



Board of Directors Meeting

October 12th, 2022 at 6:30 PM

Virtual meeting held via Zoom

Attendance

- **Present:** Mike Allinger, Heather Cobb, Adam Engst, Tonya Engst, Charlie Fay, Ian Golden, Nancy Kleinrock, Pete Kresock, Tim Logue, Steve Shaum, Charlie Trautmann, Bill Watson
- **Absent:** Mickie Sanders-Jauquet
- **Club members and guests:** Diana Hackett, Amelia Kaufman, Alan Lockett, Yolanda Marion, Gordy Begent, Amy Dawson, Scott Dawson, Dina Maxwell, Kuwana Dyer-Pietras

Reports & Discussion (6:30–8:00)

Administration (Adam Engst)—15 minutes

- Welcome to guests and introductory exercise
 - Please share a sentence or two about a recent notable (preferably FLRC-related) run you did with one or more other people.
- Revisions to the agenda
- Acceptance of the [September](#) meeting minutes
- Acknowledgment of notable volunteer efforts
 - Pete Kresock for the Danby Down & Dirty
 - Charlie Fay for coordinating the upcoming FLRC home PGXC meet at TC3
 - Tonya Engst for coordinating the FLRC PGXC team
- IHS track access is open again in the early mornings (6 to 8 am) in September and October; we're trying to renew that through the end of the year.

Ithaca Youth Bureau (Yolanda Marion and Gordy Begent)—10 minutes

- Presentation from the Ithaca Youth Bureau on how their track and XC youth programs have been going.
 - Total participants across all IYB running programs per year:
 - 183 participants in 2018

- 206 participants in 2019 (including the FLRC Kids Challenge, although the Kids Challenge actually took place in 2021)
- 48 participants in 2020
- 286 participants in 2021
- 233 participants in 2022
- Lately the IYB running programs are filling up. The cross-country and track programs have some of the longest waitlists among IYB programming. Being able to hire more coaches could allow more kids to participate.
- FLRC donations to IYB have been used for paying staff, participant and staff t-shirts, equipment and ribbons for the junior olympics and cross-country races, and state park fees for cross-country races.
- How can IYB and FLRC strengthen their partnership? IYB could put the FLRC logo on participant t-shirts or use FLRC flags at IYB races. One idea for the future is embedding a kids fun run in more FLRC races.
- Having IYB coach Bethany Schiller on the FLRC board should help strengthen this relationship even further.

Philanthropy (Adam Engst)—5 minutes

- The Philanthropy Committee had \$600 leftover in their budget and so created four \$150 “mini grants” aimed at local schools and youth running programs with an abbreviated application form.
- Adam set up a donation form with GiveSignup to collect scholarship fund donations, which is now active but still needs to be publicized.

Group Runs & Events (Heather Cobb, Adam Engst)—5 minutes

- Report on Saturday group runs (Heather)
 - Averaging 15 or more runners per week.
- Report on Tuesday night MITHACAL MILERS XC workouts (Adam)
 - Averaging 18 or so runners per week. There have been many requests to do workouts indoors over the winter.
- Our Race Director and Board dinner worked out, though Ithaca Beer didn’t make it easy. 15 people were able to attend, and after enjoying drinks and dinner together, we had some wide-ranging, productive conversations. [See the notes.](#)

Communication (Tonya Engst)—10 minutes

- The Comm Team’s mandate to engage photographers for FLRC races and events has been successful, with roughly 6000 photos added to our central photo library on Yogile for runners to download and for us to use in promoting races.
 - Two main benefits of hiring photographers for races: (1) FLRC gets photos to use for race PR; and (2) participants get to download photos of themselves.

- We should photograph volunteers having fun at races to promote volunteering.
- We could save money by not having photographers at every race (perhaps prioritize marquee races and races that are moving to new locations next year).
- The Board was generally in favor of having photographers at races next year (or at least some races) but did not vote on a formal motion.
- Update on Turkey Trot PR
 - PR is starting to roll out.

Trail Maintenance (Charlie Trautmann)—10 minutes

- Charlie T. is maintaining the Cornell Botanic Gardens trails downstream and across from Flat Rock Bridge and suggests that FLRC should formally adopt them as trail steward:
 - Charlie will do all the work if necessary, but would welcome (and organize) help
 - Could serve as a training ground for other trail maintenance efforts
 - Wouldn't require any money
 - This section is not subject to ice damage as is the section just upstream
 - Cornell Botanic Gardens, not FLRC, would be responsible in case of an accident
 - Credit would go to FLRC and help improve relationship with Cornell
 - The trails are to the left after you cross the footbridge, leading to the golf course
- **Motion:** Charlie moves that FLRC adopt and maintain a portion of the Cornell Botanic Gardens trails across and downstream from Flat Rock.
 - Tonya seconds. Motion Passes: 9 in favor, 1 against.

Finance (Charlie Fay)—15 minutes

- Report on the club's [financial position](#) and [financial activity](#) as of September 2022.
 - The Finance Committee moved \$25,000 from checking to our investment account.
 - The Club is still holding money that was raised for the Friends of Hammond Hill.
 - Net revenue for this year so far is about \$20,000, though there are some major expenses left to pay (e.g., donations and RRCA membership).
- For other business, see the [notes from the October 7th Finance Committee meeting](#).

Nominating (Heather Cobb)—5 minutes

- Returning board members for 2023: Mike Allinger, Heather Cobb, Adam Engst, Tonya Engst, Charlie Fay, Ian Golden, Pete Kresock, Tim Logue.
- The Nominating Committee recommends the following candidates for inclusion in the election for terms starting in 2023:
 - Amy Dawson
 - Scott Dawson
 - Diana Hackett
 - Amelia Kaufman

- Bethany Schiller
- Jeney Wierman
- **Motion:** Heather moves that the Board accept these six candidates to be voted on by the membership.
 - Tonya seconds. Motion passes unanimously.

Race (Pete Kresock, Adam Engst)—20 minutes

- **Danby Down & Dirty:** The race went smoothly. Attendance was a little low at 113 finishers, but it was still \$678 in the black. [Race report](#)
- **PGXC Race #2:** We had 32 runners (13 men, 19 women) plus several family members to cheer. Our U19 and Women's Super Vets teams won, several individuals won their age groups, and others placed in the top three. [Race report](#)
- **PGXC Race #3:** We had 21 runners (9 men, 12 women) plus several family members to cheer. No teams or individuals won, but several individuals were in the top three for their age groups. [Race report](#)
- **New race directors:** We have several new race directors joining us for 2023. Kris and Gill Haines-Sharp will be taking over the Twilight 5K from Mickie Sanders-Jauquet. Laurel Gilmer and Kristina Harrison are taking over Tortoise & Hare, also from Mickie. Nancy Kleinrock and Steve Vanek are proposing to take over Monster Marathon and move it to Daisy Hollow. Adam Engst will take over Skunk Cabbage as head RD while using the committee structure that Alex Kleinerman used for several years.
- **Race proposals:** Discussions of what information we'd like to see in proposals for [Monster Marathon](#), [Trackapalooza](#), and a [fixed-time race](#) for approval in November. Please read the proposals and the Sciencenter's [Guidelines for Decision Making](#).
 - Some more context about where the proposed new course for the Monster Marathon is located would help.
 - It would help to have an estimate of how many runners the race is likely to attract, what the budget would be, and what the volunteer needs would be.
 - Explain how the race advances FLRC's mission. Anticipate possible risks. Is the race more of a community race or is it aimed at a wider audience?
 - **Action item:** Schedule a Board discussion of these race proposals.
- **Race calendar:** The Race Committee has worked with race directors to come up with the following proposed race and event calendar. The four July races may shift weekends and the proposed races aren't yet approved.
 - **Motion:** Adam moves that FLRC cancel the Winter Banquet and, pending approval of Trackapalooza at the November meeting, the July and August outdoor track meets.
 - Charlie F. seconds. Motion passes unanimously.
 - **Motion:** Adam moves that FLRC approve the tentative calendar for 2023.

- Charlie F. seconds. Motion passes unanimously.

Race	2023 Race Date
Winter Chill 5K #1	Jan 7 (Sat)
Winter Chill 5K #2	Jan 14 (Sat)
Indoor Track (Jan)	Jan 15 (Sun)
Hartshorne Masters Mile	Jan 21 (Sat)
Winter Chill 5K #3	Jan 22 (Sun)
Winter Chill 5K #4	Jan 29 (Sun)
Super Frosty Loomis	Feb 12 (Sun)
Indoor Track (Feb)	Feb 19 (Sun)
FLRC Winter Banquet	Cancel for 2023, revisit in 2024
Indoor Track (Mar)	Mar 12 (Sun)
Skunk Cabbage	Apr 2 (Sun)
Women's Distance Festival	May 14 (Sun)
Thom B.	May 20 (Sat)
Twilight 5K	Jun 14 (Wed)
Finger Lakes 50s	Jun 24 (Sat)
Outdoor Track (Jun)	Jun 27 (Tue)
Forest Frolic	Jul 8 (Sat)
Fillmore 5K	Jul 15 (Sat)
Trackapalooza	Jul 22 (Sat)
Tortoise and Hare	Jul 29 (Sat)
Forge the Gorgeous	Aug 10 (Thu)
Outdoor Track (Aug)	---
FLRC Summer Picnic	Aug 24 (Thu)
Monster Marathon	Sep 3 (Sun)
Ithaca 5&10	Sep 10 (Sun)
Proposed Fixed Time Race	Sep 23 (Sat)
Danby Down & Dirty	Oct 14 (Sat)
Turkey Trot	Nov 23 (Thu)

Membership (Adam Engst)

- [Members](#): 608 members (down 12 from September), up from 519 this time last year
- Memberships: 415 memberships (down 2 from September), up from 334 last year
- [Breakdown](#): 317 individuals, 290 family members
- 13 usages of our offer of free membership so far in 2022 (unchanged from September, 36 in 2021)

Web/Tech Team (Adam Engst)

- Discourse community engagement report
 - Currently has 961 users (up 8 from September), 334 posts in the past 30 days (down 5), and 22,800 page views (down 6,100 due to the FLRC Challenge ending)

Diversity & Inclusion (Kris Haines-Sharp)

- No activity to report

Upcoming Board Meeting Dates

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