



## Greater Framingham Running Club

**December 2nd, 2017 – Wendy and Mark Akeson** hosted the meeting in Ashland.

### **Fun Run:**

#### *Attendees*

*Mike Bower, Tom Abbott, Eric Jacobsen, Tim Conlin, Susan Richardson, Susan Ericson, Krishna Gadia, Rich Busa, Jeff Hattem, Rong Hu, Leslie White Harvey, Edw. S. Ginsberg, Wendy and Mark Akeson, Ed Stoll, Vernon Turner, Jen Feaster, Esther Powell, Tom Miller, Arnie Pollinger, Mary Bahl, Erin McArdle, Abby McCabe, Ted and Mary Tyler, Bob Cargill, Scott Pettingell, Steve and Deb Galloway, Mike Gannon, Marie Leigh, Karin Oleski, Jamie Burgoyne*

### **MONTHLY MEETING:**

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

Bob is glad that Mark Akeson ran the odds of all entrants winning an invitational entry. The club has not received the invitational entry forms yet. We'll need to make separate arrangements to distribute them to the winners later. Bob had a good time at the Turkey Classic in Framingham. We about 80 people run Turkey Trots this year. Bob also ran the Tough 10-miler the following Sunday. He considers it his unofficial kick-off into marathon training.

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

The scholarship committee has started to meet. Chris Chesmore has resigned from the committee – she was concerned about an upcoming conflict of interest. Please let Arnie know if you would like to join the scholarship committee. Notices of the scholarship will be sent in January to seven high schools in five towns. Marie says we can disperse \$1000 this year (\$500 per recipient – same as last year).

#### **Secretary (Jay Powell):**

No report. Bob thanked Jay and Esther Powell for hosting the Busa Bushwhack party.

#### **Treasurer (Marie Leigh):**

The scholarship originally started out from general GFRC funds, but now we have a separate bucket. Money comes from donations and the 50/50 raffle at the annual banquet. Ed Stoll thinks Mural Mile money should go to the GFRC general fund, but then people can vote if the money is moved into the scholarship fund. Arnie moves that we decide the exact scholarship disbursement amount in the January meeting. Bob Cargill seconded.

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

##### **We welcome:**

Moser Keith Framingham

Moser Lori Framingham

Moser Rocco Framingham

## **Total Membership = 329**

The Mosers found us via Facebook, and current members.

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

### *Completed Races*

The first race of the month was the Upton half marathon and 10k. Six club members attended the race. The Framingham Turkey Classic had about 70 club members attend (we accounted for 9% of the participants in the race). Ten people participated in other races on Thanksgiving Day, which also counted for Grand Prix points. The old Turkey Classic attendance record was 53. Jen Feaster was 3<sup>rd</sup> in her age group out of 128. Of those club members also present at today's meeting, Bob Cargill had a good WAVA (69.23%), Jeff Hattem was 5<sup>th</sup> in his age group (71.41% WAVA), Rong Hu had a good WAVA (71.01% for 19 points). Eric Jacobsen and Esther Powell each got 15 points. Wendy Akesson ran a rare Grand Prix race and was faster than last year by 41 seconds. Tim Conlin, Vernon Turner, Deb Galloway, Mike Gannon, Arnie Pollinger, and Leslie White-Harvey each had a good race.

The Tough 10-miler was the following Sunday. A dozen club members attended, including Steve Galloway, Jen Feaster, and Rong Hu. Rong was faster than last year by 40 seconds. Bob was also faster than last year by about 24 seconds.

There are 25 club members signed up for tomorrow's Jingle Bell run in Natick.

### *Upcoming Races*

December 3, 2017	Jingle Bell Run - Natick, MA
December 10, 2017	Walter's Run 5k – West Roxbury, MA
January 1, 2018	New Year's Day 5K – Needham, MA
January 28, 2018	Resolution Run 5k - Lexington, MA
January 28, 2018	Boston Prep 16 Miler - Derry, NH
TBD	Cushing/Lowry Pub Run
February 11, 2018	Paddy Kelly 5K - Brockton, MA
February 18, 2018	Old Fashioned Ten Miler, Foxboro, MA

Any 5k on January 1<sup>st</sup> will count as a Grand Prix race. You will need to self-report your time though. Please report the value by Jan. 8<sup>th</sup> (this is a hard deadline).

Only the Derry Prep 16-miler will count for the Grand Prix (the short race will not count).

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

Bob thanked Tom for doing the newsletter, which was sent out last night. Tom is working to send them out monthly instead of bimonthly.

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

Steve would like to point out how quickly Grand Prix results have been getting published. That has been thanks to Tom Abbott's hard work. He had 80+ names up for the Thanksgiving races within a couple of days. Steve changed the main home page picture to be from the Turkey Classic. Steve is still looking for people to help post pictures to the club web page. This will be considered an auxiliary officer position. You don't need special skills to help.

## **Social Media Director (Leslie White-Harvey and Bob Cargill):**

Leslie and Bob plan on posting more events to social media. Let them know if you would like something posted. They would like to start tweeting more. Anyone is welcome to tweet to the club account.

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

All outstanding uniform orders have been distributed. Two shirts weren't in stock, so those people were given other shirts. Short-sleeve, long-sleeve, and singlets will be ordered next. We will go with Badger as the supplier this time. Let Mike know if you are interested. We need a minimum of 24 orders. Inventory is running low on popular sizes, which will be included in the order of 24.

Mike would like to place an order for a new technical shirt. It will be navy blue with the GFRC logo. It will look like the shirt given to this year's Stonecat marathon finishers. We need a minimum order of 12, and won't place the order until we reach that minimum. Please let Mike know if you are interested. The cost will be \$46. The order won't be placed if the minimum isn't met.

Mike brought winter apparel with him, including hats, Bushwhack gloves, and ear muffs. He has them on sale; please see him after the meeting if interested.

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

#### *Monthly Meetings*

Christine Kehler-Ross will host the meeting in January in Natick on the 6<sup>th</sup>. Arnie and Robin Pollinger will host the February meeting in Holliston on the 3<sup>rd</sup>. The location of the March meeting hasn't been decided yet. Rich and Andrea Leonard may host a meeting (Jeff is working with them to identify potential dates). LifeTime Athletic may host a meeting as well.

#### *December*

The annual GFRC shopper's night will be on Dec. 7<sup>th</sup> at Marathon Sports in Wellesley. The store will be closed to the public from 6:30-9:00 pm, but open to GFRC members. They serve refreshments and there will be 20% off all purchases except for electronics and strollers. Jeff would really appreciate it if people attend because Marathon Sports was a major supporter of the Busa Bushwhack. You can also go before 6:30, just let them know you're with the club.

Saturday, Dec. 9<sup>th</sup> will be the annual Christmas carol fun run. We will start at the Heritage retirement center, then proceed to St. Patrick's Manor, Carmel Terrace, Countryside Skilled Nursing & Rehab center, then finish up back at Heritage. The party afterwards will be hosted by Jamie Burgoyne. You don't have to be able to sing, just show up. Bob asked if Brookdale by Cushing could be added – Jeff pointed out that it's a long way from the current route. We should finish around 2pm. Jamie said she can provide instruments for those who can't sing. Try to wear something festive. Jamie, Esther Powell, and Christine Kehler-Ross can lead the singing.

The next social night is on the 15<sup>th</sup> at John Harvard's at 6:30 pm.

Dec. 31<sup>st</sup> is the champagne fun run. Steve and Deb Galloway are hosting again this year. We will start at 4:30pm and should be done by 7:30pm. We have a 5-mile course with stops about every mile to drink champagne and eat snacks. It will be the same course as last year (Kendra Howard isn't sure if she'll be able to host yet).

We will have the second annual Mural Mile sometime in early May (on a Saturday). Jeff would like people to sign up as runners so that the registration count reaches 100 this year. Jeff will take care of volunteers – not many will be needed, so feel free to sign up as a runner. LifeTime Fitness is also considering getting involved. Mary Tyler mentioned that you can advertise the event on New England Runner for free. The race committee will have an organizational meeting sometime this month. They will try to officially kick things off in January.

### **Other Business:**

*Team Framingham (Jen Feaster, Vernon Turner, Mike Bower)*

Jen Feaster began by saying the Team Framingham lottery is on Monday and that some club members are entered. The first team meeting will be on December 13<sup>th</sup> at 7pm. Mike Bower, Ed Stoll, and Vernon Turner are on the steering committee. Vernon will lead the Team Framingham mentoring program.

Vernon won't be running Boston this year; instead he'll be focusing on the Team Framingham mentoring program. Vernon thinks the mentoring program gives us a chance to shine as a club. He would like to get 6-8 dedicated people from the club to act as mentors. This will require being engaged with a couple of runners, paired up by ability (i.e., beginner to experienced). A mentor will need to show up to 4-5 team meetings as well as the long runs. Vernon would like mentors to be active with the runners Monday-Sunday, so runners don't feel like they're on their own. Vernon currently has 3-4 potential mentors. He would love to fill the remainder in during the next week. Arnie Pollinger asked if non-mentors could show up to the team meetings to contribute advice (in case they couldn't commit to the full mentorship role).

Jen said the mentoring role emphasis is on the meetings. Long runs aren't a mentor activity, though mentors typically want to be there. Mentors should also be engaged with runners on social media if possible. The mentorship role is important and takes a lot of engagement.

Mike said the mentorship program was originally a partnership with the town and GFRC and was mentioned in the original charter. People not running Boston (but another spring/summer marathon) can still show up to meetings and take advantage of the advice given. We rent buses for a couple of the long runs that club members can take advantage of (after Team Framingham participants have claimed a spot). Buses also drop people off along the course in case they don't want to do the full distance. One long run will be for 17 miles from the Roche Brothers in Natick, and one from the starting line to Boston College. The first group long run will be on December 17<sup>th</sup> at Cushing park at 8am.

Jen said people should chat with her, Vernon, or Mike for more details.

#### *Reach the Beach (Eric Jacobsen)*

Eric Jacobsen is going to take another team to Reach the Beach next year. It is a 200-mile relay across New Hampshire. We will vote on funding at the next meeting. Eric is taking checks as of today; please contact him if you would like to join. There is a \$75 initial fee per runner. The final total will come to around \$300. Contact Eric for more details.

#### *Lottery (Arnie Pollinger)*

We are still waiting on invitational entry forms from the BAA. We are cautiously optimistic that we will get 10 forms this year. Bob thinks we should consider doing more volunteer work for the BAA to ensure that we keep getting 10 entry forms. There is no guarantee that we will get 10 this year, but we are optimistic.

In January we will convene to improve the lottery process. Topics for consideration are Bushwhack food donations, a cap on Busa Bushwhack volunteer contributions, and volunteer credits for Team Framingham activities. We want to acknowledge that some volunteer activities take more effort than others.

We have 18 runners in the lottery this year. It is the most we've had since 2009, when we had 20. We had 28 people in 1999, which was the record. We have 14 people competing for 6 slots this year.

#### **Invitational Entry Winners**

Mike Bower

Jen Feaster

Arnie Pollinger

Mike Gannon

Deb Galloway

Anita Yip

Wendy Akeson

Bob Cargill

Mark Akeson

Jon Marshall

**Alternates**

Leslie White-Harvey

Ed Finnegan

Erin McArdle

Susan Richardson

Steve Galloway

Rebecca White

Lev Volfson

Scott Pettingell

All names are listed in the order they were drawn.

*Jay Powell*