



FINGER LAKES RUNNERS CLUB
BOARD OF DIRECTORS MEETING

July 28, 2020 at 5:00 PM
Virtual meeting held via Zoom

Attendance

- **Present:** Sue Aigen, Heather Cobb, Adam Engst, Tonya Engst, Jullien Flynn, Nancy Kleinrock, Pete Kresock, Gary McCheyne, Mickie Sanders-Jauquet, Steve Shaum, Charlie Trautmann, Bill Watson
- **Absent:** Mike Allinger, Pete Dady, Charlie Fay, Gerrit Van Loon
- **Club members and guests:**

Introduction (5:00–5:34)

- Welcome of the board
- Discussion of proposal of holding bodyweight training classes, as pasted below
 - Gary summarizes: Since gyms are closed and many runners believe in cross-training, the proposal is to run a pilot of four weeks of twice-per-week in-person outdoor training sessions, limited to 9–15 participants per class.
 - Q&A:
 - Pete asks whether only club members or any member of the running community may partake; answer: any member.
 - Steve asks whether FLRC members might receive a discount to promote membership? Answer: Infinity Athletics, which is putting on the classes, is lowering price per class from their usual rate, leading to no room for lower sign-up rates for participants.
 - Mickie notes that Island will be putting on outdoor classes for \$10 for members and \$15 for nonmembers, so \$12 per class is in line with Island's rate.
 - Jullien asks why Infinity has been chosen; answer: Gary has a personal relationship with the principals, who are interested in moving forward.
 - Gary adds that there will be two trainers present at each session; the trainers will decide—based on group size on the night-of—whether to function as one large group or to split into two subgroups.
 - Much of the detail of the proposal pertains to public health considerations.
 - Dates/times/locations are still to be determined; the goal is to commence the pilot the first full week of August (i.e., next week), with the proviso that enough participants need to sign up.
- Gary moves to accept the proposal as presented; seconded; approved unanimously.
- Gary will contact Infinity's Brian forthwith.
- Sue moves to adjourn; seconded; unanimously approved at 5:20 pm.

Bodyweight Training Group Proposal (as of Jul 28, 5 pm)

Bodyweight Training Group Proposal

Authors: Gary McCheyne, Adam Engst, Charlie Trautmann — FLRC Events Team
July 24, 2020

We propose that FLRC run a 4-week (two sessions per week) pilot project to see if outdoor group bodyweight training sessions would be of interest to the local running community. For those unfamiliar with the term, “bodyweight training” uses only the weight of your body as resistance—no equipment or machines necessary—and includes dozens of exercises to improve a runner’s strength, flexibility, agility, balance, endurance, and more.

If the proposed pilot succeeds and is popular, we could discuss making the sessions a regular club offering, at least until gyms and fitness studios are able to open (and people are comfortable going to them). We consider success to be a full or near-full maximum class size of 15, coupled with positive reviews on a post-event survey.

Instructors

The sessions would be led by one or two certified instructors with whom the club would contract to design and run the sessions. An FLRC rep—Gary McCheyne for the pilot project—would be present for every session.

Gary is working with Brian Oberther of [Infinity Athletics](#) on initial implementation details, including group size, cost, session time, and more. If there’s sufficient demand, other local athletic instructors like Shane Eversfield might also be interested in participating. We would require the instructor to have insurance and to sign a simple letter agreement outlining the relationship (see below).

Brian Oberther is the co-owner of Infinity Athletics and is a Certified Physical Preparation Specialist and certified in Functional Range Conditioning. Infinity Athletics co-owner Joey Durgin is a Certified Strength and Conditioning Specialist, a Certified Physical Preparation Specialist, and a CrossFit Level 1 coach.

Group Size and Makeup

Sessions will be open to anyone in the local running community.

Group size will be capped at 15 to ensure physical distancing while being close enough for communication with the instructor.

If fewer than 9 people sign up, we feel it’s not worth holding the sessions, and we’d refund everyone’s money.

If there is more interest than space, we’ll maintain a waitlist in Webscorer. With sufficient interest, we could schedule additional sessions.

Registration

Registration would be online via Webscorer, and we propose charging a \$12 fee to cover most of the \$150/session cost of hiring the instructor, with the goal of breaking even or better. Participants would pay \$96 for all sessions in advance and would not receive refunds for missed sessions.

At full 15-person participation, we’d make roughly \$180 (when taking Webscorer and Stripe transaction fees into account).

At our minimum of 9-person participation, the club would have to pay \$370 to make up the difference between registration revenues and the \$1200 total instructor fee.

Webscorer also provides the benefit of requiring everyone to agree to a waiver and give express assent to questions about health status, travel, and so on.

Scheduling

We’re planning a twice-weekly schedule, such as Tuesdays and Thursdays, but the specific days would have to be negotiated with the instructor. Similarly, the best time of day is early evening—5:00 to 6:00 PM—pending approval with the instructor. If there’s interest after the pilot program, we could add an early morning session as well. Sessions would last 60 minutes.

In the event of rain or other inclement weather, the affected session would be rescheduled through email communication with the participants.

Location

With a relatively small group, there should be no difficulty finding an open space to have the sessions.

Cass Park, Stewart Park, the Cornell Arboretum, the Ellis Hollow Community Center, and so on are all possibilities. We’ll work with the instructor on a mutually amenable space. We understand that there may be a need to coordinate with other groups using the same spaces for their own outdoor activities.

For ease of management, it would be nice to not have to get a permit or for attendees to have to pay for parking. We also want to make sure the sessions aren’t in an area with a lot of random foot traffic.

Typical Workout Session

The training will include strength and conditioning exercises that support aerobic capacity and strength, specific to runners.

Sessions begin with active mobility exercises to help increase joint range of motion. Then the workouts move into dynamic exercises to increase heart rate and stimulate the central nervous system.

Part two of the workouts always include some strength and bodyweight circuits that utilize slow eccentric and isometrics to get the most out of bodyweight training.

Typically, the finish will include conditioning and core.

Promotion

Proposed promotional efforts to be performed by the Communication Team include:

- Posting on the Announcements forum of the FLRC forum (Adam Engst)
- Posting on Facebook, Twitter, and Instagram (Pete Kresock)
- If necessary, email to the club membership in RunSignUp (Adam Engst)
- Repetition of promotional efforts as necessary until we hit good numbers

Safety Requirements

For these sessions to be safe for participants and instructors, we propose the following requirements:

- Online signup is required to control group size and ensure data gathering in the event that contact tracing is necessary. Drop-ins are expressly not allowed.
- The waiver associated with the online signup will include the following text in addition to our usual waiver text:

In addition to the foregoing, I agree to abide by all of FLRC's instructions aimed at preventing the spread of COVID-19 at FLRC events. I understand that, even with these instructions in place, there remains a risk that I could contract COVID-19 at an FLRC event. I further understand that contracting COVID-19 may lead to serious illness or death. I voluntarily assume these risks, and I hereby release and discharge FLRC from any claim, cause of action, or demand relating to any injury or loss connected to COVID-19 or any other illness that I may contract at an FLRC event.

- During signup, participants must agree to the following statements:
 - I do not currently feel ill, and I will not attend any session if I do.
 - I am not currently running an above-normal temperature, and I will check my temperature and not attend any sessions if my temperature is above normal.
 - In the 14 days before any session, I have not traveled outside New York State.
 - In the 14 days before any session, to the best of my knowledge, I have not been exposed to a person who has tested positive for COVID-19.
 - In the 14 days before any session, I have not tested positive for COVID-19.
- Everyone involved in the sessions, participant and instructor alike, must maintain *at least* 10–12 feet of distance from all other people at all times (that's the distance mandated for the instructors). More distance is better, within the bounds of being able to hear the instructor. There is to be no physical contact of any kind.
- Everyone must have a mask with them at all times and must put it on if proximity to another person drops below 10–12 feet for any reason. Masks do not need to be worn during exercise, but it's entirely acceptable to wear one if it doesn't impair breathing.
- Participants will be encouraged to bring their own hand sanitizer and use it before and after sessions.
- The FLRC rep will take attendance in case tracing is required.
- The FLRC rep must verbally review the requirements before each session, using this script. If anyone cannot agree to any of these statements, the person must go home and the FLRC rep will record their name.

Good day, everyone! Before we get started, please raise your hand to confirm that you have signed up for this session online, that you will maintain at least 10–12 feet of distance from everyone else for the duration of the session, that you have a mask with you and will put it on if someone comes within 10–12 feet of you, that you do not feel ill, that you do not have an abnormally high temperature, and that, in the past 14 days, you have not traveled outside New

York State, been exposed to anyone who has tested positive for COVID-19, or you yourself tested positive for COVID-19. If you cannot agree to any of these statements, please go home.

Draft Letter Agreement

The purpose of this letter is to acknowledge that FLRC is contracting with Infinity Athletics to conduct eight sessions of a one-hour bodyweight training class aimed at strength, conditioning, and injury prevention for runners.

Sessions will take place twice per week over a four-week period. FLRC will pay Infinity Athletics \$150 per session for a total of \$1200 upon receipt of an invoice from Infinity Athletics.

Infinity Athletics agrees to abide by FLRC's COVID-19 safety requirements for instructors and participants and confirms that it maintains liability insurance in the event of participant injury.

FLRC's Signature _____

Print Name:

Date:

Infinity Athletics' Signature _____

Print Name:

Date: