



Greater Framingham Running Club

April 2nd, 2017 – Andrea and Rich Leonard hosted the meeting in Framingham.

Fun Run:

Attendees

Bob Cargill ran 3 miles, Jay Powell ran 12, Joe Koziol ran 1 (injured calf), Katie Sullivan ran about 2, Tom Abbott and Tim Conlin ran 6.38, Jamie Burgoyne ran 13 on Comm Ave, Steve Galloway ran 10, Jeff Hattem ran 13, Judy Levine ran/walk 4.5 at the C25k, Cheryl Asselin ran 11+, Deb Galloway ran 8 with more to come later, and Rich Busa ran 3 miles at Callahan. Also attending were Mary and Ted Tyler, Marie Leigh, Kathy Covarrubias, Arnie Pollinger, Matt Vogel, Eric Jacobsen, Rich and Andrea Leonard, and Mike Bower.

MONTHLY MEETING:

Valerie Gaines (Reiki Practitioner)

Valerie thanked us for welcoming her today. She is a certified reiki practitioner and practices in Natick and Holliston. She has been a reiki volunteer at Brigham and Women's Hospital for several years now where it is used to help patients relax and facilitate healing.

There are a lot of benefits to runners. Reiki can be used to relax before or after a race. It encourages healing and can reduce injuries. Reiki is a Japanese word for universal life energy and is popular worldwide now because it is non-invasive, hands-on healing. It restores balance in the body, mind, and spirit. Self-reiki can be performed standing, sitting, or lying in bed. It helps us to get in tune with our bodies. She gave a nice demonstration of the Reiki process.

Valerie can be found on Facebook.

President (Bob Cargill):

Bob thanked Andrea and Rich for hosting the monthly meeting. The C25k program was kicked off this morning by Kendra Howard with about 25 attendees. Today is also Mike Bower's first meeting as the uniform director. Congrats Mike!

This month's meeting is unusual because it is on a Sunday. Next month's meeting will also be hosted on a Sunday. Bob noted that people often have conflicts on Sundays, and asked if people would like Sunday meetings hosted at a different time of day. No one had any strong opinions.

Bob ran with former Olympic runner Des Linden recently. He heard about the opportunity through Ed Finnegan and said it was a great experience. Josh Cox was also there.

VP Report (Arnie Pollinger):

The Framingham Parks and Rec website is not always accurate when posting about the track's status. Arnie will personally double-check to see if it is open before Wednesday's workout.

We had a record number of applications for the Rich and Chris Chesmore Scholarship. This year we received six female and five male applications. The previous record was six applicants. The scholarship committee will be busy reviewing the applications.

Secretary (Jay Powell):

We received 11 scholarship applications – 6 female and 5 male. I will send the edited versions to the committee this week.

Treasurer (Marie Leigh):

One of the charity runners in the Give Back program had to withdraw, so Marie will need to re-allocate points. She will reach out to the charity runners soon to update them on their point allocations. Marie emphasized that the Give Back program is not a popularity contest and that Give Back point recipients can thank the club or members individually in private, if they know who allocated what.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

The Ashland Half and Frank Nealon Boston Tune-up were cancelled due to excess snow and weather conditions, respectively, resulting in three cancelled races (the first one being the Marathon Sports 5-Miler, due to July construction) in the 2016-2017 Grand Prix series.

Bob Cargill pointed out that the New Bedford half-marathon is a fantastically organized race. Lucy Matzilevich, (who placed FIRST in her F1-19 age group - among 110) is the only club member to even place in this year's race (she also was had been awarded last year's GFRC scholarship last May). A dozen members people ran New Bedford; among this meeting's attendees, Matt Vogel did 6:41's, Bob Cargill ran 8:56's, Jeff Hattem 9:16's, and Joe Koziol did 11:56's.

Upcoming Races

April 8, 2017 Merrimack River 10 Mile Trail Race - Andover, MA

April 30, 2017 James Joyce Ramble 10k - Dedham, MA

May 14, 2017 Strivers MD5K - Natick, MA

The Police Chase will be on May 20th. The registration page is not open yet. It is also the C25k goal race. Bob Cargill asked that people attend and support the C25k runners even if they don't plan to run the race.

Bob asked Eric to explain cancellations. If a race is cancelled, please notify Tom or Eric, and you will receive 15 points. They will list everyone who has contacted them on the site web page.

Arnie Pollinger pointed out that we don't have a date for the 26x1 relay yet. We can assume it's the last weekend in June. This race used to collide with the Sharon Timlin race. Eric asked if this is a race that the club would like to continue doing. The Sharon Timlin race is part of the Give Back program and seemed very popular with everyone at the meeting.

Tom would like to make sure new members hear about the Grand Prix series. Mike Gannon does send new members details.

Membership Director (Mike Gannon):

We welcome:

Hartigan	Chris	Sherborn
Mortin	Josh	Framingham
Roberston	Beth	Ashland
Moore	Cindy	Framingham

Total members will be reported again with the June report as we are going through the renewal process.

Josh signed up for C25K and was referred by Brittany Belanger. Beth and Cindy came to us via Bill Robertson, and Bob Moore who changed to family memberships.

We wish to thank the following members for their donations:

Hartigan	Chris
Finnegan	Ed
Dauley	Deb
McDonald	Chad
Black	Alison
Conlin	Tim
Silverman	Dan
Joyce	John

As I mentioned above, on Facebook, GFRC home page, and emails we are going through the renewal process. Thanks to all who have renewed so far!! With our biggest year by far in 2016, comes a record 2017 renewal total of 225. Of the 225 members, I am still hoping to hear from 142 members (103 families) or 63% of the total. Anyone who chooses not to renew may let me know so that I can take them off the lists. Please renew today if you haven't done so.

Bob Cargill would like to get a final membership total so that he can update the club's Facebook page. Arnie Pollinger and Marie Leigh mentioned that Mike typically gives people a two-month grace period to renew.

Newsletter (Tom Miller):

Tom just sent out the March newsletter. Bob Cargill reiterated that Tom does a great job with the newsletter. Tom sent some questions about the newsletter to Arnie Pollinger. Tom will use these as part of a questionnaire that he will send out to the club.

- Have you read the February or March newsletter?
- Are there any changes to the newsletter you would like to see?
- Would you like it to be on the website?
- Do you want the minutes in the newsletter?

- Do you want it posted on Facebook too?
- Could you submit pictures/articles for inclusion in the newsletter?

Tom wants to know if there are any other questions that people would like added. Bob thinks Tom is doing a great job and would like to publicly thank him for his hard work.

Web (Steve Galloway):

There is a pasta party signup sheet for the party hosted by Ted and Mary Tyler. Please sign up so that they know how many people are coming. Signing up in advance will help simplify logistics.

Some deadlines have passed and Steve asked which links should be taken down. The Give Back program links can be taken down and the scholarship links can also be removed. The C25k links will remain.

Uniforms (Mike Bower):

Mike surveyed members on Facebook to see if they would like new apparel. He has heard from seven people who ordered nine items. Only one requested item was in stock. We also have more men's apparel than women's in stock. Mike will place a new order for apparel; it will be based on Stella Shen's order from this time last year.

Bob Cargill asked if we had considered personalized GFRC gear with names. Jeff Hattem says it can't be done.

Mike thanked Jeff for allowing us to use his storage unit during the transition period. We have some extra gear that we will bring to the summer track meets to sell.

Bob encourages people to wear their GFRC gear at the marathon (if you aren't running for a charity). Jeff also asked that runners please consider wearing GFRC gear if you got your number from the club and are not already running for a charity. Bob and Jeff understand that charity runners will be wearing gear representing their charity. Wearing club gear helps the volunteers spot and cheer for you in the marathon.

Activities (Jeff Hattem):

Monthly Meetings

Monthly meetings are scheduled through September. The May meeting is on Sunday the 7th and is hosted by Matt Vogel in Southborough. Our June 3rd meeting is in Sudbury and is hosted by Helen and Derek Perkins. The July 8th meeting is at Eric Jacobsen's in Framingham. Joe Koziol isn't sure about the August 5th meeting yet. Bob Brown is hosting the September meeting in Wellesley on the 9th.

Upcoming Activities

LifeTime Athletic hosts group runs Tuesday nights at 6:30pm and Saturday morning's at 9am. They have invited us to participate with them and are open to anybody from the club. The annual pasta party is on April 15th and hosted by Ted and Mary Tyler. Please sign up in advance! The volunteer/runners party is now the Thursday after the marathon. It is on the 20th at Owen O'Leary's in Southborough at 6:30pm. The club will pay for the food and runners can get any drink that they want.

The next social night is April 21st, 6:30 pm at John Harvard's. Jeff doesn't know if there is a Morse Tavern Pub run scheduled for April (it won't be on Marathon Monday). They weren't able to hold one in March even though it was posted online (they are understaffed at the moment). Jeff will keep everyone posted.

The weekly Thursday night pub runs start again on May 4th at 7pm. The meeting place will alternate every month. In May it will be at the Skyboxx 109 near LifeTime Athletic. Bob Cargill suggested creating Facebook events.

The annual banquet is on June 11th at La Cantina. Jim Jones will be the MC this year (Derek will be in Europe). A banquet committee meeting is scheduled for April 24th at Owen O'Leary's at 6:30 pm. The committee consists of Karen, Marie, Cherry, Jamie, Leslie, Kathy, Mike Bower, and Tom Miller. Jim will be there as well.

Judy Levine asked about the Mural Mile on May 6th. Jeff would like everyone to start promoting the race heavily. Please go to Facebook and share the Mural Mile info to your timeline. They are trying to avoid late signups for this race, so please sign up soon if possible. The first year is very important, so it is important to get a good club turnout. The proceeds will go to the Rich and Chris Chesmore scholarship. The race cost is \$15. If you sign up to run, you can enter a kid for free. Mary Tyler asked what is being done to advertise the race. She mentioned that there are several locations where it can be advertised for free. Jeff said that Courtney Thraen is taking care of all PR for the race. Jeff could always use more volunteers. Please let him know if you'd like to help.

Social Media Director (Kathy Covarrubias and Bob Cargill):

Our Facebook GFRC group is inaccessible to people who don't have a Facebook account. We would need to recast the club's Facebook group as a Facebook page if we want to make it visible to people without an account. The group is public and visible to Facebook members who are not part of the group. We wouldn't be able to tell who is part of the group if we made it a page. Bob proposed discussing it in depth in a month or two. It was proposed that we have a group and page, but Kathy believes it is too much.

Bob and Kathy would be happy to post pictures for people on our Twitter or Instagram accounts. Please let Kathy or Bob know if you would like to help them post to these accounts.

Other Business

At a future meeting, Kathy Covarrubias was wondering if we could revisit our gender qualification when renewing or signing up for a club membership. She would like the process to increase an applicant's sense of inclusiveness. Any changes to the club's gender qualification will require a discussion at a club meeting.

Jay Powell