



FINGER LAKES RUNNERS CLUB
BOARD OF DIRECTORS MEETING

January 8, 2020 5:30 pm
170 Roberts Hall, Cornell University

Attendance

- **Present:** Sue Aigen, Mike Allinger, Heather Cobb, Adam Engst, Tonya Engst, Charlie Fay, Jullien Flynn, Nancy Kleinrock, Mickie Saunders-Jauquet, Gary McCheyne, Steve Shaum, Charlie Trautmann, Gerrit Van Loon, Bill Watson
- **Absent:** Peter Dady, Emily Funk, Pete Kresock
- **Club members and guests:** None

Introduction (5:30–5:42)

- Welcome of the board
- Review of meeting materials
- Revisions to the agenda
 - Nancy notes that the April 8 board meeting falls on the first night of Passover, and the Nov 11 board meeting falls on Veterans' Day; also, Nancy will out of town for work for the June 10 and December 9 board meetings, thus necessitating someone else taking minutes. Also, will we want a meeting in Feb or March, depending on date of the annual meeting? (see Reports, Programming, below)
 - Gary will discuss Annual Meeting (see Reports, Programming, below).
 - Sue notes that Alex Kleinerman's grandmother passed away and suggests we send her a card; Sue will send her one on behalf of the club.
 - Adam suggests we design an FLRC card for such purposes.
- Approval of the December 2019 meeting minutes
 - Bill moves to approve the minutes as presented; seconded. In favor, 12; abstain, 2. Approved.
- Acknowledgment of impressive volunteer efforts
 - Adam acknowledges Pete Kresock for updating the Lifetime Membership webpage and creating a website hierarchy; Steve for updating the Volunteer of the Year webpage; Mickie for successfully rerouting the Twilight 5K course because of not being able to use the high school track in 2020; Nancy for uploading a bunch of years' worth of past minutes and other club documents; and best wishes to Jullien for her foot surgery tomorrow.

Reports (5:42–6:30)

Finance (Mike Allinger and Adam Engst)

- Report on club's financial position (Mike)
 - Mike restructured the format of his financial reports to make them more readable during board meetings, including charts, highlights, and so forth.
 - Mike presents annual and year-to-date summaries, including comparisons with prior-year data.

- Mike notes that the 2020 numbers don't yet reflect FL50s or Skunk registration income.
 - Adam notes that the club's primary net income comes from these two races; other races do not generate much net income.
- Change in financial procedures to make our accounting easier, cheaper, and more accurate (Adam):
 - Chris and Mike established a Google Form for submitting receipts; going forward, RDs and others who incur expenses must use this form along with submission of the receipt(s).
 - If *all* form entries for a set of receipts are the same, more than one receipt can be submitted with one instance of the form.
 - That is, all race receipts not sent directly (from a vendor) to the treasurer and bookkeeper must be submitted through the [FLRC Receipt Collector](https://forms.gle/73RugrWuYVFNKumK9) form at <https://forms.gle/73RugrWuYVFNKumK9>
 - Receipts will be reimbursed with a smile within one week after the receipt date, without complaint within two weeks, with a raised eyebrow within three weeks, and with a disapproving glance if it takes four weeks. Receipts submitted after four weeks will be evaluated for reimbursement on a case-by-case basis.
 - Adam will be communicating these changes to RDs via the RD list as well as individually.

Road (Mickie Sanders-Jauquet)

- Winter Chill #1 had 106 runners, and it went well; all but 18 were preregistered club members.
- Mickie requests assistance with making a map for the revised Twilight 5K course; Adam suggests emailing him and Pete with her GPS track for assistance.

Track (Adam Engst)

- Adam also acknowledges the efforts of Cornell's Matt Coats for facilitating the use of the Barton track for this year's indoor meets, with Cornell Athletics serving as sponsor; all is now in place for the four indoor meets (including the masters mile).
- Regular meet registration is proceeding well.
- Hartshorne registration is only so-so because of a new masters category offering top-notch competition at a Boston meet the same weekend as Hartshorne; some of the age 40–49 elites are opting for the other event.
- Adam purchased a photo banner for people to take selfies at Hartshorne and plans to do similarly for FLRC more generally (see Equipment, below, for more details).
- Last night there were roughly 50 participants in the Mithacal Miler track workouts—a huge group!

Trails (Gary McCheyne)

- Nancy brings up qualifications for the Trail Sisters certification; this group has established criteria for gender equality at trail races, most of which FLRC already satisfies (see <https://calendar.trailsisters.net/trail-sisters-approved/> for more info). Were we to flesh out the rest, we could apply for "Trail Sisters Approval" and have our races appear on their calendar. Criteria:
 - equal podium spots (we do this)
 - equal prize money and awards (we do this)
 - women's specific swag and apparel (we mostly do this)
 - menstrual products at aid stations for races half-marathon or longer (we don't yet do this)
 - equal opportunity/space for women on the starting line (we currently don't make a point of overtly welcoming female contenders to toe the line)
- Super Frosty Loomis RDs are working on a logo.
- Gerrit has been exploring the Shindagin Hollow trails, e.g., off of Braley Hill Road, and he recommends them, perhaps for group runs (with the caveat that the network of trails has been developed by mountain bikers and we should respect their space).

Membership (Adam Engst)

- 618 members; 377 membership units.

Programming (Gary McCheyne)

- The 2020 annual meeting will take place during 3–5 pm at Agave on a Sunday of our choosing, with finger food, dessert competition, and cash bar.
- The chosen date: March 8, 2020.

- The board will make a final decision in February about whether or not to hold a distinct board meeting in March, but most likely the annual meeting will serve the purpose of the regularly scheduled March board meeting.

Marketing (Tonya Engst)

- Tonya passes around newly designed, colorful, photo-heavy flyers to post on bulletin boards to promote club events.
 - She requests volunteers with color printers and willingness to post, also requesting that they enter locations where they have posted flyers in a relevant Google Doc.
 - Alternatively, Tonya and Adam will bring a few copies of current flyers to board meetings to distribute to people willing to post.
 - Gary volunteers to print and post; Sue volunteers to post; Steve volunteers to print.
 - Gerrit notes that group run quarter cards are the most popular info sheets in his office.

Equipment (Gary McCheyne)

- Adam notes that he—in collaboration with Rob Kurcoba, Charlie F., and Tom Hartshorne—purchased a dark blue vinyl photo banner with Hartshorne and FLRC from CNY Racing for \$130 for 8x8'.
 - Steve notes that Gnomon might have better prices.
- Adam also purchased a \$100 stand.
- Adam plans to do likewise for a regular FLRC banner for the club's other races.

Volunteer (Mickie Sanders-Jauquet)

- Sue is now the Volunteer coordinator and will be tasked with making arrangements for the Annual Picnic.

Scholarship (Jullien Flynn)

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Website (Adam Engst)

- The website has been redesigned to make it easier to find static pages on the site; instead of the previous hamburger menu icon, there is now a navigation bar, which Pete and Adam can modified as needed—along the top of the page.
 - Right now it doesn't look great when rendered on phones, but this will be fixed shortly.

Old Business (6:30–6:35)

Update on Discourse installation and trial (Adam Engst)

- The site is up and running at <https://forum.fingerlakesrunners.org>.
- Adam has created a few categories.
- Currently, the board can see all committees and groups.
- People not logged in can only see General and Group Runs & Workouts categories.
- Adam is happy to assist anyone having questions/concerns.
- There is a 10-minute delay for any forum post before it appears in people's email streams, but no such delay for online display or for posting from an email client.
- Once everyone on the board has registered, Adam will redirect the board@fingerlakesrunners.org address to the forum.

New Business (6:35–~~6:30~~7:25)

Board motion to update presidential financial signing privileges (Adam Engst)

- See [the linked resolution form](#) from Tompkins Trust Co.
- To satisfy the needs of institutions that the club has accounts with, the following motion and subsequent language ensues to grant the current club president and treasurer appropriate access to club accounts:
 - Sue makes the following motion; seconded; unanimously approved: "I move that the board grant deposit authority and full account access at any financial institution with

which the club has accounts to the following officers of the club: President, Adam Engst. Treasurer, Mike Allinger.”

- Let it be noted that Adam Engst and Mike Allinger each accept deposit authority and fiduciary responsibility for any and all FLRC accounts.

Annual Meeting (Gary McCheyne)

- See Programming Report, above.

Conflict of Interest form signings (Adam Engst)

- Adam provides paper copies of the club’s conflict-of-interest form for all board members present to sign; look online for [details on the policy and form](#).

Adam presents his Vision for FLRC for 2020, with content as incorporated below with the team and committee assignments (Adam Engst)

- He bases his ideas for each team and committee, and the collection of them, on the FLRC mission statement: The Finger Lakes Runners Club, a volunteer-driven, nonprofit organization, conducts and facilitates races and running-related events to promote fitness, health, and community for people of all ages and ability.
- His primary goal for the upcoming year is to, externally, increase engagement with community members and, internally, modernize and systemize documents.
 - Toward this end, Adam has initiated Discourse, payments through Square, Google Drive content, etc.
- It is committees and teams that do much of the work of the club.
 - [Tonya suggests the Nominating Committee could help with suggestions for filling out committee/team rosters.](#)
 - [Potential pools to select from include former board members, RDs, and other particular individuals who have relevant skill sets.](#)

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Team and Committee Assignments (Adam Engst)

- Communications Team (previously, Marketing Committee)
 - Goals:
 - Recommend pre- and postrace communications to RDs, including online, print, and media, along with ideal scheduling
 - Provide design and communications services to RDs
 - Recruit and train a new social media coordinator
 - Brainstorm ways of getting more race photos
 - Create a design brief for print pieces
 - Manage a Print-and-Post team for posterizing
 - Conduct regular advertising of club races, programs, and affiliates
 - Conduct a survey of the running community to gain information to inform future planning
 - Members:
 - Heather Cobb
 - Adam Engst
 - Tonya Engst
 - Bill Watson (small, specific jobs)
 - [Gerrit Van Loon \(as general communicator\)](#)
- Events Team (previously, Programming Committee)
 - Goals:
 - Brainstorm running-related events that support the club’s mission in the community
 - Organize events, working with Communications team to spread the word
 - Organize the annual meeting and picnic
 - Members:
 - Adam Engst
 - Liz Hartman (has yet to be approached)
 - Gary McCheyne
 - Charlie Trautmann
- Web Team

- Goals:
 - Update existing webpages to keep them current
 - Manage the calendar of submitted races
 - Create new race pages each year
 - Set up and maintain Webscorer and RunSignUp pages
 - Evaluate Web design and respond to issues
 - Coordinate with developer on changes
 - Members:
 - Adam Engst
 - Pete Kresock
 - Steve Shaum
- Tech Team
 - Goals:
 - Manage club accounts at Dreamhost and WPENGINE
 - Maintain forwarding of club email addresses
 - Administer all the club's Internet services
 - Be responsible for domain name renewals
 - Maintain security of all club accounts and passwords
 - Members:
 - Adam Engst
 - Dave Kania
 - Megan Powers
 - Bob Talda (has yet to be approached)
 - Melissa Wallace
- Timing Team
 - Goals:
 - Recruit a finish line team for each FLRC-timed race
 - Manage day-of-race registration in Webscorer
 - Manage the actual finish line
 - Provide results to the RD and Web team
 - Be responsible for the timing equipment
 - Members:
 - Adam Engst
 - Dave Kania
 - Melissa Hubisz
 - Megan Powers
 - Mickie Sanders-Jauquet
 - Bob Talda
 - Melissa Wallace
 - Bill Watson
- Finance Committee
 - Goals:
 - Maintains oversight of the club's finances and investments
 - Recommends financial procedures
 - Reports on the club's financial position to the board
 - Includes president, treasurer, bookkeeper, and others particularly interested in financial details
 - Members:
 - Sue Algen
 - Mike Allinger (chair)
 - Adam Engst
 - Charlie Fay
 - Chris Irving
- Governance Committee
 - Goals:
 - Create a manual of club policies and procedures

- Create a board calendar with recurring tasks
 - Review bylaws
 - Members:
 - Adam Engst
 - Charlie Fay
 - Nancy Kleinrock (bylaws)
 - Gary McCheyne
 - Gerrit Van Loon (if needed/wanted)
 - Bill Watson
- Nominating Committee
 - Goals:
 - Brainstorm and recruit new board members and RDs
 - Consider optimal size of the board
 - Nancy considers this should be a Governance Committee task
 - Members:
 - Adam Engst
 - Nancy Kleinrock
 - Gerrit Van Loon
- Philanthropy Committee (subsumes previous Scholarship Committee)
 - Goals:
 - Manage current scholarship program
 - Design a grant program for the club's endowment (which is expected to generate \$2K/month ongoingly)
 - Sue recommends partnering with Sustainable Tompkins and enlist Jeff Furman on this committee
 - Make grant recommendations to the board
 - A consideration: Should this committee be evaluating all donations?
 - Members:
 - Sue Aigen (grants)
 - Heather Cobb
 - Adam Engst (setup and advisory role)
 - Tonya Engst (communications and awards)
 - Jullien Flynn (scholarship subcommittee?)
 - Karen Ingall (scholarship subcommittee?)
 - Chris Irving
 - Alex Kleinerman (expressed interest in the past)
 - Mickie Sanders-Jauquet
 - Lorrie Tily (scholarship subcommittee?)
 - Steve Vanek (expressed interest in the past)
 - Gerrit Van Loon (setting parameters)
 - Linnie Wieselquist (scholarship subcommittee?)

Discourse demo and training as time and interest permit (Adam Engst)—no time/interest.

Gary moves to adjourn: seconded: approved 7:25 pm.

Planned 2020 Board Meeting Dates

- Feb 12, 2020
- Mar 11, 2020
- Apr 8, 2020 (note, this is the first night of Passover)
- May 13, 2020
- Jun 10, 2020 (note, Nancy (secretary) will be away for work)
- Jul 8, 2020
- Aug 12, 2020

- Sept 9, 2020
- Oct 14, 2020
- Nov 11, 2020 (note, this is Veterans' Day)
- Dec 9, 2020 (note, Nancy (secretary) will be away for work)

Race Reports

Hartshorne Masters Mile

Race Date:
2020-01-25

Next Year's Date:

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

Number of Runners (Preregistered, Day-of-Race, and Total):
87, 0, 76

Race Income (Preregistered + Day-of-Race = Total):
\$300 (very rough)

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

John Whitman jbw2@cornell.edu James Miner shiggyrunner@gmail.com Bruce Roebal bar2@cornell.edu
Kathleen Gibson kaiping0809@gmail.com Bert Bland bertbland@gmail.com Sean Nicholson
sean.nicholson@cornell.edu D G Rossiter drossite@twcny.rr.com Bill Watson fwwatson1@gmail.com
Rick Cleary rcleary@babson.edu Megan Powers meganthom@gmail.com Aaron Proujansky
aaron.proujansky@gmail.com Mickie Sanders-Jacquet mickiejauquet@gmail.com Joel Cisne
cisne@cornell.edu Joe Simpson jsimpson@hselaw.com Steve Gallow steve.gallow@gmail.com Charlie
Fay crf1@cornell.edu Tom Hartshorne thartshorne@twcny.rr.com Adam Engst ace@tidbits.com

RACE EVALUATION

Notable Performances:

The races themselves were once again huge fun to watch, and I tremendously enjoyed being able to cheer for the runners—at least when I wasn't off being interviewed for the Spectrum TV News. The FLRC site now has sortable results, and Leone Timing (who do an amazing job) has full results with lap splits. Combined Women & Men: Our leadoff race showcased our oldest runners, 95-year-old Dixon Hemphill and 85-year-old Edna Hyer (running her 23rd Hartshorne!), along with 75-year-old Joe Reynolds, 73-year-old Harland Bigelow, and 73-year-old Sandy Balling. But it also served as a local return to racing for 52-year-old Oliver Habicht, who has spent the last 18 months fighting pancreatic cancer through chemotherapy, radiation, and major surgery. In the end, Habicht trailed Reynolds for seven laps before opening up a 22-second lead for the win. With luck, next year he'll be closer to his 6:09 from 2017. Women Section 1: In this tight race, Kim Jackson led for the first few laps, Colleen Magnussen took over briefly in the middle of the race, and then Jackson retook the lead and kicked it in for the win in 6:52 to Magnussen's 6:56. Tonya Engst held on for a solid third in 7:01. Men Section 3: After Jack Salisbury led for the first three laps, 63-year-old Gary Radford ran away from the field to win in 5:57, beating Don Hughes in 6:11 and Salisbury in 6:21. Radford's performance may have been impressive, but nothing in comparison to his 6000-mile solo bike ride from Key West to Prudhoe Bay in the Arctic Circle between June 1st and August 5th, 2019. Men Section 2: This race saw the most impressive kick of the day, with Tristan Lambert sitting in third as Peter Frazier led for seven laps. Then Lambert went from 42- and 43-second laps to a final 31.94, the fastest lap of the day for any runner, and won the race in 5:29, 7 seconds ahead of Frazier, who just managed to hold off Robert Mozo at the tape. Men Section 1: Steve Folsom led a tight pack through 5 laps before Mike Bronson took over for a commanding victory in 5:12, with

Brian Lee throwing down a 35-second final lap to nip Folsom at the tape by a second, 5:15 to 5:16. Close behind in fourth was Ryan Niclasen in 5:21, and Walter Silbert outleaned Scott Armstrong by .06 seconds for fifth in 5:23. Women Elite 2: In this race, early favorite Kristin White hung on rabbit Jenny Berkowitz through 800m before surrendering the lead to Lynn Gottfried. Gottfried cruised in comfortably for the win in 5:59, followed by Julie Barclay in 6:12. Mary Swan kicked hard in the last straightaway to outpace Brenda Osovski by a quarter of a second in 6:13. White finished fifth in 6:27, followed by Betsy Stewart in 6:31, Sandy Gregorich in 6:31, and 68-year-old Coreen Steinbach in 6:53. Men Elite 2: 62-year-old David Westenberg tucked in behind rabbit Mik Kern to lead this race through seven laps but couldn't hold off 54-year-old Dale Flanders and 53-year-old John McMahon in the end, finishing third in 5:15 to Flanders's well-kicked 5:13 and McMahon's 5:14. Just barely back in fourth was 60-year-old Casey Carlstrom in 5:16. Francis Burdett completed the field in 5:30. Women Elite 1: After rabbit Bella Burda led a tight four-woman pack through 800m with former All-American Alisa Harvey in the lead, Dianne DeOliviera took over, followed by former Olympian Michelle Rohl. DeOliviera extended her lead through the rest of the race, winning in 5:30, ahead of Rohl's 5:34 and Harvey's 5:38, with Amy Fakterowitz in fourth in 5:44, Lorraine Jasper fifth in 5:46, and Joan Totaro sixth in 5:56. 61-year-old Lynn Cooke took seventh in 5:57, but that was good for an astonishing 97.15% age-grading, the best by far for the day from any runner. Filling out the field were Wakenda Tyler in eighth in 6:07 and 60-year-old-Julie Hayden in ninth in 6:16. Men Elite 1: In our final race of the day, the win was never in question, with 2017 winner Peter Brady shadowing rabbit Adam Pacheck through 1200m before running it in for a commanding victory in 4:36. 2018's second-place finisher, Dave Welsh, was recovering from the flu but still managed a 4:45 for second place, followed by 55-year-old Kenneth Barbee in 4:51 (his 91.06% age-grading was tops for the men). Then it got tight, with Jordan Varano pulling out an impressive kick and a lean at the line to nip Ryan Mitchell by .04 seconds in 4:52. Next in was Jay Hubisz in 4:54, followed by fellow High Nooner Brian Lazzaro in 4:55, and GVH's Mike Nier in 4:56. Rounding out the field, Tim Van Orden came through in 5:01, Scott Grandfield in 5:05, and Joe Mora in 5:11.

Publicity:

We received a free ad in National Master News, I posted in the Masters Milers and Masters Track & Field Facebook groups, we did direct email to all previous Hartshorne runners, and we emailed the FLRC and High Noon lists. There was quite a lot of personal contact with other clubs and individual runners.

Weather:

It wasn't great, but it didn't keep too many people away.

Food:

The banquet food was less than impressive in my mind. We'll see what comes back on the survey.

Awards:

We do cash awards five deep (\$450, \$300, \$150, \$100, \$50) based on age-graded percentages. Plus, there are medals for the top three finishers in the elite 40s and 50s races for both men and women. And in the community races, we give out chocolate medals to the 5-year age group winners. And then there are the Diane Sherrer and Charlie McMullen awards (books this year) for the top 50+ female and male runners. And since this race was the New York State 1 Mile Championship race, we had even more medals for the 40-49, 50-59, and 60+ winners.

Supplies and Personnel:

Nope, we had everything.

Problems:

Everything went well, apart from having to reopen registration four times. People wait until the last minute now. And beyond!

Overall Impressions:

After last year's snowpocalypse, we were worried that the weather might once again hurt attendance at the Hartshorne Memorial Masters Mile, and indeed, a few runners reported slow driving conditions through snow and slush on their way in. But despite it lthacating outside all day, forcing everyone to warm up

indoors, Barton Hall was warm and dry and light, and the race went off without a hitch. That's due in large part to the machine that Charlie Fay and Tom Hartshorne have built, and that I've maintained and enhanced as race director. Jim Miner and Bill Watson showed up early to help Charlie and me set up, and Jim and John Whitman continued on to manage the registration table, at least until Jim needed to run his race (with spikes, not barefoot!). After being snowbound last year, Joe Simpson returned as clerk of course, and Dan Hurley once again started all the races flawlessly. Megan Powers put in time ahead of the race—coupled with fancy Excel work during—to produce a saddle-stitched results booklet that proved wildly popular with the runners and for which I'm still getting requests. Joel Cisne helped runners take photos in front of our snazzy new photo backdrop, Bruce Roebal ran the lap counter, Truck Rossiter called splits, and Mickie Sanders-Jauquet and Kathleen Gibson held the finish tape for the elite sections. Bert Bland, Sean Nicholson, Aaron Proujansky, Rick Cleary, and Bill Watson helped Tom keep the track clear of wayward collegiate runners. And of course, Steve Gallow took great pictures and Jorge Cuevas produced fabulous videos of each race.

LOOKING BACK AND FORWARD

Comparison with Last Year:

It was a bit larger than last year and less stressful due to better weather. But otherwise quite similar.

Changes:

We added a photo backdrop that was a modest success, and the retro sweatshirts and fancier results booklet were huge hits.

Next Year:

We'll make seeding transparent next year, and keep registration open longer.

January 2020 Winter Track Meet

Race Date:

2020-01-12

Next Year's Date:

Race Director(s):

Adam Engst

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

160 pre-reg, 11 day-of, 156 total

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

\$330 (plus \$70 in new and renewed memberships)

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

Jesse Koennecke Ved Gund David Kania Tom Rishel Aaron Proujansky Bill Watson Tonya Engst Adam Pacheck Carl Franck Jullien Flynn Adam Engst

RACE EVALUATION

Notable Performances:

Despite unseasonably warm weather in the 60s, FLRC opened the 2020 track season with a fun, relaxing meet in Cornell's Barton Hall. Along with some fast times and exciting races, we had numerous heats of kids, with Jude Heffron taking the prize for youngest runner at 23 months old. Full results are now available, and we've also published an album of photos. Jude's father Rich Heffron showed off for his son by outrunning James Felice in the 3000m to win in 9:17 over Felice's 9:20. On the women's side, Jenny Berkowitz ran a controlled race to win in 10:47, with Liz Hartman in second in 12:11. Moving on to the

60m, we had 10 heats, culminating with 17-year-old Silas Wagaman's 7.14 that just edged out 18-year-old Lance Jensen from the Candor CSD Club Runners by 0.02 seconds. Two other Candor high school runners were fourth and fifth, but third place was claimed by 38-year-old David Birk. In our marquee event of the mile, 76 runners toed the line across six heats, but in the end, it was a repeat of the 3000m, with Rich Heffron running a 4:39 to outpace James Felice's 4:42. The women's race was won by 54-year-old former Olympian Michelle Rohl in 5:38 — look for her to place well at the Hartshorne Memorial Masters Mile in a few weeks. Despite her win, Rohl wasn't far ahead of 14-year-old Alia Spaker, whose 5:43 placed her second. Candor's Lance Jensen turned the tables on Silas Wagaman in the 200m, clocking at 23.59 to Wagaman's 24.71. David Birk might have been more than twice their age, but he still turned in an impressive 25.97 to take third. And in the High Noon grudge match, Brian Lazzaro outleaned Josh Brockner by 0.02 seconds, 28.00 to 28.02. The top woman was 13-year-old Makenna Keough of the SOAR Running Club, who ran a 31.66 to beat the 33.32 laid down by Olivia Herrick of the Elmira Express. The 4x200m relay provided lots of excitement and when the dust settled, Lance Jensen had anchored the Candor team to the win in 1:51, but barely edging out a hard-charging Auburn Pulsars team that finished in 1:53 and the University of Buffalo XC and Track Club in 1:54. As always, the meet couldn't have happened without FLRC's highly capable and amiable volunteer team. Ved Gund returned to Ithaca from a several-year stint in Oregon to serve as head timer, with Tom Rishel swapping between a whistle (for little kids) and starting pistol to get each race off the line. Jullien Flynn hobbled in from foot surgery three days ago to manage the seeding and results. Tonya Engst and Jesse Koennecke handled registration and bib pickup with aplomb, after which Jesse assisted Bill Watson in calling and lining up heats. Adam Pacheck drove in from Philadelphia from an abortive flight to record finisher bibs and manage the finish line. Aaron Proujansky did backup timing and lap counting. Dave Kania filled in for Jullien at times on the computer, helped with setup, timed sprints, and assisted wherever he could be helpful. Carl Franck also provided essential setup and timing help, and lots of people helped break down the meet.

Publicity:

Usual publicity to the FLRC and High Noon lists, plus direct email to numerous local coaches.

Weather:

The weather was unseasonably sunny and warm, but it didn't seem to hurt attendance.

Food:

For volunteers, I got 6 bananas, 4 apples, 6 bagels & cream cheese, and 18 fig bars. It was almost exactly the right amount.

Awards:

No awards

Supplies and Personnel:

Nope, we had everything we wanted.

Problems:

We had one heat of the mile where the runners failed to follow instructions to finish between the cones, so it took a little while to untangle those results, and there might have been some errors. We doubled-down on warning runners to finish properly and stick around until we had their numbers recorded. We also tried videoing the finish, but even that was hard.

Overall Impressions:

Overall, everything went extremely smoothly, thanks to lots of pre-meet prep and experienced volunteers. We had a new large team from an Elmira middle school, and received numerous compliments and thank yous from coaches and parents.

LOOKING BACK AND FORWARD

Comparison with Last Year:

The race was quite a bit smaller than last year, and my best guess for why that it is has to do with the high school indoor track schedule. Corning didn't come because they had meets on both sides of this one, for instance, and the high schoolers who were present were from schools without teams. But it was nice and relaxed and everyone had a good time without the meet going on all day. We drove out of Cornell at 1 PM.

Changes:

Not much. We have a pretty good system. We had a Stripe reader for taking credit cards, but only one team took advantage of it, and no individuals.

Next Year:

Sell clothing! We think clothing sales could do pretty well.

Winter Chill 5K Series

Race Date:

2020-01-05

Next Year's Date:

Race Director(s):

Sarah Drumheller

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

There were about 150 by the end that were preregistered. I had from 2 to 25 day of per week. Actual participants were; 105, 104, 83, 95.

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

This is a membership drive and does not generate it's own revenue.

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

Aissa McCain find1ed@hotmail.com Jon Shaff Sayre Wilson Mickie & Alley Adam and Timers Bob Talda, first week only

RACE EVALUATION

Notable Performances:

Top 3 overall finishers; Brennan Brockway, Stephan Sauer, Caitlin Loehr. Slowest overall, Diane Lebo Wallace (proze for slowest was given to Heather Cobb as Diane was not at the after party, Heather was also the sweep)

Publicity:

Posted to Facebook and sent out email to the 'list'/ made flyers and used Tonya's print and post list.

Weather:

It was cold. It was cloudy, It's January man. The first week it snowed.

Food:

Scones, 3 small boxes or 1 big and 1 small. Cookies, chocolate chip was good. The ginger snaps were not as popular. Hot cocoa for 3 and cold cider for 1. Both were popular. 2 gallons of cocoa. 3 gallons of water in an igloo.

Awards:

I awarded 4 shirts to 4 overall participants. First finisher, last finisher, and 2 random drawings. I drew numbers until I got the name of someone that was actually there. Gotta be there to collect.

Supplies and Personnel:

A big piece of chalk to draw the start/finish line

Problems:

Everything was fine. It can be difficult to get people to do timing, especially if there is a conflict with a track meet and the day after Hartshorn.

Overall Impressions:

Fine

LOOKING BACK AND FORWARD

Comparison with Last Year:

Participation was about the same. I still had 30 pre-registered bibs that were never collected. Costume ideas were a bust, people did not participate.

Changes:

I had shirts made. I ordered 150. I think I could have gotten less. I did use them as prizes and give them to volunteers. I also elected to change the course so that it continues straight out on the inlet path as opposed to turning toward the children's garden.

Next Year:

don't bother with costumes. try to have better food at the party at the end.