



Board of Directors Meeting

September 14th, 2022 at 6:30 PM

Virtual meeting held via Zoom

Attendance

- **Present:** Mike Allinger, Heather Cobb, Adam Engst, Tonya Engst, Ian Golden, Pete Kresock, Tim Logue, Steve Shaum, Bill Watson
- **Absent:** Charlie Fay, Nancy Kleinrock, Mickie Sanders-Jauquet, Charlie Trautmann
- **Club members and guests:** Amy Dawson, Scott Dawson, Diana Hackett, Bethany Schiller

Reports & Discussion (6:30–8:00)

Administration (Adam Engst)—15 minutes

- Welcome to guests and introductions
- Quick exercise: Please share a sentence or two about a notable (preferably FLRC-related) run you did with one or more other people recently.
- Revisions to the agenda
- Acceptance of the [July](#) and [August](#) meeting minutes
- Acknowledgment of notable volunteer efforts
 - Mike Stone and Pete Dady for Forest Frolic
 - Alan Lockett for Forge the Gorgeous
 - Dave Kania for Monster Marathon
 - Gary McCheyne for helping with the Annual Picnic and directing the Ithaca 5&10
 - Carl and Zsophia Franck for organizing the pre-season XC party, and Carl for fixing cables for the track timing gear
 - Tonya Engst for working with Carl and Zsophia and coordinating the FLRC women's PGXC team

Diversity & Inclusion (Adam Engst)—2 minutes

- Kris Haines-Sharp and Adam Engst are working with ICSD Athletic Director Samantha Little to renew the FLRC member access to the IHS track in the early morning.

- We had permission to use the IHS track from 6:00 to 8:00 a.m. over the summer, and we hope to continue that into the future.

Communication (Adam Engst, Tonya Engst, Pete Kresock)—5 minutes

- Photography continues to go well, with Jamie Love set to do Danby and Turkey Trot still this year. All photos are on [Yogile](#) for runners and are useful for PR.
 - **Action item:** The Board will discuss at a future meeting whether to pay for photographers at club events next year.
- Update on upcoming race PR from Pete and Tonya
 - Registrations for Danby Down & Dirty are still low (but there could be a late surge of registrations, as there was for Ithaca 5&10).
 - It may help to email past registrants to make sure they know that Danby Down & Dirty is happening earlier this year than in past years.
 - The 50th running of the Turkey Trot is this year. Even though the race is free, we can set up a venue online for participants to make donations to Loaves & Fishes.

Group Runs (Heather Cobb, Adam Engst)—15 minutes

- Report on Saturday group runs (Heather)
 - Ten or more runners at recent runs (twenty runners at the most recent one).
 - Shifted back to a “30 minutes out and 30 minutes back” format, with the goal of being more inclusive of runners going at different speeds.
- Report on Tuesday night MITHACAL MILERS XC workouts (Adam)
 - Ten or twelve runners per workout, despite rain or threatened rain.
- Proposal to expand group runs in 2023 so we have an FLRC event every weekend.
 - Having group runs only every other week is somewhat confusing. It would be nice to have a consistent run every weekend that club members can count on.
 - If we do this, we’ll need to have rotating group-run leaders. We could have a group-run coordinator who is in charge of finding a leader for each run.
 - We can ask members in the annual survey whether they would prefer group runs on Saturdays or Sundays.
 - Ian is considering starting up groups runs on the Waterfront trail, starting from Finger Lakes Running Company.

Finance (Adam Engst)—15 minutes

- Report on the club’s [financial position](#) and [financial activity](#) as of August 2022
 - The Finance Committee plans to move roughly \$25,000 into our investment account.
 - The Club is still holding roughly \$8,500 for the Friends of Hammond Hill. That money will go out soon, once we get an invoice for trail maintenance.

- The Club is in the black so far for this year, and overall profit is higher than expected.
- Since June, the Joseph P. Reynolds Scholarship Fund has received \$1925 across eight donations, three of which were \$500 each from Chris Irving, Lorrie Tily, and Mickie Sanders-Jauquet. We're investigating GiveSignup as a donation platform for future donations.
- For other business, see the [notes from the September 8th Finance Committee meeting](#).

Nominating (Adam Engst)—15 minutes

- The Nominating Committee has come up with a set of [expectations for board members](#) to help candidates considering the position.
- Possible candidates for the FLRC board as generated by the Nominating Committee include:
 - Scott Dawson and Amy Dawson
 - Jeney Wierman
 - Bethany Schiller
 - Amelia Kaufman
 - Diana Hackett

Events (Adam Engst)—2 minutes

- Annual Picnic was a huge success, with a record 135 attendees at the new location of Treman Park's North Shelter. We'll likely continue that again next year. The high attendance was likely due in part to using it as the FLRC Challenge award ceremony.

Race (Adam Engst, Pete Kresock)—20 minutes

- July track and August track went well, though July was pretty small at 42 finishers, and August larger at 74 mostly because we got a team all the way from New Jersey. Post-race ice cream for volunteers was fun! Profit should be in the \$250-\$400 range. See [July](#) and [August](#) race reports.
- Forest Frolic went well, though with a few trail marking complaints. Numbers were slightly down from last year at 104 total, 46 in the 7K and 58 in the 15K. Profit should be around \$1200. No race report is available yet.
- Forge the Gorgeous went well, with 106 registrants and 97 finishers, up from last year but down a little historically. A few runners got lost, possibly due to trail marking lapses and volunteers arriving late. Profit should be around \$600. [Race report](#)
- FLRC Challenge completed with 160 runners, 144 starters, 111 completions, 8 Ultra Challenge completions, and 15,000 miles run. Signups were lower than last year but completions and average miles per week much higher. Profit should be around \$2500.
- Monster Marathon went smoothly but suffered from low turnout again. 45 registrants and 35 finishers—a few people DNFed due to getting lost despite extra efforts on the trail

marking. Dave Kania is stepping down as race director, and we should seriously consider canceling this race for 2023. There should be a small profit. No race report is available yet.

- **Action item:** When the Board discusses the race calendar for next year, it will discuss whether to hold the Monster Marathon again or not.
- Ithaca 5&10 reportedly went smoothly. 223 signups, but only 166 finishers (90 in the 5K, 76 in the 10K, plus a possible 19 Fun Run participants). Those numbers are down from pre-pandemic iterations of the race. Profit may be around \$2000. [Race report](#)
- PGXC Race #1: We had 39 runners (24 men, 15 women) plus several family members to cheer. Our U19 team won, and several individuals were in the top three for their age groups.
 - Note that overlap with PGXC races and FLRC races on the same weekends draws runners and volunteers away from our events. We could try to avoid scheduling conflicts by coordinating with the PGXC race director well in advance.
- The timing team will be timing the Brooktondale Easy as Pie 5K.
- **COVID Guidelines:** Suggest removing our COVID-19 Race Safety page from the navigation bar and simplifying COVID-19 questions for 2023 to:
 - I will stay home if I have an elevated temperature, have recently felt ill or been exposed to COVID-19, or have tested positive for COVID-19 in the last 10 days.
 - Unless I am fully vaccinated, I will wear a mask before and after the race, and at the start until I am no longer near others.
- We wouldn't be checking vaccination status or otherwise enforcing mask wearing.
 - We might consider using more positive language about masks, letting people know that they're welcome to wear masks if they wish to.
 - **Action item:** Adam will revisit the masking language and bring it back to the Board at a future meeting.
- **Motion:** Adam moves that the club remove the current COVID-19 Race Safety Guidelines from the website.
 - Heather seconds. Passes unanimously.
 - **Action item:** Adam will remove these guidelines from the website.
- **Registration closing time:** Discussions have centered on closing 2 hours before the race for Webscorer races, which allows runners the most time and lets the head timer download the start list with guaranteed connectivity. Per-race exceptions can be made, but should we standardize on this?
 - The technical closing time on Webscorer doesn't need to be the same as the advertised closing time. We can advertise that registration closes at midnight the night before the race. But the ability to register online will technically close 2 hours before the race.
- **Problem of runners arriving late for races:** We've had a problem lately with runners arriving right before the race starts (making it hard to hand out bibs, etc.).

- We should make clear in our first-timers guide that there are race announcements before the race starts and reemphasize the importance of arriving early.
- **Runners getting lost:** We've had more runners getting lost in trail races this year. Possible reasons include newer runners, societal reliance on GPS directions, lack of trail navigation skills, and lack of adherence to FLRC's trail marking guidelines. Suggestions for improvement?
- **Encouraging volunteerism:** Some RDs have had trouble finding sufficient volunteers, and we've had complaints from volunteers about lack of communication from RDs. Suggestions for improvement?

Membership (Adam Engst)

- [Members](#): 620 members (up 10 from July), up from 502 this time last year
- Memberships: 417 memberships (up 12 from July), up from 320 last year
- [Breakdown](#): 318 individuals, 290 family members
- 13 usages of our offer of free membership so far in 2022 (up from 6 in July, 36 in 2021)

Web/Tech Team (Adam Engst)

- Discourse community engagement report
 - Currently has 953 users (up 8 from July), 339 posts in the past 30 days (down 92, due to FLRC Challenge ending), and 28,900 page views (down 1,700, for the same reason)

Philanthropy (Mickie Sanders-Jauquet)

- No activity on which to report.

Upcoming Board Meeting Dates

- October 12th, 2022
- November 9th, 2022
- December 14th, 2022