



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

April 14, 2021 at 5:30 PM  
Virtual meeting held via Zoom

---

**Attendance**

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

**Reports & Discussion (5:30–7:08)**

***Welcome of the Board (Adam Engst)—5 minutes***

- Revisions to the agenda
  - No revisions.
- Acceptance of the [March meeting minutes](#)
  - Accepted.
- Acknowledgment of notable volunteer efforts
  - Thanks to Pete K. for doing a bunch of good stuff for the website.
  - Thanks to Liz Hartman and Nicole Cappadora for coordinating the Katie Arnold virtual presentation.
- Volunteer Coordinator and Skunk Cabbage race director positions remain open
  - Discuss forming a task force to define the Volunteer Coordinator position.
    - Tonya will chair the task force, and Adam will put out a notice soliciting task force members.
- Any requests or suggestions for the April Footnotes?
  - Adam requests that anyone with a suggestion direct it to him.

***Finance (Mike Allinger, Adam Engst)—15 minutes***

- Report on the [club's financial position](#) as of April 2021 (Mike)
  - Mike discusses the month's financial statements.
- Update on Friends of Hammond Hill fundraiser (Adam)
  - This effort proved to be a huge success, raising nearly \$12,800 (118% of the goal).
  - Thanks to everyone who donated or promoted the fundraiser.
- For other business, see the [Finance Committee meeting notes](#).

***Group Runs (Heather Cobb)—5 minutes***

- Update on FLRC Challenge-focused group runs.
  - The run on the Waterfront trail two Saturdays ago went well, despite attracting just five participants (including Heather and Mickie); there was one new participant.
  - Mickie will host this weekend's run on the (abbreviated) Challenge version of the Tortoise & Hare course.
  - The Pseudo-Skunk Cabbage run-through, as planned during the March board meeting, was jettisoned because of the potential of being deemed too formally organized.

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

- Introduction of [upcoming meeting on 4/21 at 10 AM](#) to discuss future diversity-related efforts. All are welcome to join!
  - Mickie organized a meeting for the RRCA last week that included input on diversity actions by a variety of running clubs across NYS; next week's Diversity Committee meeting will discuss the content suggested during that forum, as it included a wide variety of great suggestions and perspectives.

### **Road, Trails, Track (Mickie Sanders-Jauquet, Gary McCheyne, Adam Engst)—15 minutes**

- Upcoming race: Women's Distance Festival 5K on May 9. Any updates or issues? (Mickie)
  - Everything is set to go for the Women's Distance Festival in Dryden.
- Upcoming race: Thom B. Trail Runs on May 22. Any updates or issues? (Gary)
  - Gary met with Joel Cisne today. Joel will have just returned from vacation at the time of the race and would welcome someone else serving as RD this year.
  - Camp Earth Connections has said that the camp cannot serve as race headquarters, but Ann Leonard is making the grassy area near the Hammond Hill-ton available.
  - Potential RDs:
    - Pete K. will discuss with Joel changing the date to later in the year.
    - If not:
      - Pete D. has a tentative conflict that weekend, but might be willing to after this weekend if that conflict evaporates.
      - Auxiliarily, Tonya suggests David K. and Eric S. might want to take it on, since it is similar in many ways to Super Frosty Loomis, while Pete K. suggests tapping Alex and John, but they are unlikely to say yes.
- Upcoming race: Finger Lakes 50s on July 3. Updates and status? (Gary)
  - Alex has stated that she will not direct the FL50s this year, due to familial complications; she would also be willing to pass the race to another director for future years.
  - Steve, although the obvious person to step into the role, is not interested in taking it on, certainly not for 2021.
  - The National Forest is fine with us putting on the race, provided we abide by NYS guidelines.
  - Pete D. and Mike Stone would be more interested in taking on the FL50s than Thom B.
    - They will reach out to Alex to discuss what has been/needs to be done.
- Gary would like to discuss the COVID-19 safety provisions and whether we are willing to amend the guidelines for 2021 races.
  - Adam notes that the structure of the provisions were explicitly for the purpose of Winter Chill, which has different considerations than long-distance summertime races.
  - Adam states that discussion will take place via the guideline's Google Doc regarding implementing changes.
- Update on FLRC Challenge (Adam)
  - 131 participants in the FLRC Challenge
  - 43 kids in the FLRC Kids Challenge
  - Buffs have come in, and a distribution will take place this weekend.
  - Order placement for shirts will take place once more requests have come in.
  - All ten courses are now open
  - Partnership discussions are in play with Island Health & Fitness, Cayuga Medical Wellness, BorgWarner, Cornell Wellness, Ithaca/Tompkins YMCA, and the Ithaca College Wellness Center; the goal is to recruiting a broader audience and to potentially host in-group and between-group competitions.

### **Governance (Charlie Trautmann)—30 minutes**

- The committee has commenced a review of the bylaws.
  - The twin goals of reconsidering and revising the bylaws is to make the club as welcoming and effective as possible.
- The first of several issues to be considered is the size and make-up of the FLRC board. The committee's initial strawman recommendation for discussion is to confine the size of the board to 10–17 members, including six officers (pres, 3 VPs, secretary, treasurer) and 4–11 at-large members. The committee will share pros and cons and lead a discussion. No decision on board size will be made at this meeting.
  - The sense of the committee is that fewer than 10 members makes it difficult to make the jobs of the board, while more than 17 makes it hard to manage a meeting.
- Discussion:
  - Nancy provides context by noting that the prior (2014) revision of the bylaws overtly addressed a board size problem and that no such problem remains today:

- Previously, all RDs were automatically members of the board; as such, achieving quorum was a frequent hurdle, despite quorum constituting a larger (two-thirds) fraction of the board than is currently required (one-half).
    - With the current board makeup, achieving quorum has never been a problem; that is, the prior adjustment to the size of the board successfully achieved the desired result.
    - While not inherently opposed to the proposed size constraints, she sees no current problem to solve in this regard and does not believe that a change is necessary.
  - Steve is not opposed to this range of board membership; he adds that ever since RDs have been able to choose to/not to be on the board, the board has de facto determined the size of the board by proposing the slate. He notes that limiting the board size could make it so that an excited individual would be unable to participate.
    - Charlie T. notes that 14–15 people on the board makes it possible for all to have a voice. As such, he suggests a target of 15 board members, with a bit of breathing room to accept another couple of folks.
  - Gary notes that limiting the size of the board could be deemed less welcoming.
    - Charlie T. notes that a sampling of running clubs shows that it is common to specify a size range for the board.
  - Pete K. notes that board meetings are always open to attendance by club members who are not on the board (although any in attendance would be unable to vote).
    - Tonya concurs and deems it valuable to encourage interested individuals to come to board meetings to check out our meetings.
  - Pete D. appreciates the thought of having an upper limit so that the size of the board remains tractable, although he believes that a lower limit is unnecessary.
    - Adam notes that a lower limit provides a guardrail regarding lack of full functioning of the board.
- Charlie T. also discusses the importance of specifying the makeup of the board into the bylaws, including people with specific constituencies (e.g., high school coach) or skills (e.g., lawyer, fundraiser) with the goal of strategic recruiting.
  - Charlie T. invites suggestions of such skills/constituencies.
    - Charlie F. thinks having someone from city/county government would be useful (he suggests Alan Lockett).
  - Steve thinks that strategic recruitment guidelines would be great, but also notes that were the bylaws to specify the need for specific skills/professions could prove limiting.
- Charlie T. notes that the Governance Committee is not wedded to the 10–17 range per se, but believes a range is important (despite Nancy feeling otherwise).

#### **Old Business (Charlie Fay)—15 minutes**

- Discussion of whether FLRC should endorse H.R. 763: The Energy Innovation and Carbon Dividend Act as per the request of the Citizen Climate Education people, and if so, in what way. Please read [Charlie Fay's review of the bill](#) before the meeting.
  - Charlie F. read the bill (35–40 pages). The bill includes specificity of how the carbon fee would be levied.
  - Charlie's opinion is that there is nothing in the bill that would be objectionable were the club to endorse the bill.
- Discussion:
  - Pete D. is concerned of potentially alienating some constituency of runners.
  - Adam states that there is a tenuous link between running and the goals of the bill.
  - Charlie F. is unclear of the future progress of the bill, given that it has been in committee for some years.
  - Gary has some concern whether a board vote on the matter would appropriately represent the opinion of the club's membership.
  - Concurring, Mike A. is concerned about the board speaking on behalf of the membership; Steve agrees, although he endorses it personally.
  - Conversely, Bill is fine with endorsing the bill and does not worry about requests for political endorsements becoming a problem for the board; Heather concurs.

- Tonya is in favor of endorsing, due to the increasing intensity of storms in recent years, noting that this does impact runners significantly. She believes it is valid to take a stance on things that we care about.
- Jullien is in favor of supporting the bill.
- Mickie will support what the board supports.
- Pete K. notes that climate change affects public lands and therefore affects runners.
- Nancy is in favor of endorsing the bill, provided the endorsement includes notation that global warming affects runners.
- Adam suggests making public to the club's membership the nature of the bill and the opportunity for individuals to endorse it.
- **Motion:** Adam moves that FLRC endorse HR 763 and so inform Citizen Climate Education that they may include the club on their list of endorsements.
  - Seconded. The motion passes with one abstention.
- **Motion:** Tonya moves that FLRC furthermore produce a post on the club website specifying the endorsement, the reasons why, and inform interested parties of how they might learn more.
  - Seconded. The motion passes with two abstentions.

**Membership (Adam Engst)—5 minutes if time available**

- **Members:** 424 members (up 19 from last month), down from 636 at this time last year
- **Memberships:** 259 memberships (up 11 from last month), down from 395 last year
- **Breakdown:** 189 individual, 235 family members
- There have been five usages of our offer of free membership to those hurt by the pandemic.

**Web/Tech Team (Adam Engst)—2 minutes if time available**

- Discourse community engagement report
  - Currently has 792 users (up 12), 330 posts in the past 30 days (up 102), and 14600 pageviews (up 1700)

**Events (Adam Engst)—No report necessary**

- Katie Arnold presentation took place as scheduled. Roughly 15 people watched live, 57 subsequent views on YouTube.

**Communication (Adam Engst)—No report necessary**

- March Footnotes went out.
- As noted above, Adam requests submissions for the April Footnotes.

**Equipment (Gary McCheyne)**

- No activity on which to report.

Gary moves that the meeting adjourn at 7:08 pm. Seconded. Passes.

---

**Upcoming Board Meeting Dates**

- May 12, 2021
- June 9, 2021
- July 14, 2021
- Aug 11, 2021
- Sep 8, 2021
- Oct 13, 2021
- Nov 10, 2021
- Dec 8, 2021

---

**RACE REPORTS**

**Women's Distance Festival**

**Race Date:** May 09, 2021

**Next Year's Possible Date:** May 08, 2022

**Race Director(s):** Lorrie Tily and Chris Irving

**Number of Runners (Preregistered, Day-of-Race, and Total):** 79

**Race Income (Preregistered + Day-of-Race = Total):** \$860.00

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

Joe Reynolds  
Tamara Loos  
Dave Vernon  
Adam Engst  
Bob Talda  
Francine Barchett  
Bill Watson

## **RACE EVALUATION**

### **Notable Performances**

Times were average. The youngest finisher was an 11 month old being pushed in a stroller. The oldest participant was 82 years old. She walked out to the mile mark and back. We had a few folks who participated in the race many years ago in the original location. They mentioned how happy they were that we moved it back.

### **Publicity**

The race was shared on Facebook, the Fleet Feet newsletter and listed on the Triple Cities and Syracuse Chargers race calendar

### **Weather**

cool and sunny

### **Food**

We gave out individually wrapped large muffins

### **Awards**

Potted flowers were given to overall and age group awards. Pots were purchased through Amazon, flowers purchased at Grisamore Farms. Chris potted all plants two weeks prior to the race.

### **Supplies and Personnel**

We could have used one more volunteer to monitor food and awards while the slower folks completed their run\walk

### **Problems**

The bathrooms were unavailable due to the pandemic. People made the best of it.

### **Overall Impressions**

Excellent. People were in good spirits, the give aways (plants, muffins, cookies, ribbons for the kids) were much appreciated.

## **LOOKING BACK AND FORWARD**

### **Comparison with Last Year**

The event was cancelled in 2020 due to the pandemic.

### **Changes**

The course location was moved back to Dryden Lake Park and the Dryden Rail trail after being in Ithaca the last few years. The race date was moved from a weekend evening to Mother's Day. Folks enjoyed the 10am start and the move to a Sunday morning. We received many compliments on the new course and how pretty people thought it was.

### **Next Year**

Open race registration earlier.