



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

August 14, 2019 5:30 pm

170 Roberts Hall , Cornell University

In attendance:

Board members: Sue Aigen, Mike Allinger, Denice Cassaro, Pete Dady, Adam Engst, Tonya Engst, Jullien Flynn, Nancy Kleinrock, Pete Kresock, Gary McCheyne, Mickie Sanders-Jauquet, Steve Shaum, Gerrit Van Loon

Club members and guests:

(5:30) Welcome of Board

(5:32) Review of Meeting Materials; Revisions to the Agenda; a few items added, as indicated below.

(5:35) Approval of the July Meeting Minutes

- Pete D. moves to accept the July 2019 minutes as submitted. Seconded; approved (with five abstentions).

New Business (5:38)

- **Brainstorm ideas for the “substantial donation” that has been promised to the club by an anonymous donor**
 - Previous ideas:
 - Support of track meets, especially for our youth and the community
 - Starting a youth running program
 - A concern expressed regarding this and some other suggestions here is the need for ongoing board member engagement to make such a program sustainable over the long term.
 - Provide opportunities for kids and adults to run/train simultaneously in a safe and supervised environment
 - 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
 - Construction of a 400-m grass/cinder/woodchip track, perhaps with a structure providing restrooms, water, shelter, equipment storage; a goal would be to partner with Cornell or a local municipality, with the donation paying for construction and the municipality promising ongoing maintenance; (added as per email from Adam the day prior)
 - Confer larger scholarship awards (e.g., \$2500–5000) to make a real impact on the recipient’s college experience; (added as per email from Steve earlier in the day)
 - Provide grants to underresourced school or organizational running programs for equipment, uniforms, etc.; (added as per email from Steve earlier in the day)
 - Purchase FLRC-branded equipment (tents, banners, finish line signs, etc.)
 - Discussion:

- Without a firm sense of the dollar amount of the donation, it is a challenge to know the scope of its use.
 - It is agreed that the first four bullet points, above, basically amount to the same idea—support of youth running.
 - While admirable, (1) we do this already, (2) setting up a single program would be somewhat narrow in scope, and (3) we do not see passing large funds to the Ithaca Youth Bureau (which does not serve people outside the immediate geographic area) as within FLRC’s best interest.
 - *This suggestion is rejected.*
 - Construction of an outdoor track facility, partnering with another entity for maintenance:
 - This idea was met with enthusiasm when mentioned to the donor, but no other ideas were floated during that recent discussion.
 - The donor was aware of a community track in Eugene, OR (aka Track City), that was enthusiastically embraced by the community.
 - *This suggestion is deemed a somewhat distant second choice, but will be presented to the donor as an option.*
 - Bring in one or a small number of high-profile speakers for one-off events, noting that top speakers charge tens of thousands of dollars.
 - While this might provide FLRC with momentary renown, it would be fleeting and would likely benefit only a small number of individuals.
 - *This suggestion will be presented to the donor, but without huge enthusiasm.*
 - A fund to confer grants for running-related activities gets the most traction among members of the board, with the idea of providing minigrants for the likes of team uniforms, equipment, meet entry fees (e.g., for high school invitational events), and so forth.
 - FLRC could look to Sustainable Tompkins and other local grant-giving organizations for guidance on how to structure a program: proposals, criteria, evaluation, etc.
 - It is suggested that, as a criterion, grant beneficiaries become involved with FLRC, perhaps by volunteering at FLRC races and/or becoming members of the club.
 - Depending on the size of the anonymous donation, it could perhaps serve as a sustainable endowment, with income used for grants; the club could also add to it from race proceeds, much as is currently done for the scholarship fund.
 - *This suggestion is deemed the top choice of the board and will be presented to the donor as such: It is well-defined, practical to implement, sustainable, and would not overly tax board members/volunteers.*
- **Family Running Program**
 - Adam and Jason Tuori will commence Tuesday evening workouts on August 27, with a focus on 5K/10K/XC training.
 - The main workouts will be open to teens and adults of any ability level.
 - Simultaneously will be an adult-led children’s running clinic for kids roughly aged 7–11 years, although older tweens and teens would also be welcome, as would younger kids with adequate focus.
 - The kids’ program will not be drop-off sessions, but rather an opportunity for the children of adults participating in the adult workouts.
- **2020 Board Members** (addition to the agenda)

- Gerrit will again serve on the nominating committee.
 - At least one more person will be needed, as well.
- Nancy (as secretary) will reach out to current board members/positions to the RD and board lists, requesting a response about remaining in the current position, switching to another, and/or acquiring an additional position.
- It is noted that current at-large member of the board, Lesa Carter, is resigning her post.
- **Race Calendar** (addition to the agenda)
 - Adam will reach out to current RDs regarding 2020 race dates.
- **Sign up for the annual picnic**
 - The picnic will take place August 24, 2019, 4:00–7:00 pm, Buttermilk Falls Upper Level Pavilion.
 - Registration: <https://www.webscorer.com/register?raceid=186970>
 - The registration deadline is August 20, 2019.
 - To date, 65 people have registered
 - Attendees are encouraged to bring friends and family.
 - Tonya and Pete will market the event digitally.
 - Steve has agreed to tap the beer; it is agreed to acquire one small keg of Stache Black Lager and one of Sonic! IPA from Liquid State Brewery.
 - AT the picnic, Pete will greet attendees from 4:00–4:45; Tonya from 4:45–5:30, and Sue from 5:30–6:15.
- **Board meeting minutes:**
 - Nancy will be away for work during the September 2019 board meeting; Emily will take minutes.

Current Events Reports & Business (6:38)

- **Financial Report—Mike**
 - Mike presents his report.
 - The finance committee met recently with the investment advisor. A decision was made to move funds into an ESG fund that invests in companies known for environmental and social responsibility and for good governance. This performance of this well-diversified fund is at least as good as the prior fund. Half of the investment will be in stocks; the other half, in bonds.
- **Note from Cayuga Trails Club: Thanks from Gary Mallow:**

Good evening Denice and Sue,

On behalf of our club, I'd like to thank you for your very generous check of \$500, which arrived this week. Since it arrived without warning or accompanied by explanation, we are left to assume that this is a donation to our club on behalf of Finger Lakes Runners, who use the Finger Lakes Trail for training, for fun runs and for competitive running events. It is a very welcome and needed gift, and we thank you for your generosity.

Our 50 trail adopters, led by Trails Chair David Priester, are continually out on the trail with loppers, hand saws, chainsaws and brush cutters, among other tools, to assure our 80 miles of FLT is safe, well maintained and accessible for both hikers and runners.

That's 12 months a year—trail maintenance doesn't stop just because we get a little snow, or the weather is cold, or it's hot, buggy or rainy. We also devote resources towards maintaining and enhancing our relationships with private landowners; along with representatives of public agencies like: State Parks, State DEC, and National Parks; and private agencies like: Cornell Botanic Gardens, the Finger Lakes Land Trust, and the Finger Lakes Trail Conference. All this effort goes towards making our section of the FLT some of the best hiking (and trail running) in New York State.

Your donation is a welcome addition to our budget. It will be used for such resources as: gas, oil, lumber, fasteners, purchase of trail tools, and communication materials for landowners, among other needs.

We very much appreciate the support and recognition your donation represents for the hundreds of hours our volunteers devote to these tasks every year. Thank you!

Gary Mallow
President
Cayuga Trails Club

- **Cross Country:**
 - Notification has gone out to FLRC and High Noon regarding the upcoming Pete Glavin Upstate XC Series.
 - Tonya notes that, since taking over as FLRC captain five years ago, the number of female participants has grown from 5 to over 50—women of all ages and abilities.
 - Her new goal is to foster participation of local top-ranked runners: It's great to have lots of team spirit and camaraderie, but it would also nice do perform more successfully against the competition.
 - In a week or two, Lorrie Tily will be kicking off Wednesday morning (6:00 am) XC workouts at the Cornell Golf Course; all are welcome.

Vice-President's Reports & Business (6:58)

- **Trails**
 - Forest Frolic: race report appended to July 2019 FLRC board minutes.
 - There were some issues regarding course markings: consistency in markings is important to keeping runners going in the correct direction—it is better to guide runners eyes toward the correct route, rather than visually drawing attention to unwanted side trails.
 - Also, it is very important to provide full information in printed/online prerace materials.
 - This year, the two race distances started several minutes apart, but this was not pre-communicated; some 7K runners started with the 15K runners, causing confusion.
 - The start time distinction was made during prerace announcements, but (1) most runners could not hear because the PA system was not used, and (2) people often don't listen to those announcements anyway, but keep chatting among themselves at the start line.
- **Road**
 - WDF
 - Due to projected thunderstorms, the race was postponed to the following week; one runner requested a reimbursement of her entry fee, and a few deferred to 2020. Denice, Sue, and Chris Irving are managing the accounting of such issues.

- **Track**
 - Adam reports that he is purchasing a new track banner as well as a new starting pistol.

Committee Reports & Business (7:00)

- **Membership**—Adam Engst
 - 601 total members with 386 membership units; this represents a year-over-year increase of 50 members and 36 membership units.
 - Adam notes, however, that race attendance has decreased across the board relative to 2018.
- **Programming**—Gary McCheyne
- **Marketing**—Tonya Engst
 - The marketing committee meeting two months ago yielded three outcomes:
 - The creation of a “print-and-post team” for promoting races and events: For each race/event, Tonya or Adam will create a promotional PDF that team members would print out and post in several locations convenient to them.
 - Sarah Drumheller is interested in creating an FLRC promotional T-shirt, which would be emblazoned with “Follow Me to FLRC” on the back.
 - Pete is interested in resurrecting the notion of an FLRC newsletter, to be digital-only, hosted by an appropriate service provider, although Pete added that, due to life circumstances, he likely won’t have the time to devote to such an endeavor in the near term.
 - Nancy notes that she generally invested roughly 20 hours monthly when she was newsletter editor in years past.
- **Equipment**—Gary McCheyne
- **Volunteer**—Mickie Sanders-Jauquet
- **Scholarship**—Jullien Flynn
- **Website**—Adam Engst

Good of the Order (7:05)

Mike moves to adjourn the meeting at 7:05 pm; seconded and unanimously approved.

Future Board Meetings for 2019:

September 11
 October 9
 November 13
 December 11

August Summer Track Meet Report

Race Date:
 2019-08-20
 Next Year’s Date:
 Race Director(s):
 Adam Engst

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

97, 7, 93

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

\$93

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

Tonya Engst Josh Brockner Jullien Flynn D G Rossiter Tom Rishel Bill Watson Christine (Adam Pacheck's girlfriend) Jason Tuori Steve Folsom Carl Franck Tim Ingall Truck Rossiter

RACE EVALUATION

Notable Performances:

FLRC's August track meet—the last one for 2019—was a nice, relaxing time on the Lansing track, with kids as young as 2 and adults in their 70s. The Auburn Pulsars, Lansing Lightning, and SOAR clubs were once again in attendance, with Brett Shelton of SOAR again hosting informal long jump and shot put field events. Full results are now available. <https://fingerlakesrunners.org/race/august-2019-outdoor-track-meet/> We led off with the 100m, with 19-year-old Francis Ongkodjojo taking the win in 11.89 seconds, but 43-year-old Dana Wood of SOAR notching a 12.86 for second. 13-year-old Annoura Stewart won the women's crown in 16.71 seconds, just ahead of 8-year-old Nasia White of the Lansing Lightning. Next, to move our marquee event earlier in the evening, we ran the 1 mile race, with four MITHACAL MILE SERIES age groups being decided in this final installment. Overall, Sam Lagasse maintained his unbeaten streak despite a blistering first three laps from Adam Pacheck. Lagasse's kick once again served him a win in 4:26, with Pacheck coming in second in 4:31. That win also cemented Lagasse's win in the 20-29 age group in the MITHACAL MILE SERIES. Rich Heffron took third in 4:39, locking up the 30-39 age group as well. In earlier heats, 10-year-old Jacob Varga and 13-year-old Keegan Brady of the Auburn Pulsars clinched the 1-10 and 11-15 age groups with an 8:07 and a 5:37, respectively. On the women's side, 18-year-old Catriona Breen ran a strong 5:32 to outpace 17-year-old Catie Eisenhut of the Lansing Lightning in 5:30. In the 400m, Trevor Donovan won handily in 55.76, but 14-year-old Jerry Czyz of the Auburn Pulsars wasn't far behind in 59.09. The diminutive 8-year-old Abigail Wagner of SOAR, who may have the best kick of the meet, pound for pound, took the women's race in 1:22, beating out 13-year-old Abby Silva of the Lansing Lightning. Finally, the 800m wasn't a huge race, but Mike Stewart used it to notch his first-ever overall win in a race with a strong 2:30. Hot on his heels was 13-year-old Keegan Brady of the Auburn Pulsars with a 2:31, and in third place overall and our female winner was 18-year-old Catriona Breen in 2:35. 11-year-old Kyleen Brady of the Auburn Pulsars was the second female in 2:49.

Publicity:

Just the usual publicity to the lists and local coaches

Weather:

Warm but not too warm.

Food:

Snacks and finger food for the volunteers went over well again.

Awards:

No awards

Supplies and Personnel:

Nope, we had everything.

Problems:

Everything went really well this time apart from one or two glitches with the Time Machine and Meet Manager communicating. We entered a few results by hand due to that.

Overall Impressions:

The meet was a bit smaller than the previous two so it went quickly and smoothly and we finished well before dark.

LOOKING BACK AND FORWARD

Comparison with Last Year:

Apart from the meet being smaller due to Ithaca Youth Bureau not bringing a bunch of kids and SOAR having only 4 kids, it went really well. Basically on par, and we did well. The informal field events continue to go well and not interrupt the running at all.

Changes:

Our new starting pistol worked well, the flags for communicating with the starter worked well. We also debuted our new FLRC TRACK banner!

Next Year:

Honestly, we're on a roll right now, so we might tweak things a little here and there, but I don't feel as though there is much need to change.

Forge the Gorgeous Race Report

Race Date:
2019-08-10

Next Year's Date:

Race Director(s):
Jessica Kerns, Joel Cisne

Number of Runners (Preregistered, Day-of-Race, and Total):
82, 20?, 88

Race Income (Preregistered + Day-of-Race = Total):
Not sure

List of Volunteers (Name, email address—one per line):
Eric Sambolec, David Kania, Adam Engst, Aaron Proujansky, Kassi Kerns, Pete Kresock,

RACE EVALUATION

Notable Performances:

3.5M: Michael Dineen, visiting from Ireland--31:34; Lynn Hart of Cazenovia--32:51...Molly Hart, 16, Cazenovia--37:43; Travis Hacker, 15, Moravia--39:39 7M: Rich Heffron, local--49:34; Jen Selig, local--57:54... Rick Mazzeo, 66, Skaneateles--1:11;

Publicity:

Some publicity with co-promotion with Fillmore Days. Attendance decreased due to move to weekend & conflict with Women Swimmin'.

Weather:

Weather was fine; partly cloudy.

Food:

Morning coffee, bagels, donuts, soda, beer. Much soda left over--folks tend to drink diet stuff if they do at all. All other food/drink eaten or taken home by participants.

Awards:

Potted plants for overall, open, and master's winners in each division, pots decorated with the race name and year, purchased from Lowe's.

Supplies and Personnel:

n/a

Problems:

Minor confusion with the ability to drop from the 7M to the 3.5M inevitably causes some issues with the finish results.... however the 3.5M is a really great asset for bringing in new trail runners.

Overall Impressions:

Went well overall. The race itself is fine -- apart from the loss of the gorge trail, which will likely be an ongoing concern -- however combination with Fillmore Days on Saturday made for some confusion with the Park folks + gate entry volunteers + vendor/racer parking. Recommend keeping this the Thursday before, which was discussed with Lorrie, as a lead-in to Fillmore Days. Very few racers stuck around for the events following.

LOOKING BACK AND FORWARD

Comparison with Last Year:

Lower numbers due to event move to Saturday, what with Women Swimmin' and busy summer weekends. A few mentions from racers that they missed the "casual evening run + social hour" aspect of the original Thursday event time.

Changes:

Date move + RD changeover.

Next Year:

Lorrie Tily and Chris Irving have agreed to take over race management next year.