



Greater Framingham Running Club

January 7th, 2017 – Christine Kelleher-Ross hosted the meeting in Natick.

Fun Run:

Attendees

Jeff Hattem and Tim Conlin ran six miles; Wendy Akeson ran twelve miles, the first seven were with Phyllis Lowry and Mike Sawyer. Other attendees included Glenn Meister, Courtney Thraen, Karen Oleski, Bob Cargill, Arnie Pollinger, Tom Abbott, Rich Busa, Tim Conlin, Ted & Mary Tyler, Christine Kelleher-Ross, Ed Stoll, Tom Miller, Mike Gannon, Chris Chesmore, Stella Shen, Brittany Belanger, Judy Levine, and Jay Powell.

MONTHLY MEETING:

President (Bob Cargill):

Bob proposed a toast to 2017 and everyone in the club. The club advisory meeting is on Monday, Jan. 9th, at 6:30 at Owen O'Leary's in Southborough. We'll talk about the lottery and a few other things.

Bob received a letter from Kim at Ashland Physical Therapy that he read at the meeting. She offered an exclusive PT for the running club (see below). Bill Robertson's reaches his forty year streak of running at least three miles every day in February. Bob would like to celebrate (hopefully Bill can make it to the February meeting). Bob would also like to celebrate Allison's 50th marathon (hopefully she will reach that milestone next year).

Jeff Hattem gave an update on the Pineland Farms Trail relay on Sept. 8th & 9th. It's called the Pumpkin Head Trail Relay and requires a team of eight people (we are already close!). If we register a team by March 18th we get the registration discount. Arnie noted that Marie's budget includes a line-item for relays (any relay). Arnie moved to have the club pay for the \$800 registration fee. Bob Cargill seconded and the motion passed.

Courtney Thraen spoke about the one mile race she, Jeff Hattem, and Ed Stoll are planning in the spring. It is called the Mural Mile and its purpose is to help promote the Framingham downtown renaissance. The race will also have a 200-yard dash for children ten and under (this may change based on demand). She is looking for an assistant director for the 200-yard dash, and an assistant director for miscellaneous tasks. They will be working with a number of grass roots organizations in the Framingham area to support the race. There will be no age group awards (they will be doing manual timing, so it will be hard to rank by age in a timely manner). The one-mile will start at 9 am, and the 200-yard dash will be at 9:30 am. People can do same-day race registration. Shuttles will be in front of the mural in the MBTA lot to take people to the start of the one-mile. Arnie is interested in the 200-yard dash assistant director position. Bob suggested having heats for the 200-yard dash and for the mile. Ed Stoll pointed out that they want to hand out ribbons like we do at the summer track meets. Proceeds will go into the Rich and Chris Chesmore scholarship pot. It will not go towards the scholarships that will be awarded later in the month.

The marathon charity runners are now listed on the GFRC website. Bob and Arnie emphasized that people can apply their give-back points to the charity runners.

Stella will be moving out of state soon and will be vacating her uniform officer position. Bob congratulated her on a job well done.

Bob will reach out to Kendra Howard to see if she is available to lead the C25K program again this year. If not, he will reach out to club members to find someone who can run the program this year.

Bob congratulated Wendy Akeson on joining the Martin Richard charity run.

VP Report (Arnie Pollinger):

Bowditch is currently closed for track workouts and may remain closed for some time.

Arnie welcomed Chris Chesmore to the scholarship committee. Arnie would also like everyone to know that the scholarship application process has changed this year. Students can apply for the scholarship directly this year (in past years the committee was disappointed with the low number of applicants). Each student needs to submit a short essay on what running means to them, plus a recommendation from their coach. The club would like the scholarship to go to students who intend to run in college recreationally or for a team. Applications will be sent to local high schools later this month. Ed Stoll motioned to increase the scholarship amount to \$1000 per boy and girl. Mike Gannon seconded and the motion was approved.

Arnie put in a plug for Reach the Beach at Eric Jacobson's request. The club is currently putting together a team for the 2017 race. Let Eric Jacobson know if you are interested in joining the team.

Secretary (Jay Powell):

Nothing to report.

Treasurer (Marie Leigh):

Arnie read Marie's report. The giveback process will begin at the start of February and will be announced, so runners for charities should be listed on the website as soon as possible.

Grand Prix (Tom Abbott):

Completed Races

The New Year's Day race had 29 club members attend. We had quite a few people rank in their 5-year age groups. Pam Helinek won second in hers, Jay and Esther Powell, Jeff Hattem, and Tom Abbott all got third in theirs, and Mary and Ted Tyler each got first in theirs.

Upcoming Races

On January 21st we have the Lowry Pub Run at noon at Cushing Park. Phyllis will provide chili but would like people to bring dessert and beer. The week after is the Resolution Run in Lexington. The race provides a lot of post-race food. The Boston Prep 16-miler is the next day in Derry, NH.

In February we have the Paddy Kelly race on the 12th (club members get a \$5 discount). The Sunday after is the Old Fashioned Ten Miler in Foxborough. They offer a 5k and then 45 minutes later a 10 miler. You can do both for the BadAss Half Marathon Combo. Only the 10 miler counts for Grand Prix points.

In March we'll have the New Bedford and Ashland half marathons. In April we'll have the Boston tune up on April 1st. It was selected to be a USATF race this year. You may have to arrive early for parking.

It was mentioned by Tom that some people think there are too many Grand Prix races. Some people are concerned that point distributions aren't always fair for races with low club attendance. Bob noted that your chances of getting more points is better at races with a low club turnout.

Membership Director (Mike Gannon):

We welcome :

Kynoch	Joe	Framingham
Young	Robert	Framingham
Cucinotta	Ardria	Framingham
Chester	Andrew	Framingham
Gordon	Lane	Framingham
Gordon	Ava	Framingham
Gordon	Alana	Framingham
Restrepo	Carmen	Framingham
Restrepo	Jessica	Framingham
Restrepo	John	Framingham
Miller	Jason	Framingham

Joe, Robert, Ardria, Gordon, and Jason are all part of Team Framingham. Ardria is a returning member. Carmen was referred to us by a friend.

Membership Total = 337 (only 6 away from a record)

Other Notes

2015 was our first year of decline when comparing new member totals. 61 new members vs. 68 from 2014. For 2016 122 members were new to us. Some key factors were Team Framingham, and Kendra's C25k.

To give you an idea of how far we have come the last 6 years (each 12/31), we ended 2010 with 215 members, and are higher by 122 now. The chart below shows us getting up to 298 in 2013 which we thought was an anomaly due to Boston then 2 years of declines. So obviously 2016 was a great year for us.

<u>Year End Approximate Headcount</u>	
12/31/10	215
12/31/11	217
12/31/12	268
12/31/13	298
12/31/14	286
12/31/15	273
12/31/16	337

Newsletter (Tom Miller):

The newsletter has been published. Tom noticed a couple of mistakes and will correct them. Tom would like to include a teaser in the newsletter e-mail to preface the PDF. He hopes this will encourage people to read the full newsletter. The newsletter also outlines the 2017 club volunteer opportunities for those interested in entering the 2018 marathon lottery. Tom Abbott also wrote an article about age grading that is included in the newsletter. People should feel free to submit articles for the newsletter. Tom would love to include them.

Wendy Akeson noted that Tom does an amazing job with the newsletter.

Web (Steve Galloway):

Jay read Steve's report.

I will be putting up the club's Boston Marathon Charity page soon. If you are running Boston 2017 and raising money for a charity, please send a link to webdirector@gfrcrun.org so that I can get it posted on the page.

As many of you may have noticed, we now have a faster way of posting the Grand Prix race results. Our web host has made WordPress available which will enable anyone with a valid login to update any pages that they are responsible for. We are testing this out initially with the Grand Prix results and then may move other parts of the website over to a similar setup. I will be creating logins for both Tom and Eric so that they can update all GP results as soon as they have them ready. It is setup so that no web coding is needed, we can now just cut and paste or type in the results very quickly.

Also, a reminder that if there are any club members out there who would like to help out with keeping the website up to date please feel free to contact me. Right now it is mostly just me with some help from Bruce Hardy. It would be great to have at least one other person to assist.

Uniforms (Stella Shen):

We made \$450 from December sales. Stella's main concern now is finding a replacement and transitioning uniform director duties. The new director will need some space to store inventory. Bob thanked Stella for doing an awesome job.

Activities (Jeff Hattem):

Jeff wanted to thank everyone who showed up for the Christmas Carol fun run. We had a great turnout this year with a post run party at Jamie Burgoyne's house.

Monthly Meetings

Our next monthly meeting is on Feb. 4th at the Pollingers' in Holliston. The March 4th meeting is at LifeTime Fitness in Framingham. The April meeting is on Sunday April 2nd at Rich and Andrea Leonard's house. The May meeting will be on Sunday, May 7th at Matt Vogel's. If anyone would like to host a meeting, let Jeff know.

Other activities

The Morse Tavern pub run is Monday, January 23rd in Natick. They offer free beer, \$5 burgers, and raffle prizes. Try to wear GFRC apparel to the run. The next social night is on Jan. 20th at 6:30 at John Harvard's. Mary and Ted Tyler are hosting the pasta party on Saturday, April 15th.

Social Media Director (Bob Cargill):

Please keep contributing to Facebook and feel free to retweet anything posted on Twitter. You can also use Twitter to reach out to elite runners or stores. Bob will give a social media tutorial to people after today's meeting.

Other Business:

Rich Busa pointed out that the snowshoe world championships are coming to the US for the first time this year. The age groups are in 10 year increments, but end at 70\+.

Bob let everyone know that we should be proud of the club and the role it plays in the community.

The meeting adjourned at 11:25am.

Jay Powell

Letter from Kim Elia

Good Morning Bob,

I wanted to email you this morning to see if you would be interested in having rights to an exclusive PT for the running club. I am offering this as a service to the local runners which would allow them to email me at any time with concerns, come into the clinic (Ashland PT) for a free 15 min injury screen at any time throughout the year, hosted runs from the clinic, free seminars 2-4x year regarding injury prevention, access to a certified strength and conditioning coach for training purposes, first in line for our strength/mobility injury prevention classes on Sunday mornings. Let me know your thoughts and we can move forward.

Happy New Year!

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Kim Elia, PT, DPT

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