

2022 FLRC Picnic Minutes

Annual Meeting: 5:30 PM on August 27th at Treman State Park

- **Announcements:** Swap table for gear, pick up FLRC Challenge shirts and medals from Tonya, food serving at 6, FLRC Challenge award ceremony once we have food
- **Annual Meeting:** Given the desire to keep large gatherings outdoors, we're once again using this event as our official annual meeting. Never fear, this won't take long. Since our last annual meeting last August, we've had some accomplishments:
- **Thriving:** The club largely rebounded from the fallout of the pandemic in 2022, returning to business as more-or-less usual. Credit goes to the FLRC board of directors for this achievement. Could board members please stand up? 2022 board members include:
 - Mike Allinger, Heather Cobb, Adam Engst, Tonya Engst, Charlie Fay, Ian Golden, Nancy Kleinrock, Pete Kresock, Tim Logue, Becca Lovenheim, Mickie Sanders-Jauquet, Steve Shaum, Charlie Trautmann, Bill Watson. Let's give them a hand!
- **Financials:** Treasurer Charlie Fay couldn't be here tonight because he's slumming in Brittany, France right now. Briefly, however, FLRC is in extremely solid financial shape, with total assets of over \$150,000. Our gross revenue for 2021 so far is \$85,000, with expenses of \$62,000, leaving a gross profit of \$23,000. That will drop a little since we haven't closed out FLRC Challenge expenses and we have to pay for everyone's dinner, but we're in extremely solid financial shape. Which is more than we can say for our investment account, but we won't dwell on that. Anyone who would like more information about the club's finances can talk to me or come to a Finance Committee meeting.
- **Diversity Committee from Kris Haines-Sharp:** Our Diversity Committee negotiated the use of the Ithaca High School track during mornings this summer and we're working to get additional access this fall, though spring isn't looking good due to early morning lacrosse practices. The Diversity Committee has also worked with the board to ensure free club membership and free race entry to anyone who would otherwise be prevented from participating. Finally, the Diversity Committee is working on encouraging carpooling to races and events like this to remove the implicit barrier of needing a car to participate. And because it helps fight climate change! If you'd like to get involved, see Kris Haines-Sharp.

- **Forum:** The FLRC forum continues to grow, with nearly 950 users (an increase of 100 since last year), 5000 posts, and 350,000 pageviews (210,000 from people and 140,000 from crawlers that make our content appear in search engines like Google).
- **Friends of Hammond Hill:** We once again served as the fiscal sponsor for the Friends of Hammond Hill, helping them raise roughly \$8000 to improve the trails we all love. That work should be starting soon.
- **Races:** We were able to put on most of our races this year, with the pandemic forcing the cancellation of only our indoor track meets and the Hartshorne Masters Mile. Could all our 2022 race directors please stand up? They include:
 - Vinny and Nichole Cappadora, Joel Cisne, Pete Dady, Sarah Drumheller, Adam Engst, Charlie Fay, Chris Irving, Dave Kania, Pete Kresock, Alan Lockett, Gary McCheyne, Bruce Roebal, Eric Sambolec, Mickie Sanders-Jauquet, Mike Stone, and Lorrie Tily. Let's give them a hand!
 - If you're interested in getting involved with directing a race, see me or any other board member. Our goal is to make sure that every race has an assistant race director who's learning the ropes with an eye to being able to take over at some point in the future.
- **Trails and Road Report from Pete:** *Trails and Roads report*
 - Acknowledge and encourage new trail runners, including those who began running trails thanks to the FLRC Challenge
 - Participation numbers are still down since pre-pandemic, but are improving. 1,187 road finishes over 4 events and 620 trail finishes over 6 events so far in 2022.
 - New Trail Circuit leaderboard designed by Steve Desmond. Announce leaders (See screen shot.)
 - Plug for Monster, 5&10, and Danby races
- **Track Report from Adam:** Thanks to the amazing work of my dedicated track volunteers, we were able to hold all three outdoor meets this year. Although we more than doubled attendance from last year, they still drew about half as many runners as in previous years due to the reduced number and size of youth clubs. Amusingly, at our August meet last week, we had a team from Woodbridge High School in New Jersey make the four-hour drive to Lansing, and it was great to see the Lansing High School kids talking with and forming relay teams with the New Jersey kids. I'm working on plans to shake things up next year with a big weekend day meet with a lot more events, numerous youth teams, and some elite heats.
- **Volunteers:** FLRC can only put on races thanks to our volunteers. Could everyone who has volunteered at a race this year please stand up? Let's give them a hand! We're

looking into a volunteer management tool to make it easier to know what you're volunteering for and when and where it will be.

- **PGXC:** As usual, we are sending teams to the PGXC cross-country series of races this year. Cross-country is huge fun, and if you enjoy our community of runners, you'll really like running with one of our teams. If you'd like to learn more, talk to Tonya Engst about the FLRC women's team or me about the High Noon men's team.
- **Toast to Joe Reynolds:** Lorrie and Chris

FLRC Challenge Stats

- Second year for the FLRC Challenge, which just wrapped up after a four-month run from April to August.
- 160 signups
- 144 people ran at least one course
 - 76 women and 68 men
- 14959.2 total miles—rounding up to 15000
 - 7767 women, 7192 men
- 111 completions
 - Before we acknowledge the folks who finished first in various ways, I think everyone who completed the Challenge is a winner. Please stand up and let's give them a round of applause.
- Come get photos!

Overall Winners

- Most Points Men: **Adam Pacheck** repeats (955.80 points) with 16-year-old **Crosby Woods** repeating in second only 24 points behind compared to last year's 115-point spread
- Most Points Women: **Nora McIver-Sheridan** with 984.52 points, just slightly below Adam's 987.26 from last year
- Age Grade: **Caitlin Loehr** repeats (73.15% vs 71.56% last year—either she's faster for her age, or the courses were easier)
- Most Miles: **Liz Hartman** (677.3 miles, 39.2 miles ahead of **Amy Dawson**)
- Community Stars: **Ruth Sproul** (127 posts)

8 Ultra Challenge Winners

- **Jami Landry**
- **Paul Maza**
- **Damian Clemons**
- **Pete Kresock**
- **Aaron King**
- **Amy Dawson**
- **Scott Dawson**
- **Teresa Naylor**

Sign Winners

- Sweet 1600: **Patrick Milano** (100 runs/100 miles)
- Lansing Center Trail: **Tristan & Rebecca Lambert** (tied with 13 runs / 44.2 miles)
- Beebe Lake: **Bob Walters** and **Caitlin Loehr** (tied with 50 runs / 195 miles)
- Taughannock Rim & Falls: **Scott & Amy Dawson** (tied with 76 runs / 349.6 miles), **Xander Dawson** third (30 runs)
- Long Loomis: **Liz Hartman** (12 runs /68.4 miles) and a pinecone necklace
- Inlet Shore Trail: **Jesse Koenecke** (18 runs / 111.6 miles)
- East Hill Dryden Rail Trail: **Jilene Demont** (15 runs / 112.5 miles), **Aaron Proujansky** (12 runs), **Caitlin Loehr** (9 runs) and a railroad bolt and spike
- Jim Schug Trail: **Heather Cobb** (13 runs / 104 miles) and **Dave Kania** (11 runs)
- Brookton Hill & Dale: **Liz Hartman** (32 runs / 332.8 miles)
- Lick Brook & Treman FLT: **Jamie Loehr** (6 runs / 78.6 miles), **Pete Kresock** (5 runs), and **Amy Dawson** (tied with Caitlin Loehr but Amy gets it) (4 runs)

Multiple times through

- 4 completions
 - **Amy Dawson**
- 3 completions
 - **Liz Hartman**
 - **Scott Dawson**
 - **Ruth Sproul**
 - **Bill Hartnett**

- 2 completions
 - **Pete Kresock**
 - **Teressa Naylor**
 - **Sarah Giesy**
 - **Jamie Loehr**
 - **Roger Moseley**
 - **Damian Clemons**
 - **Melissa Wallace**

Best Average on all courses

- **Liz Hartman**
- **Amy Dawson**
- **Scott Dawson**
- **Ruth Sproul**
- **Sarah Giesy**

Special Mentions

- First to finish: **Rebecca Lambert**
- Youngest finisher: **Simon Woods**: 6 years old, 6 courses, finished on the 6-mile Inlet Shore Trail
- Teenagers: 16-year-olds **Banyan Love** and **Crosby Woods**, and 18-year-old **Xander Dawson**
- Oldest finishers: **Ruth Sproul**, age 70, **Steve Ryan**, age 71, and **Larry Lepak**, age 72.