



## Greater Framingham Running Club

**August 5th, 2017 – Joe Koziol** hosted the meeting in Framingham.

### **Fun Run:**

*Attendees (mileage in parentheses):*

*Bob Cargill (1), Mary Bahl (7), Ted and Mary Tyler, Marc and Lynda Abend (4), Peter Gould (4), Rong Hu (7), Mike Gannon (6.3), Marie Leigh, Tom Abbott, Matt Vogel, Kathy Covarrubias (3.6), Tom Miller, Rich Busa, Bob Brown, Esther Powell (12), Tim Conlin, Ed Stoll (3 on bike), Edw. S. Ginsberg (5k), Susan Richardson (6), Jeff Hattem (12), Mike Bower, Kendra Howard, Chad MacDonald, Karen Oleski (5), Eric Jacobsen (12), Jay Powell, Cheryl Asselin (12), Chad MacDonald (8), Joe Koziol, Kendra Howard (12 on bike), Leslie White-Harvey*

### **MONTHLY MEETING:**

#### **President (Bob Cargill):**

Bob saw two inspirational speakers recently outside of Washington, D.C. Jeffrey Hayzlett talked about taking chances and being transparent. He said you shouldn't be afraid to be yourself. Liz Murray gave a 'Homelessness to Harvard' talk and had an amazing life story while growing up in New York City. She was a very emotional speaker who talked about how hard she worked to get into Harvard.

We have our annual officer elections in September. Club members are welcome to run for any officer position, even if it is currently filled. Bob will ask the current officers if they would like to continue in their current position.

Devin's Dash will be in September. Bob would like the club to be a sponsor of the race. Unfortunately, we don't have the funds to be a sponsor. Bob apologizes for this and strongly encourages members to run and volunteer because it is a very important race for the community.

Bob thanked Joe Koziol for hosting.

#### **VP Report (Arnie Pollinger):**

Bob read Arnie's report.

1. Once again I apologize for missing the monthly meeting due to softball. For the record, this isn't just some beer league. On Saturday mornings, I play in the most highly competitive Senior Softball League in New England. Many of the players in this league played professional baseball. We play a doubleheader each Saturday, and trust me, I do a ton of running. Anyway,

2. We have two more Wednesday night summer track meets remaining. This is the first year in quite a few years we've actually had rainouts. On Wednesday, August 23, we will have our annual Summer Track Volunteer Appreciation dinner at La Cantina. This is open to anyone who volunteered this summer. Stay

tuned for details,

3. This Tuesday will be the first of our annual hill repeat workouts. We meet at the usual time at Bowditch and then jog over to Barber Rd. for the workout. I will send out an email and FB update. On Wednesday, August 30, the week after our volunteer dinner at La Cantina, our weekly track workouts will switch back to Wednesday nights.

**Secretary (Jay Powell):**

Nothing to report.

**Treasurer (Marie Leigh):**

Our balance is lower this month than last month. Some funds are currently earmarked for Reach the Beach. We have not received a bill for the Grand Prix swag awarded at the Annual Banquet. We have other charges coming in, such as reimbursements for monthly meeting hosts and expenses for the summer track volunteers. We also need to order more stickers for summer track. Marie has been holding off on this because we have two meets left.

The biggest receipt we get is the Busa Bushwhack registrations. We have twenty-two registrations so far, which is on track with registrations from previous years. The bulk of people tend to register in October. The scholarship balance is the same as last month.

The conversation moved to sponsoring Devin's Dash. Kendra Howard (one of the race organizers), says quite a few GFRC people have volunteered to help with the race. Quite a few people from Framingham and surrounding communities have also registered for the race.

Kendra thinks we should take this opportunity to sponsor the race. She and Mike Bower volunteered to front the money, then get reimbursed after the Busa Bushwhack. Marie doesn't think we should be trying to spend all our money – she would like to have some in reserve in case of an emergency. The shirt deadline for the race is Aug. 18<sup>th</sup>, so Kendra and Mike would like to have the sponsorship fixed by then.

Kathy Covarrubias asked if we could take one or two events that the club currently does and skip them (e.g., the summer track dinner). Bob Cargill is concerned that we can't make that decision now, because not enough club members are present. Marie suggested we go with a simpler dinner at La Cantina, to save money. Edw. S. Ginsberg asked if the short-term question was whether people could lend money to the club. Several people offered to donate money. Eric Jacobsen offered to take a delayed reimbursement for Reach the Beach.

If the club donates \$1,000, we will get to sponsor a mile marker. Another company has indicated they would like to be a mile marker sponsor as well, leaving a mile marker unsponsored. Kendra would like it if the club sponsored that one. At the race, an emcee will introduce the \$1,000 sponsors.

Kendra asked if people would be interested in donating in the club's name, rather than have the sponsorship funds come out of the club's account. The donations would not be reimbursed. Several people indicated they would be happy to donate. Kendra will send an e-mail out to the club soliciting donations. The club will get official recognition for the donations at Devin's Dash. Bob would like to thank individual donors at a future meeting.

Mike Gannon asked what will happen if we are still shy of a sponsorship level after receiving every donation. Kendra isn't worried about it; the club will not need to make up the shortfall. That can be made up by her and Mike Bower.

Mike Bower thinks the race will be a great recruitment opportunity.

### **Membership Director (Mike Gannon):**

We welcome:

<b>Cavicchi</b>	<b>Don</b>	<b>Framingham</b>
<b>Cavicchi</b>	<b>Sarah</b>	<b>Framingham</b>
<b>Cavicchi</b>	<b>Emma</b>	<b>Framingham</b>
<b>Cavicchi</b>	<b>Olivia</b>	<b>Framingham</b>
<b>Carlson</b>	<b>Susin</b>	<b>Framingham</b>
<b>Brunelle</b>	<b>April</b>	<b>Tiverton, RI</b>
<b>Rodriguez</b>	<b>Benjamin</b>	<b>Framingham</b>

Total Members = **307**

Don discovered us via Mike Bower and Team Framingham. Susin found us via Phyllis Lowry and our yellow shirts. Benjamin found us via the internet, as did April who is excited to make GFRC a regular part of her routine this fall when she moves back to our area.

**Other:** The annual GFRC Membership list has been sent to anyone on our email list.

### **Grand Prix (Tom Abbott and Eric Jacobsen):**

#### *Completed Races*

Twenty-six people attended Hot to Trot this year. The last two years saw twenty-one and twenty-two attend, respectively. The attendees currently at the meeting include Jay Powell, Jeff Hattem (who was faster than last year), Marc and Lynda Abend, Tim Conlin, Mike Bower (faster than two years ago), and Susan Richardson (may have been faster than one of the last years). We had eight age group winners. Bruce Hardy set an age group record with 19:59 (he said it was his slowest 5k ever).

Bob Cargill would like to see Grand Prix standing updates made to the web page. Ted Tyler mentioned that he thought there were more GFRC people than TVFR. There weren't, because TVFR members weren't wearing gear, whereas GFRC people were. Ted took about 216 photos.

#### *Upcoming races*

On August 17<sup>th</sup>, we have the 1-mile and 200-meter challenge at Bowditch. The race is free – just show up, no pre-registration is required. You can run the mile and 200-meter dash in either order. Your standing will be calculated based on your combined WAVA score. Please show up and wear uniform. The mile will probably start around 6:45, with a 200 before and after.

The Walpole Labor Day race on Sept. 4<sup>th</sup> and will count as an August race. Runners have a choice of the 5k or 10k. We took the team award last year, and would like to do it again this year. On Sept. 23<sup>rd</sup> we have the Voices Against Violence 5k in Framingham. On Sept. 30<sup>th</sup> we have the Larry Olson 10k in Hopedale. The Doug Flutie 5k in Natick and Groton Town Forest trail race will be future races (they haven't been posted yet). We may include the Wayside 5k as well. Mike Bower asked if the Labor Day race could count as a September race if you couldn't make the other September races.

### **Newsletter (Tom Miller):**

Bob Cargill wrote an article about game faces for the newsletter, then asked for people to show their game faces to post on Facebook. If you would like to submit articles, send them in early so Tom can get the newsletter out on time. There were some great pictures in the most recent newsletter.

### **Web (Steve Galloway):**

Jay read Steve's report.

Grand Prix info has been updated through September and banquet awards for this year have now been added. Please continue to send all corrections, contributions and praise to [webdirector@gfrcrun.org](mailto:webdirector@gfrcrun.org). Anybody want to take on the role of website photo editor?

Bob asked if anyone could pitch in as photo editor.

### **Social Media Director (Kathy Covarrubias and Bob Cargill):**

Bob asked people to post game face pictures on Facebook. Kathy would like people to promote the Busa Bushwhack to help boost enrollment. Bob asked people to promote Devin's Dash too. Jeff would like to make a push to get more members on the club's Facebook page. Mike Gannon pointed out that some of our members include kids, who won't be on Facebook.

### **Uniforms (Mike Bower):**

Mike has been posting information on the club's Facebook group and sent out an e-mail about putting in an order for winter gear. He is placing an order on Wednesday this week. If you would like to place an order, Mike needs to know the style, size, and preferred jacket. This will be the last time this year we place an order for these jackets. Twelve jackets are required for a minimum order, and it took us a while to reach the minimum. The jackets should arrive in a couple of weeks. People can pay for jackets after they arrive. Bob thanked Mike for doing a great job.

### **Activities (Jeff Hattem):**

The monthly meetings are booked through the end of the year. Our next meeting is September 9<sup>th</sup> in Wellesley at Bob Brown's house. On October 7<sup>th</sup>, we meet at Bruce Hardy's house in Wellesley. Bob Cargill is hosting in Sudbury on Nov. 4<sup>th</sup>. The annual Boston Marathon lottery is on Dec. 2<sup>nd</sup> and hosted by Wendy and Mark Akeson in Ashland.

LifeTime Fitness has two social runs a week on Tuesdays (6:30 pm) and Saturdays (7 am). You can join the runs without being a LifeTime Fitness member. The Saturday morning runs will switch to 8am after Labor Day. Group runs are typically between three and six miles. You get a chance for swag if you hit certain milestones on their leader board; you don't have to be a member to get the swag. You can also take advantage of the LifeTime facilities afterwards. They have a LifeTime run program, where you don't have to be a member to participate in this program.

Thursday night pub runs are in Holliston at Casey's Crossings in August; they switch back to Natick in September. The turnout this year has been excellent, with anywhere between ten and sixteen people attending. People typically run between three and six miles. There will not be a pub run on the 17<sup>th</sup> so that it doesn't conflict with the Grand Prix race.

The next social night is August 18<sup>th</sup> at John Harvard's at 6:30 pm. Registration is open for the Busa Bushwhack. Members can run and volunteer. There are volunteer opportunities on Saturday, then Sunday morning before the race (e.g., parking or registration). Jeff posted on Facebook that we were invited by TVFR to a private screening at Westborough regal cinema on Sept. 21<sup>st</sup> for the Boston Marathon documentary. Tickets are \$11. Mike Gannon said it was an excellent documentary. There is a link to buy the tickets on our Facebook page.

While not an official club activity, there is a trail running group that heads out every Sunday morning. If you would like to attend, let Jeff or Eric Jacobsen know so that they can add you to the text messages list. They usually start no later than 8am and run mostly at Callahan State Park, with the occasional run at Upton State Forest.

#### **Other Business:**

Kendra Howard pointed out that not all Grand Prix race are on the website calendar. Race details are linked on the home page, but not on the calendar. Edw. S. Ginsberg brought up an article in New England Runner on women's nutrition. Please see him if you are interested in reading it.

*Jay Powell*