing was wasted.

Awards:

We awarded socks to the male and female open, masters, under 18, and clydesdale winners. We purchased the socks from the Finger Lakes Running Company for about \$12 each.

Supplies and Personnel:

We had everything we needed this year.

Problems:

A few runners got a little lost due to conflicting signage/markings for the Tortoise & Hare and Cayuga Trails from the day before. [Clarification provided by Gerrit, who swept both CT50 and T&H: To my understanding (as course sweep for CT 50 and T and H) there was not "conflicting signage/markings" on the course, but rather that at one significant corner, that had been more than adequately marked with more than a dozen flags 5:30 the evening before, the flags had been removed (likely by well-intended folks picking up piles of CT 50 course markings the evening before). Hopefully this will be clarified with CT50 people so as not to be a recurrent problem next year.] We also had a group of 5 walkers that took over 3 hours to finish the course making it a pretty long day. We cleaned up the tents, tables, and food, and sent most of the volunteers home before the walkers finished. Bob Talda, the head timer, and Mark Jauquet, the King Rd course marshal, stayed till the very end waiting for the walkers to finish the race. Next year, we're going to require walkers to start earlier at 8 am.

Overall Impressions:

Overall, the race went very well. Several runners approached me after the race to thank us for organizing. Despite being particularly long, everything went smoothly.

LOOKING BACK AND FORWARD

Comparison with Last Year:

We had more people pre-register for Tortoise & Hare this year compared to last, but about the same number of participants actually running the race. The weather was a little better this year than last. The rain stopped before the race and held off during/after the race, so participants hung out around the food table and chatted post-race.

Changes:

The race was moved back to Sunday this year because Cayuga Trails was on Saturday. Last year, we had the race on Saturday.

Next Year:

We plan on having a time cut-off next year and an 8:00 am start time for walkers. We also plan to have an age limit for the 10k because we had a number of children under 10 registered. Parents can contact the race directors to request exceptions.

Race Report for the Twilight 5K

Race Date:

2019-06-12

Next Year's Date:

Race Director(s):

Mickie Sanders-Jauquet

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

356 Pre-registered, 65 day of race Total: 421

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

Day of Race: \$1760, Pre-registration: \$4540 Total Income: \$6,300

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

I already put them into the Picnic Spreadsheet Gary McCheyne Mickie Jauquet Tim Ingall Shelly Marino Mike Allinger Steve Shaum Brenda Michaud Ally Jauquet Bryce Jauquet Mark Jauquet Butch Sanders Bob Talda Emily Talda Bill King John Donaldson Denice Cassaro Lesa Carter Aaron Proujansky Bill Watson Heather Cobb Amelia Kaufman Jullien Flynn 7 Fire Police volunteers

RACE EVALUATION

Notable Performances:

Sam Lagasse took overall with a time of 16:20, Aubrie Russell of Candor took overall female with a time of 20:40. Melissa Weiner took Masters with a time of 25:26 and Jay Hubisz for the males in 17:46. Sandra Folzer from Mansfield, PA took her age from 70+ at the age of 80 in a time of 29:13! Many local club members placed: Adam Engst, Rich Heffron, Alan Lockett, Bob Congdon, Zsofia Franck. The 10 and under group saw times of 24:40 and 25:26 with the female coming in faster than the male. Total number of finishers: 373 with Ruby Hebestreit coming over the finish line at a time of 1:03:27.

Publicity:

Pre-race publicity included local radio announcements, day of race article in the Tompkins Weekly and social media via Girls on the Run, Vizella Media and FLRC. Definitely if it wasn't for the GotR teams the attendance would be significantly lower. We had 5 teams and one co-ed group- the South Hill Striders participant this year. The IYB had a much smaller group this year compared to last year in their couch to 5K program. Those participants got a \$5 discount for

doing the race. All FLRC members got a \$5 discount if they pre-registered and all youths were free.

Weather:

Sunny and in the 70s. One of the only days this month that it didn't rain! A great day.

Food:

This year we used Papa John's Pizza and we ran out of pizza early. If we go with them again we will get 8 to 10 more pies. Izzes went well and folks enjoyed them so I will get more of them for next year. Watermelon was good but we had one left over. The bananas were a bit green so there were leftovers. Not many oranges went. All the cookies but one bag of ginger snaps were used. All the soft drinks went but 4 cans and 3 2-liter bottles. We had 10 2-liter bottles at the race.

Awards:

We used Front Porch Pottery mugs as in the last 10 years. They came to \$12.50 per mug. They were given to the 1st place male and female in each age group. Thinking about going a bit deeper in awards next year but something smaller than the mug for 2nd and 3rd places. Some tile maybe.

Supplies and Personnel:

We could have used 2 or 3 more course marshals. As with last year, there was an event at the high school and lots of cars driving into the parking lot. They were using the Lake St. entrance and parking on the side of Cayuga St. so visibility of the runners was becoming a concern. I think I will cone off a lane of the bus lane all the way to the track to keep folks from parking and driving on the left lane of that street. Should I have runners jump on the bicycle path at Boynton to keep them off Cayuga St?

Problems:

No medical issues but lots of cars in Stewart Park making the entrance crossings a bit challenging for the faster runners.

Overall Impressions:

Overall the race went well. Ithaca ESPN came to do the DJing. Leone Timing did the finish line and all seemed to enjoy the food and music. Folks really enjoyed the mugs this year. They had a bit of Twilight design to the side of them instead of just stamped on the bottle. I had one runner comment on like that we didn't have plastic water bottles at the end of the race. She appreciated the paper cups and jugs of water.

LOOKING BACK AND FORWARD

Comparison with Last Year:

We had about the same number of racers last year than this. We had serious rain and a thunder storm so no one stayed for pizza and we had lots leftover. New this year was a push to support the expansion of GotR teams in Tompkins County. That fundraiser through GiveGab raised over \$1000 to get more teams for 2020. Now we will push to get coaches to support those school groups.

Changes:

Different was joining forces with Vizella Media and Girls on the Run to create Twilight as the official area 5K for Girls on the Run. This should mean more area groups utilizing it in 2020 for their finale race.

Next Year:

Look into coning more areas for visibility, order more pizza, add a few more drinks and stay with 2-liter bottles of coke and sprite. Definitely have a DJ, will see if ESPN will do it for free again next year. Will promote the race to all the local schools and see about giving "buddies" a discount to encourage more adults to run with kids during the race. Look to get a few co-ed teams to come represent other youth organizations but will push to create more GotR teams to use Twilight as their finale race.

Race Report for the Summer June Track Meet

Race Date:

2019-06-18

Next Year's Date:

Race Director(s):

Adam Engst

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

148, 15, 153

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

\$251

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

Jullien Flynn Bob Talda Sandy Gregorich Tom Rishel Aaron Proujansky Bill Watson Adam Pacheck Adam's girlfriend Christine Tonya Engst Tim Ingall Becca Lovenheim Adam Engst

RACE EVALUATION

Notable Performances:

The first FLRC summer track meet of 2019 is in the books, and it was our largest summer meet ever, with 153 athletes and 312 event entries! Many of those runners came from the Ithaca Youth Bureau's increasingly popular track program, along with the Lansing Lightning club, SOAR and Team Prefo from Corning, the Auburn Pulsars, and a team from the OnTech Charter School near Syracuse. Given the huge number of little kids (the youngest was 3, and there were plenty of 4- and 5-year-olds), we tweaked our event lineup this year to focus on shorter distances. That meant we led off with the 100m, which was by far the most popular event, with 85 entries. Isaiah Smith took the crown by a hair over Christopher Simmons, running an 11.37 to Simmons's 11.39, with Samuel Voak taking third in 12.06. On the women's side, 14-year-old Cascade Benenati ran a 13.47 to beat 12-year-old Sarah Jackson-Palmer of the Ithaca Youth Bureau. Changing gears, we moved on to the 800m, where Samuel Voak took his first win of the night, kicking hard in the final lap to win in 2:12, just ahead of the 2:15 notched by local physical therapist and coach Jason Tuori, who arrived just in time from his strength and conditioning class. SOAR's 11-year-old Maggie Houpp won the women's race in 2:42, with Liz Hartman second in 2:51. To cater to the kids, we switched back to a short race: the 4 by 100m relay. It was a bit chaotic to distribute 24 runners across the start and three exchange points, but great fun was had by all, and the OnTech Charter School kids ended up taking first (the boys' team in 54.5 seconds) and second (the girls' team) in 1:00. Back to the sprints with the 400m, Samuel Voak notched his second win for the evening, running a 55.8 to beat Christopher Simmons's 57.7. 53-year-old former Olympian Michelle Rohl won the women's race in 1:08, and on the other end of the age spectrum, 12-year-old Ikeara Moye of the Ithaca Youth Bureau took second in 1:14.9 in a squeaker, just 0.1 seconds ahead of 17-year-old Julia Hubbard's 1:15.0. In our marquee event of the night, the 1 mile race that's part of FLRC's ongoing MITHACAL MILE SERIES, we were treated to a classic mile as a three-man group of Sam Lagasse, Adam Pacheck, and Rich Heffron stuck together for two laps before Lagasse and Pacheck pulled away slightly. They ran neck-in-neck for the next lap, but in the final 400, Lagasse unleashed the kick that has kept him undefeated across two years of 3000m races indoors to win in 4:29. Pacheck came through second in 4:34, with Heffron holding on to a solid third in 4:44. On the women's side, Megan Luckner ran a fast 5:21 for the win, with 11-year-old Maggie Houpp of SOAR a strong second in 5:59. Although there are no official results from the shot put and long jump practice hosted by Brett Shelton and Steve Wagner of SOAR during the meet, lots of kids participated and had a great time. We hope to be able to continue to include such field event practices in the future.

Publicity:

Just the usual posts to the lists, alerting coaches, Facebook, and the Web site.

Weather:

The weather was good—not too hot, not too sunny, not rainy, and not windy. Finally!

Food:

Lansing Sports Boosters provided concessions for the runners and I got 4 Grand Slam subs, and chips and fig newtons for the volunteers. Eating didn't work too well since we ran so late. Next time I'll get more finger food for during the meet.

Awards:

No awards

Supplies and Personnel:

I should have gotten a third chair and a dolly to help move equipment across the track from the car.

Problems:

The starting pistol failed repeatedly until we switched to the electronic one. Allan Wilson of the Auburn Pulsars is going to give us one he has for next time. We had some trouble with the PA system with the electronic pistol too that was related to the cable getting unplugged. Then my MacBook Air's battery gave out halfway, so Jullien had to retreat to the press box and type in results by hand rather than getting them from the Time Machine. Next month I'll use a different MacBook Pro with better battery life. We ran out of daylight and had to cancel the 4x400m relay. We also had batteries fail on the mics for the PA system, but we had spares so that was OK.

Overall Impressions:

It was a little chaotic for us, but the meet was really large and had a ton of little kids, so I think it was to be expected in part. I think the kids had a good time, although the length of the meet was problematic for some. We should be faster next month.

LOOKING BACK AND FORWARD

Comparison with Last Year:

The meet just keeps getting larger and with more little kids, which really changes the tenor of things.

Changes:

Nothing much different from the indoor meets.

Next Year:

We're sticking with just one relay since we don't have time for two. We're also going to work on our time between events; there's a bit more transition there than we'd like. In particular, the 800m took longer than expected, and the 4x100m was also slow because of all the instructions and setup.