



Board of Directors Meeting

November 9th, 2022 at 6:30 PM

Virtual meeting held via Zoom

Attendance

- **Present:** Heather Cobb, Adam Engst, Tonya Engst, Charlie Fay, Ian Golden, Nancy Kleinrock, Pete Kresock, Tim Logue, Steve Shaum, Charlie Trautmann, Bill Watson
- **Absent:** Mike Allinger, Mickie Sanders-Jauquet
- **Club members and guests:** Diana Hackett, Amelia Kaufman, Kuwana Dyer-Pietras

Reports & Discussion (6:30–8:00)

Administration (Adam Engst)—15 minutes

- Welcome to guests and introductions
- Revisions to the agenda
- Acceptance of the [October](#) meeting minutes
- Acknowledgment of notable volunteer efforts
 - Rob Kurcoba for the new Turkey Trot logo
- FRLC members have access to the IHS track in the early mornings (6:45 to 8:00 a.m.) through the end of the year.
 - IHS has a list of FLRC members. New members who want to use the IHS track should talk to Adam about getting added to that list.
- Lifetime membership nominations for December meeting—see [guidelines](#).
 - Nominations for lifetime members can be sent to Adam.

Philanthropy (Mickie Sanders-Jauquet)—Not Discussed

- Update on \$150 “mini grants” aimed at local schools and youth running programs
 - **Action item:** Mickie will give an update on these grants at a future Board meeting.

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

- Report on Saturday group runs (Heather)
 - The last three Saturday group runs have been smaller (avg. 5 runners).
- Report on Tuesday night MITHACAL MILERS XC and track workouts (Adam)

- Workouts have been happening outdoors in the Botanic Gardens all fall with about 18 people attending on average. This week, workouts moved indoors to Barton Hall, with over 30 people attending.
- Discussion of a possible weeknight indoor track workout for youth (Ian)
 - Sandy Gregorich and Bill led game-based workouts for kids in conjunction with the MITHACAL MILERS track workouts in 2019 and 2020.
 - Kate McCormick, a Cornell grad student and an assistant coach for the Ithaca modified team, is interested in restarting workouts for kids.
 - The workouts for kids could overlap with MITHACAL MILERS on Tuesday nights, or they could take place on a different night of the week. Or both might happen.
 - Kids who participate in IYB's running programs or who run modified cross-country might appreciate opportunities to run with a group over the winter.

Communication (Tonya Engst)—5 minutes

- Update on Turkey Trot PR
 - The Communications Team has been working on t-shirts and publicizing the event. We added a map to the website about where to park for the Turkey Trot.
 - **Action item:** Tonya will email the Turkey Trot flier to Ian to print and make available at Finger Lakes Running Company.
 - In past years, Turkey Trot participants have not signed any waiver. We'd like to change that this year.
 - **Action item:** Adam will ask the race director to add the Club's waiver language to the sign-in sheets.
 - Bruce Roebal has agreed to continue as race director of the Turkey Trot next year.
- What do we want to learn from local runners? Board members should feel free to suggest questions for our [2022 survey](#) in the linked document.

Diversity & Inclusion (Nancy Kleinrock)—10 minutes

- The Diversity Committee proposes that we continue our free race entry policy for those suffering financial hardship but with an explicit coupon code on the race page for each race (much like we already do for free Club membership).
 - Some people have availed themselves of our offer of free Club membership, but so far, no one has availed themselves of free race entry.
 - Perhaps that is because free race entry currently requires talking to the race director. A coupon code would eliminate that barrier to accessing free race entry.
 - We would regularly monitor how often the coupon code gets used and for which races. We can reconsider the policy if the coupon code gets used too often.
- Text (cribbed from the membership page) could read: "As part of FLRC's efforts to encourage diversity and inclusion, if your financial situation would prevent you from participating in this event, please feel free to use coupon TKTK to waive the entry fee."

- **Motion:** Nancy moves that FLRC accept the Diversity & Inclusion Committee's recommendation to make free race entry explicit on race pages with a coupon code, with quarterly board review of coupon usage to assess the cost/benefit of this policy.
 - Motion passes: 10 in favor, 1 abstention.
- **Action item:** Adam will generate the coupon code and add text about free race entry to each race page.

Finance (Charlie Fay)—15 minutes

- Report on the club's [financial position](#) and [financial activity](#) as of October 2022
 - Our investment account was up for October, though still down for the year.
 - We paid out most of the money that we raised on behalf of the Friends of Hammond Hill to cover the cost of trail work at Hammond Hill.
 - There remains \$543 of the funds that we raised. The Club will retain roughly \$448 of that as a fee for serving as a fiscal sponsor. The remainder will be for the Friends of Hammond Hill to use in the future.
 - The Club currently has roughly \$16,000 positive net revenue for the year. There remain a couple larger expenses (donations to Wilderness Search & Rescue and the Ithaca Youth Bureau) that will likely push that number down closer to \$12,000.
 - Total revenue continues to be down from pre-pandemic levels, but net revenue has rebounded because our expenses are somewhat lower than before.
 - The Finance Committee will present the 2023 Club Budget to the Board for approval at the December meeting.
- For other business, see the [notes from the November 4th Finance Committee meeting](#).

Race (Adam Engst, Nancy Kleinrock, Heather Cobb)—30 minutes

- **PGXC Race #4:** We had 55 runners (29 men, 26 women) plus quite a few family members cheering at our home race at TC3. Our U19 and Women's Super Vets teams won, Gill Haines-Sharp won her age group, and others placed in the top three. [Race report](#)
- **PGXC Race #5:** We had 35 runners (18 men, 17 women) plus several family members to cheer. Banyan Love won the U19 category, and several individuals were in the top three for their age groups. Overall, we had 182 entries for 2023, up 2 from 2022.
- **[Trackapalooza Race Proposal:](#)** Adam Engst is proposing to replace the traditional small July and August evening track meets with a Saturday day track invitational, tentatively scheduled for July 22nd. Adam would be the race director.
 - Ian has a contact in Nashville that puts on track meets that could be a resource.
 - The Club's name should be included in the branding for the meet.
 - **Motion:** Adam moves that FLRC put on Trackapalooza.
 - Charlie F. seconds. Motion passes unanimously.

- [Two Hollows International Monster Marathon Race Proposal](#): Nancy Kleinrock is proposing to co-direct Monster Marathon with Steve Vanek, holding it on September 3rd (Sunday of Labor Day weekend) and moving it to a new course in Virgil.
 - We may need to come up with a short version of the name for branding purposes.
 - **Motion:** Nancy moves that FLRC rename Monster Marathon and move it to the proposed new course in Virgil.
 - Tim seconds. Motion passes unanimously.
- [Fixed-Time Race Proposal](#): Heather Cobb and Amelia Kaufman are talking about the idea of a fixed-time (3, 6, or 12 hours) race.
 - Pete initially proposed this idea but doesn't currently have the bandwidth to get it started. Heather and Amelia have volunteered to move the idea forward. They will present a proposal to the Board at a future meeting.

Membership (Adam Engst)

- [Members](#): 610 members (up 2 from October), up from 524 this time last year
- [Memberships](#): 416 memberships (up 1 from September), up from 338 last year
- [Breakdown](#): 315 individuals, 294 family members
- 15 usages of our offer of free membership so far in 2022 (up 2 from October, 36 in 2021)

Web/Tech Team (Adam Engst)

- Discourse community engagement report
 - Currently has 959 users (down 2 from October), 279 posts in the past 30 days (down 55), and 26,300 page views (up 3,500)

Upcoming Board Meeting Dates

- December 14th, 2022