



FINGER LAKES RUNNERS CLUB

BOARD OF DIRECTORS MEETING

January 14, 2009 5:30pm
114 Martha Van Rensselaer Hall, Cornell University

The meeting was called to order at 5:35pm.

Present: Board members Maria Costanzo, Gary McCheyne, Renee Kennedy, Bruce Roebal, Chris Reynolds, Joe Reynolds, Chris Irving, Katie Stettler, Andy Jordan*, Casey Carlstrom, Tim Ingall, Karen Grover, Shelly Marino, Lorrie Tily*, Bob Talda*, Ann Kohls*, Melissa Hubisz*, PJ Peterman*.
(* = late arrival)

Additions/deletions to the agenda: Two additions: Going green at races, and Kid's Marathon Mile.

Approval of the November Meeting Minutes: Katie Stettler moved, Gary McCheyne seconded, that the minutes be approved. All were in favor except for Joe Reynolds, who abstained as he had not read them.

Introduction of new board members: Shelly Marino introduced the new board members: Renee Kennedy, treasurer; and members at large Maria Costanzo and Gary McCheyne. New member at large Andy Jordan and new membership coordinator Melissa Hubisz were not present at this time.

Race reports

Turkey Trot: Bruce Roebal said that the weather was cloudy, dry and 36 degrees F. There were 109 runners. The course had to be rerouted because of construction. It was at least 6 miles long. John McMurray was 5 seconds off of his predicted time. Five pies were given out.

December and January Track Meets: Tim reported attendance at over 90 for December and over 100 for January. The highlight of the January meet was Riley Hubisz running the 60m. It may be possible to put a video of this on the website. It was noted that 8 or 10 runners were unable to count to 15 on the 2 mile race, but they had really good times.

Upcoming Races

Hartshorne Memorial Masters Mile: No report. The Board is encouraged to attend.

February Track Meet: Tim Ingall noted that the meet will start with a 5k, and there will be a 400m event that isn't on the agenda.

Ithaca Twilight: A race director is needed, as Alan Lockett will be in Afghanistan. Alan has already acquired the necessary permits. Race day is June 17, and timing will be provided by Leone Timing. Maria Costanzo and Gary McCheyne will consider taking on the directorship. Jim Miner and Alan Lockett would be able to provide advice.

Virgil Mountain Madness: Due to Gill Sharp's retirement as race director, this race will take on a new venue and new directors, Chris and Joe Reynolds. Joe distributed several maps. The race will begin and end at their home in Newfield. The race will be primarily on dirt roads, so it will not be part

of the trail series. The race will be 18.5-19 miles, with an 8-mile option. The name will be changed to Reynolds' Mountain Madness.

Membership: Melissa Hubisz has moved the membership database from Access to MySQL. She reported 307 members, of which 108 are individual, 162 family, 26 life, 7 comp and 4 team memberships.

[Note: Later in the meeting, Katie brought up the fact that membership monies appear to be down by \$600. There was some discussion of a drop in membership, but it is expected to pick up again soon.]

Finances – Katie Stettler

FLRC had \$28K at the end of 2008, up \$5.4K from the previous year. She transferred \$2.7K to the Scholarship Fund, which now has \$8K. Net income was \$5.3K, which was \$2.7k over last year. Expenses included donations to the Ithaca Youth Bureau and Search & Rescue, and the purchase of the new clock.

Renee Kenney is taking over as Treasurer.

Newsletter – Ann Kohls would appreciate receiving submissions, particularly small ones.

Web Page – Casey Carlstrom needs to receive updated race forms. Shelly is proofreading those that have been sent to her thus far by the race directors, and will send them to Casey. Concerning redesign of the website, one person volunteered to help but has not gotten back to Casey yet. Shelly must send copies of the approved minutes to Casey for posting on the website.

Equipment – Chris Reynolds reported that the new clock works, and we like it. Lorrie raised the issue of the Seiko timers. We own six, five of which don't work well. It has been 8 or 9 years since they were purchased. Tim suggested that we replace two each year for the next couple of years. Jim Miner apparently has an unused one that he would probably be willing to sell to FLRC.

Karen Grover moved that we purchase six new Seiko timers for up to \$2400. The motion was seconded by Chris Reynolds and Chris Irving. Discussion: Joe approves as long as the prices are negotiated. Lorrie estimated the cost at \$400 each. The motion carried unanimously.

Other Vice President's Business

Trails: Joe Reynolds handed out material about 'going green at races'. Ideas included marking with chalk rather than paint, and using compostable cups. Maria pointed out that the compostables have to be composted – they won't break down if they're put in the landfill. Someone would need to volunteer to take and compost the materials after each race. The idea is to set a good example.

Track: No further report.

Roads: Jim Miner was not present, but Lorrie announced that we don't yet have a venue for Skunk, as Barton, Statler and Bartels are already taken. She is working on this; current possibilities include Corson-Mudd, Kennedy and the basement of Barton.

Other Business

Appointment of Scholarship Committee: Lorrie asked for volunteers. Chris Irving, Joe and Renee immediately stepped up. Chris will not be available until the end of tax season.

Race notebooks: Shelly and Lorrie encouraged race directors to keep notebooks of information on their races, indicating who needs to be contacted and when, plus other information that could be handed over to a new race director should the need arise. Chris Reynolds already has a blog for the 50s race, with regular updates on trail conditions and a list of registered runners.

Entry forms for 2009 races: All race directors should send their entry forms to the secretary for proofreading. She will send the proofread forms to the web master for posting.

Support for the Waterfront Trail: The club has already purchased 1 brick. The request for support will be posted in the newsletter so that individual members may choose to make a contribution.

Kids' Marathon Mile Challenge: Karen initiated the concept, and brought it to Ian (owner of Finger Lakes Running Company) and to Liz Vance at the Ithaca Youth Bureau. She got the idea at the Stockade-a-thon, where she saw kids running the last mile of their marathon, completed over a period of weeks/months. Liz has already gotten support from Island Fitness and GIAC.

The way it will work is that kids will sign up and get packets at the March track meet, the IYB or Ian's store, and will begin logging their miles. Their final mile will be the Ithaca Festival Mile. Ian is creating logs for the kids to record their miles. Karen is creating "foot prints" to be used to display miles run. These will be hung in the Finger Lakes Running Company.

As a part of the program, Liz is planning to have talks on nutrition, how to prepare a child to train, and racing tips. The program will target kids ages 5 to 13. There will be a \$5 entry fee. The program will run from March 1 to May 28.

Gary moved that FLRC support the Kids' Marathon Mile Challenge and recognize it as an FLRC event. Shelly seconded the motion. Discussion: Liz is looking for a venue for the talks. It would be good to have a place where, in the nutrition talks, the kids could prepare a healthy snack. Sue Travis was suggested to speak on nutrition, and Joe Reynolds was suggested to speak on preparing for a race. The motion carried unanimously.

Next board meeting will be held on Wednesday, March 11, 2009.

Meeting adjourned at 7:09 pm.