



**FINGER LAKES RUNNERS CLUB**  
**BOARD OF DIRECTORS MEETING**

September 9, 2020 at 5:33 PM  
Virtual meeting held via Zoom

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**Attendance**

- **Present:** Sue Aigen, Mike Allinger, Heather Cobb, Adam Engst, Tonya Engst, Jullien Flynn, Nancy Kleinrock, Pete Kresock, Gary McCheyne, Mickie Sanders-Jauquet, Steve Shaum, Charlie Trautmann, Gerrit Van Loon, Bill Watson
  - **Absent:** Pete Dady, Charlie Fay
  - **Club members and guests:**
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**Introduction (5:33–5:35)**

- Welcome of the board
  - Revisions to the agenda
  - Acceptance of the [August meeting minutes](#)
    - The board accepts the minutes as presented.
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**Reports & Discussion (5:35–6:45)**

***Finance (Mike Allinger and Sue Aigen)—15 minutes***

- Report on the club's financial position as of September 2020 (Mike)
  - Note that most of the race registration revenue was for Ian's fundraiser and later-refunded entries for the FL50s and Skunk Cabbage.
  - Note that net revenue YTD is \$6203, much of which is income from memberships.
  - The club's financial position remains steady.
- With respect to Wilderness Search & Rescue, the Finance Committee's recommendation is that we continue with the traditional approach of giving them \$300 per race worked as a no-discussion-needed donation that's essentially a fee for services. Should WSAR wish to request additional money, as they have done in the past when fundraising for new equipment, they can work through the Philanthropy Committee's grant process. (Sue)
  - This amounts to \$300 for calendar year 2020.
  - Note that the Philanthropy Committee has not yet created a webpage with information on how to apply for grants; this will be done once the Finance Committee sees fit to make funds available for donations.

***Nominating (Nancy Kleinrock)—15 minutes***

- Report on board and race director retention
  - Nancy set up a pair of Google Docs, one for the board and one for race directors, to indicate their intentions for 2021.
  - Board:
    - Mike and Sue have yet to indicate their intentions.
      - Sue is ready to step away from the board; she will remain on the Finance Committee regardless.
      - Mike will remain on the board as treasurer.
    - Almost all others will remain in their current positions, although Pete D. is equivocating and Jullien will only be here until summer 2021.
      - Gerrit or Nancy will discuss Pete D.'s intentions with him personally.
  - Important nonboard roles:
    - Membership: Shelly Marino will continue as membership coordinator from Israel.
    - Equipment: Gary will continue as equipment manager.
    - Social media: Pete K. would like to step away from this responsibility.

- Adam notes that Nick Ruiz might be interested; Adam will follow up with Nick.
    - Pete K. will be happy to assist, but he does not want to take the lead anymore.
  - Race directors:
    - Gary (and Joel for Thom B) has yet to indicate his intentions regarding Thom B and Ithaca 5&10.
      - Gary will continue as RD for Thom B and Ithaca 5&10; in post-meeting follow-up, Gary reports that Joel will also continue as co-RD for Thom B.
    - Sue (and Denice) has yet to indicate her intentions for the Women's Distance Festival.
      - Neither Sue nor Denice wish to continue with WDF.
      - Lorrie Tily would be happy to take this race on, but with the provision of moving it back to Dryden Lake.
      - Sue notes that participant numbers were dwindling significantly when the race was held in Dryden, with an ongoing uptick in participation once the race moved back to Ithaca; she recommends keeping WDF in Ithaca.
      - Gary, as a VP, will discuss this matter with Lorrie.
    - Pete K. has yet to indicate his intentions for Danby.
      - Pete will continue to direct this race.
    - Other important holes: Alex is stepping away from Skunk Cabbage, although remaining as director of Finger Lakes 50s.
      - Gary will also discuss with Lorrie whether she would be willing to return to the directorship of Skunk Cabbage.
    - All other races have at least one person specifying an intention to remain as director.
- Discussion surrounding board size and new members
  - The feeling of the board is that there is no need to bring on new members at this time, despite the loss of a couple of current members.
- Next steps regarding new race directors
  - Gary notes that, given the imposed pause on races this year, it might be worthwhile to rethink the club's entire race calendar—which races to retain and which might go by the wayside.
  - It is suggested to hold an interim board meeting to discuss the future race calendar. Adam will schedule such a meeting, inviting board members and current RDs to join in the discussion.

#### ***Events (Gary McCheyne and Adam Engst)—15 minutes***

- Report on the FLRC Bodyweight for Runners class (Gary)
  - 13 participants, including three late registrants who got partial refunds
  - Survey responses (12) were positive
    - Seven people rated it a 5, four rated it 4, and one rated it 3
    - Our safety precautions garnered a perfect 5 rating
    - Eight people would likely continue taking it
    - Estimated revenue is \$1,078.86, and cost was \$1200, resulting in a \$121.14 expense
  - Next steps?
    - Infinity Athletics may create and manage a class for runners on their own, letting FLRC stop being a middleman.
    - Adam has created a survey to put out to the forum to assess continued interest, timing, and so forth, of Bodyweight for Runners classes.
    - Discussion
      - Nancy voices the opinion to let Infinity Athletics to continue offering classes on their own, with FLRC continuing to provide them with forum- and social media-based advertising; Bill and Sue concur.
      - No one voices a desire for the club to remain as a middleman.

- Jason Tuori will give a live/recorded Zoom-based talk on the relative risk factors in running injuries. The talk will be held Thursday, September 17, at 6:30 pm. PR is starting soon. (Adam)

#### **Strategic Planning Task Force (Adam Engst)—20 minutes**

- Four initiatives emerged from the task force discussion:
  - Restarting MITHACAL MILERS cross-country workouts and maybe Saturday group runs, using the safety precautions developed for the bodyweight class (Adam and Heather)
    - Adam is happy to serve as coach for XC workouts.
    - In the past, these were held in the Cornell Arboretum; Adam is considering using the Dryden Rail Trail near Monkey Run, on the east side of Mt Pleasant and Freese roads, also utilizing the nearby farm roads and fields.
    - Bill is excited about such classes.
    - Jullien notes Cornell's restrictions on student gatherings to 10 while in stage yellow (30 would be permitted if the university returns to green).
    - Continued discussion involves making the workouts “as safe as you would do on your own” and that Cornell's instructions are not always well specified.
    - Adam moves that FLRC restart the Tuesday nights MITHACAL MILERS cross country workouts, to be conducted outdoors, applying the precautions as established in the Bodyweight for Runners class, with preregistration required; seconded. Approved with one abstention.
  - Simon Says/Scavenger Hunt (Pete and Heather)
    - Heather and Pete K. each participated in a (different) scavenger hunt event.
      - Heather's involved a weekly challenge, which was scored with mileage covered as a component.
      - Pete's was called [RunChatHunt](#), which involved finding preset items that you might find on a run, with participants posting photos on Twitter of items found. (Heather prefers the format of what Pete participated in.)
      - Heather notes that her mom might create decals as prizes.
    - Heather moves that Pete and Heather will create a proposal for an FLRC-sponsored scavenger hunt-like activity. Seconded. Unanimously approved.
  - FLRC Course Collection Challenge virtual race series for 2021 (Adam)
    - Adam suggested assembling a collection of the FLRC race courses using Webscorer-based, premapped routes as the basis of the event; he will continue to flesh this out.
  - FLRC Film Festival (Charlie)
    - Charlie suggested putting on some sort of running-related film festival, but details have yet to be considered; more discussion will likely take place going forward.

#### **Diversity (Jullien Flynn)—5 minutes**

- Working on diversity statement and first-timer's FAQs
  - The diversity statement and comments from the meeting are all included [here](#).
  - An important facet is the first-timer's FAQs to make attending FLRC events more welcoming to newcomers of all types.

#### **Governance (Charlie Trautmann)—5 minutes**

- Upcoming work on whistleblower and record retention/destruction policies.
  - These might be “boring stuff,” but they are legally important (although the whistleblower policy would primarily apply to employees, and the club has none).

#### **Web/Tech Team (Adam Engst)—3 minutes**

- Google Drive/Docs training session happened
  - [Read the notes in Google Docs](#)
  - Watch it on YouTube (URL in the notes linked above)
- Discourse community engagement report
  - Currently has 719 users (up 7), 172 posts in the past 30 days (down 80), and 8000 pageviews (down 1900)

#### **Membership (Adam Engst)—2 minutes**

- [Members](#): 599 members, down from 607 at this time last year
- Memberships: 368 memberships, down from 391 last year

- [Breakdown](#): 267 individual, 328 family members

***Philanthropy (Mickie Sanders-Jauquet)***

- Skip unless a report is submitted or time is requested.

***Road, Trails, Track (Mickie Sanders-Jauquet, Gary McCheyne, Adam Engst)***

- Skip unless a report is submitted or time is requested.

***Communication (Adam Engst)***

- Skip unless a report is submitted or time is requested.

***Equipment (Gary McCheyne)***

- Skip unless a report is submitted or time is requested.

***Volunteer (Sue Aigen)***

- Skip unless a report is submitted or time is requested.

Sue moves to adjourn at 6:45 pm; seconded, and unanimously approved.

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**Planned 2020 Board Meeting Dates**

- Oct 14, 2020
- Nov 11, 2020
- Dec 9, 2020

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