



Greater Framingham Running Club

February 4th, 2017 – Robin and Arnie Pollinger hosted the meeting in Holliston. There was a nice cake for Bill Robertson.

Fun Run:

Attendees

Tom Abbott ran four miles; Ed Stoll ran one mile and swam 600 yards before the meeting. Katie Sullivan ran one mile and did some aqua jogging. Bob Cargill ran one mile. Chad MacDonald, Arnie Pollinger, Sharon Martin, Mike Gannon, Stella Shen, Rong Hu, and Glenn Meister ran five miles with Bill Robertson to celebrate 40 years of consecutive daily running. Eric Jacobsen, Jamie Burgoyne, and Esther Powell ran twelve miles together on the Holliston rail trail. Leslie White Harvey ran four miles. Brittany Belanger ran four miles. Jeff Hatem ran five miles on the Holliston rail trail. Ted and Mary Tyler, Kathy Covarrubias, Courtney Thraen, Lev Volfson, Joe Koziol, Karen Oleski, Tom Miller, Esther & Jay Powell, Dan Silverman, Kendra Howard, Marie Leigh, Mike Bower

MONTHLY MEETING:

President (Bob Cargill):

Bob congratulated Bill Robertson on running at least three miles a day, every day, for forty years. The last time Bill missed a day was because of an injury incurred jumping over a snowbank. Bill has the twelfth longest active running streak in the world.

Bob thanked Stella Shen for all her work as uniform director. She'll be moving to San Diego mid-February. Stella thanked everyone for being wonderful running buddies and friends. Joe Koziol thanked Stella for everything she's done for the club.

The Couch to 5k (C25k) program will continue this year with Kendra Howard running it again. Kendra thanked everyone who helped last year. The club did a great job of motivating the participants; many of whom had never run. She doesn't think we'll need as many volunteers this year, possibly two or three people per morning. In order to receive volunteer credit this year, volunteers will need to register via SignUp Genius. You can still help if you don't use SignUp Genius, but you won't receive any volunteer credit.

The Framingham Police Chase will be the goal race again this year. The police said we could set up a table to greet the participants this year, but they don't want it to distract from their mission. Kendra would like to make it a Grand Prix race again this year. Arnie Pollinger and Tom Abbott noted that we got quite a few new members from last year's program. Kendra says eighteen C25k participants signed up for the race while thirteen attended and finished the race. Several other participants attended other races during the year. Mike Gannon asked Kendra to send out membership forms after the start of the program. Kendra is hoping to enlist

the help of the web directors to make the membership forms available. Bob would like to advertise the program on Facebook. The C25k program will start eight weeks before the Framingham Police Chase.

Courtney Thraen and Jeff Hattem talked about the Mural Mile. It is a one mile race that ends next to the Framingham train station. The race is designed to attract participants of all levels and the entry cost is \$15. If an adult enters, a child can enter for free. There will be more events from 9:30-12 in the MBTA lot near the mural. Jeff Hattem is the race director, Arnie Pollinger is leading the 200 meter dash, and Deb Galloway is an assistant race director. Ed Stoll will help out in an advisory capacity. There will be a SignUp Genius form for volunteers.

The Mural Mile is organized by Framingham Downtown Renaissance, a local non-profit organization. They are teaming up with the club to help put on the race, which is supporting the Rich and Chris Chesmore scholarship. They hope to raise around \$2,200 for the Rich and Chris Chesmore scholarship. There will be several costs associated with the race, including RaceWire fees and food. Local businesses will also be contributing to the cost of the race. Mary Tyler asked if our insurance would need to help cover the race. Courtney said that her non-profit has insurance for events, and she'll see if that can be used. Courtney asked if the club would also contribute to the cost of the race. Marie will coordinate with Courtney, Ed Stoll, and Jeff Hattem about insurance and other costs. Arnie Pollinger motioned that GFRC fronts the mural mile approximately \$650 for RaceWire and other costs. We will be reimbursed with funds from the race, and the remainder will go to the Rich and Chris Chesmore Scholarship. Motion approved.

Jeff Hattem talked about the Pineland Farms trail relay. Jeff wanted to determine how much of the costs the club would subsidize. The total cost is \$800. Arnie Pollinger moved that the club pays the entire \$800 amount. Bob Cargill seconded. Motion approved.

Jeff Hattem wants to solidify the date for the Bushwhack, plus the name of the race director. The WMAC Grand Tree Trail Series lists the Bushwhack with a tentative date of October 29th. Jeff would like to finalize a date and inform the WMAC Trail Series organizers. We will also figure out the race directors for the Bushwhack by the March meeting. We may have co-race directors instead of a single race director. The race director will be listed on the WMAC Trail Series website as the primary point of contact, and will be expected to answer questions. Kendra Howard asked if the person listed on the website needed to be a race director, or if they could be a person responsible for answering questions. Marie Leigh believes that the person listed does not need to be a race director, but does need to be able to answer questions. Bob Cargill volunteered to be the primary point of contact and forward any questions he receives to the appropriate people.

VP Report (Arnie Pollinger):

All scholarship apps were sent out to local schools (Framingham, Natick, Holliston, Wayland, Lincoln-Sudbury, Keefe Tech, Ashland). Schools are no longer limited to one male and one female applicant per school. Students can apply directly and the deadline is March 31st. Scholarships are sent to the scholarship coordinators at each school. We have a link on our website that explains the scholarship. Mike Gannon would like to make sure that our members see the scholarship information. Arnie thinks it should be on the club front page.

Arnie talked about the annual advisory committee meeting about the lottery in January and put forth the issues discussed for club approval.

Issue 1 (Allocating Team Framingham volunteer points) – Mike Bower and Jen Feaster gave some excellent advice, which was mostly followed by the committee (with a few minor changes). Mike Bower mentioned that some people are putting in quite a bit of work to make Team Framingham long runs succeed. Motion approved.

Issue 2 (Allocating Busa Bushwhack volunteer points) – Motion approved.

Issue 3 (Geographic location) – The advisory committee recommended limiting the geographic location to Middlesex, Worcester, Suffolk and Bristol counties. Kathy Covarrubias is fine with the wording but thinks it is overly broad. Mary Tyler mentioned that they had similar issues in TVFR. Kathy agrees with the committees recommendations but she does not think we should expand the geographic region. She suggested it be limited to Framingham and locations within a three town radius. Some people think it should be limited to the Metro West area. This issue generated some great discussion and will be tabled until March meeting. We plan to devote more time then to discussing the club's interpretation of the BAA's geographic requirements.

Issue 4 (Allocating points for club officers) – Motion approved

Issue 5 (Automatic lottery entries) – Motion approved

Issue 6 (Ties) – Motion approved

Issue 7 (Allocating points for summer track volunteers) – Motion approved

Issue 8 – Motion approved

Issue 9 – Motion approved

Issue 10 – Motion approved

Bob thanked Arnie for all his work running the lottery.

Secretary (Jay Powell):

Sent out minutes for advisory meeting and January meeting.

Treasurer (Marie Leigh):

Marie started her report talking about the Club's Give Back program and encouraging everyone to be part of the program. The day of the meeting was the start of this year's Give Back program and will continue until March 17, 2017.

The form to use is on the website. Derek Perkins and Barry Ostrow started this program a number of years ago as a great way to use money from the club to support club members who are raising funds for charities as they run the Boston Marathon, to encourage volunteering throughout the year, so that the volunteers gain from their volunteering the satisfaction of whatever activity they support through their efforts and the ability to use those volunteer points to give-back to the community a 2nd time.

Please participate and let Marie know if you have any questions about this.

The balance this month decreased a little from the last Treasurer's report, as we needed to pay some additional expenses

Payments were made for the Fun Runs, which included the monthly meetings, the Christmas caroler's party, and the New Year's Eve Champagne run, for the Busa Bushwhack, the banquet's Grand Prix Awards, and for several donations from the Club to Sudbury Valley Trustees, American Red Cross, and the Framingham Auxiliary Police. Also, from the Sunshine Fund, in honor of Cheryl Stoll's father and Ed's father-in-law, James Tully, we made a donation to Cure PSP and sent the family a small arrangement. Income in the last 2 months

was received from memberships, from uniforms, from the continued donations in honor of Rich Chesmore for the Scholarship Fund, and from the usual small bank interest amount.

Membership Director (Mike Gannon):

We welcome

Bombard	Jeremy	Framingham
Alberti	Ben	Framingham
Goldschmidt	Mark	Natick
Goldschmidt	Kiora	Natick
Goldschmidt	Kyla	Natick
Songer	Travis	Framingham
Songer	Kristen	Framingham
Laprel	Robert	Framingham
Laprel	Jessica	Framingham
Abend	Lynda	Ashland
Abend	Marc	Ashland
Abend	Rachel	Ashland
Abend	Zachary	Ashland
Brennan	Jim	Framingham
Brennan	James	Framingham
Brennan	Aleen	Framingham
Stafford	Terri	Framingham
Linn	Diana	Framingham

Membership Total = **355** (old record was 343)

The Goldschmidts, Songer, and Paprel families we owe to Team Framingham. The Abends were referred by family member Judy Levine. Jeremy found out about us via the net, a contact made the Brennan/Stafford aware of us. We have been on Jeremy's radar for a while.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

We had a good club turnout at the Lowry-Cushing Pub Run. Arnie had a course PR and Jeff Hattem ran 10 miles before the race. Jay Powell ran 9 miles beforehand and was the faster one there. Karen Oleski participated and ran her first 5k in a year and a half. The turnout for the Resolution Run was lower than last year. We think the turnout was low because we had the New Year's 5k in Needham as a Grand Prix race this year, which we didn't have last year. Mike Gannon was the leading finisher for the club and placed in his age group. We also had the Derry Boston Prep 16-miler, which had 3 members attend (Mike Sawyer, the Steve Galloway, and John Joyce).

Upcoming races

- February 12, Paddy Kelly 5K - Brockton, MA
- February 19, Old Fashioned Ten Miler - Foxboro, MA
- March 11, Shamrock Shuffle 2017 5k - Medway, MA
- March 18, Marathon Park Prep Half Marathon - Ashland, MA
- March 19, New Bedford Half Marathon - New Bedford, MA
- April 1, 37th Frank Nealon Boston 15k Tune-Up - Upton, MA
- April 30, James Joyce Ramble 10k - Dedham, MA
- May 14, Strivers MD5K - Natick, MA

Please note that only the 10-miler counts for Grand Prix points at the Old Fashioned Ten Miler race. We will consider adding the Merrimack trail race this year.

Newsletter (Tom Miller):

The newsletter will be coming out in a few days. People have been great about contributing and Tom would like to get more articles from club members. Arnie Pollinger recommended sending an e-mail reminder to the club once a month soliciting content for the newsletter. Tom Abbott would also appreciate Grand Prix related submissions from participants.

Web (Steve Galloway):

If you are running Boston 2017 and raising money for a charity and have not yet been listed on the GFRC charity links page please send your link to webdirector@gfrcrun.org so that I can get it posted asap. The updated giveback program info has been posted, and members can use their points to donate to these various charities.

Tom Abbot is now able to login and post the GP results directly to the website. Hopefully this will allow us to get the results out to everyone faster. If anyone else would like an account created so that they can manage specific parts of the website please let me know. I would like to push out more control to the individuals responsible for the different areas, for example, whoever the new uniforms director is will now have the ability to post product pictures, adjust pricing and communicate inventory numbers as soon as they become available instead of waiting for me.

As always, if anyone has any suggestions or would like to see specific changes made to the website please feel free to send your ideas to webdirector@gfrcrun.org

Uniforms (Stella Shen):

All uniforms are in Jeff Hattem's storage unit. People can still order gear online. We should have a new uniform director within the next month. Bob thanked Stella for everything she has done for the club.

Activities (Jeff Hattem):

Monthly Meetings

Monthly meetings are scheduled through May. The March meeting is on the 4th at LifeTime Fitness in Framingham. They will provide a tour of the facilities. Ed Stoll thinks we should make a push to get new members while we're there. LifeTime Fitness has a running group that meets Tuesday evenings and Saturday mornings. We are free to join them anytime for a run. The April meeting is on Sunday the 2nd and is hosted by Andrea and Rich Leonard in Framingham. The May meeting is on Sunday the 7th and will be hosted by Matt Vogel in Southborough.

Upcoming Activities

Knit hats and pint glasses were given out at the last Morse Tavern Pub Run. There will be two pub runs in February, one on the 13th at Morse Tavern, and one on the 27th at Exhibit A Brewery in Framingham. Both pub runs are at 7pm. Jeff would like to see a great turnout at Exhibit A Brewery. People are always encouraged to wear their GFRC apparel.

The next social night is February 17th at John Harvard's. The Boston Marathon pasta party is April 15th and will be hosted by Mary and Ted Tyler. The post Boston Marathon party will be at Owen O'Leary's on Thursday, April 20th (note the new date). On March 17th there will be a March stroll put on by Courtney Thraen's organization in downtown Framingham. The annual banquet is scheduled for Sunday, June 11th and will probably be at La Cantina again. Karen, Marie, Sheri, Jamie, Leslie, Mike, Kathy will be on the banquet committee. Let Jeff know if you want to join the banquet committee. There will be a couple of meetings starting in April.

Social Media Director (Kathy Covarrubias and Bob Cargill):

No report from Kathy. Bob thinks it would be great if we had a graphic displaying the numbers of members we have.

Other Business:

Meeting adjourned at 11:30.

Jay Powell