



Greater Framingham Running Club

July 8th, 2017 – Mike Bower hosted the meeting in Framingham.

Fun Run:

Attendees (miles run shown in parentheses):

Jen Feaster, Jeff Hattem, Eric Jacobsen (5.4), Chad McDonald (4), Peter McMahon (5.4), Rich Busa (2.0), Steve and Deb Galloway (3), Bob Cargill (3), Tom Abbott (4.1), Abby McCabe (5.4), Melissa Arnold (5.4), Esther Powell (5.4), Ed Stoll, Phyllis Lowry (2.0), Mary and Ted Tyler, Susan Richardson, Wendy Akeson (2), Mike Bower, Jay, Karen Oleski (3.7), Tom Miller (2.0), Edw. S. Ginsburg (3.25), Kathy Covarrubias, Marie Leigh, Tim Conlin (3), Cherry Baram (6), Judy Levine (6), Leslie White Harvey (6), Katie Sullivan (6), Kendra Howard (0.5, 15 bike), Mary Bahl (5.2), Peter Gould (5.4)

MONTHLY MEETING:

Guest Speaker: Director of Ashland Half Marathon and LifeTime Fitness Training Program (Michael McGrane):

Michael is a BAA running club coach as well as a coach at LifeTime Fitness. Michael is also the new race director of the Ashland Half Marathon. He's coaching a training program for a fall marathon/half marathon at LifeTime Fitness. This year's goal races are the Ashland half and Bay State marathon, though the training program can apply to any fall race. You don't need to be a LifeTime Fitness member to participate in the training program. It is \$35 for members and \$70 for non-members. Groups runs begin at LifeTime Fitness on Tuesdays at 6pm and Saturdays at 8:00am.

Michael acknowledges that the Ashland half is a challenging course. They've seen the race numbers dropping the last few years, and would like to make it a sustainable race. They are making substantial changes to how the race is run. The spring half has been cancelled twice by the town and will be moved to May. The fall race will occur on Oct. 28th this year. The course will be modified to go through the Hopkinton State Park, and the Green St. monster will be at mile two. There will also be a 5-mile race as well. The state park will be closed to traffic during the race. A two-person relay will also be added, with a 5 mile leg and an 8.1 mile leg. They will have awards for top male/female/coed/Ashland residents. The race committee is still making some tweaks to the race. It is the week after the Bay State race. He asked if the club could help support the race this year (as volunteers or runners). We may be able to sponsor a water stop along the race. There will be free entries for people who signed up for the cancelled March race. He will e-mail Jeff with a \$5 coupon code for the race. You can also get \$5 off sharing the race on FB.

President (Bob Cargill):

Bob thanked Mike Bower for hosting. Bob asked if anyone had read "It's Only a Mountain" by Sam Hall about Dick and Rick Hoyt. The book is about overcoming adversity – Bob highly recommends reading it.

Kendra Howard donated GFRC business cards to the club. Talk to Mike Bower if you would like one.

VP Report (Arnie Pollinger):

Bob Cargill read Arnie's report. Summer track will return to Bowditch on July 12th. The track was finished one week early. The Framingham Parks & Rec will take our equipment back to the Bowditch ticket booth for us. A sign will be posted at the FSU track to notify parents of the change. Arnie will also announce the change via e-mail.

Secretary (Jay Powell):

Last month's minutes were sent out.

Treasurer (Marie Leigh):

Our balance is at its lowest point of the year, which is expected. We just finished the Give-Back program, the Rich and Chris Chesmore scholarship, and the annual banquet. Revenue should start to come in for the Busa Bushwhack over the next few months.

Marie also thanked everyone who has been coming to summer track to volunteer. Bob says it is our signature community facing event.

Phyllis Lowry and Tom Miller thanked everyone for the donations after their losses.

Grand Prix (Tom Abbott Eric Jacobsen):

Completed Races

Eighteen people attended the July 4th race at Dedham. Jay Powell and Abby McCabe were the first club finishers. Esther Powell, Kendra Howard, Mike Bower, Judy Levine, Joe and Robin Kynoch, and Mary and Ted Tyler were also there. Tom Abbott attended a 5k in Needham on the 4th, Jim Jones ran a 4-mile race in York, Maine, the same day. Bob Cargill and Helen Shik ran a 3.75-mile race in Sudbury. All four races counted in Grand Prix scoring for that day.

Upcoming Races

On July 29th we have the Hot to Trot race in Upton. We usually have a good turnout, with good food afterwards. In August we have the 1-mile and 200 meter challenge. We haven't settled on a date, but it will likely be on the 17th. The Labor Day race will count as an August Grand Prix race. The Run Against Violence race is on September 23rd, and the Larry Olsen 10k is on September 30th in Hopedale. The Doug Flutie 5k is the next day in Natick. Judy Levine created a team for this race called the GFRC Growlers. There is a post for \$5 off on their Facebook page. To get swag, you need to be among the first 300 to register. Any half marathon in October will also count as a Grand Prix race. We might have a half marathon in the first half of November.

Judy asked Eric to explain the Grand Prix series for the new club members. Tom and Eric pick out 2-3 races per month for people to attend. If you attend, you will get a race count point, and a score based on an age-graded finishing order. The scores will be posted on the web. At the annual banquet, the top 8 male and female participants will get a trophy. If you run at least 11 races, you will get a nifty prize. The hoodies for the 2016-17 season have not been received yet. Please wear GFRC swag at the races.

Membership Director (Mike Gannon):

We welcome :

Green	Amie	Natick
Pettingell	Scott	Framingham
Pettingell	Salma	Framingham
Arnold	Melissa	Auburndale
Bahl	Mary	Natick
McCabe	Abby	Framingham

Total Members = **299**

Scott discovered us via Mike Bower and Team Framingham. Melissa was referred to us by Esther and Jamie. Mary did a pub run with us recently, and joined soon after. Abby found us via the internet, ran the July 4th GP race in Dedham where she met Jay and Esther who talked up the pub run which she did on Thursday, and just joined Friday.

Other : In either late July or early August, I will send out the membership lists via the GFRC email list to members only. This is just a list of members with basic contact info of those who didn't opt out. When we join or renew online, there is an option to be included or not. If anyone isn't sure how they responded or wishes to be excluded please contact me via Facebook or m.gannon@hotmail.com.

Going forward we can talk in the future if this is still needed. Facebook was a game changer in this regard, as it's a quick way of contacting anyone. It has been a long time (no 2017 requests) since I have been asked for contact info on another member which I then asked permission to do so etc.

Newsletter (Tom Miller):

The latest edition has been delayed. Tom is adding new articles. Tom asked if anyone would like to submit an article. Bob Cargill suggested that new members could use the newsletter to introduce themselves or submit pictures. Tom was wondering if he could anonymously pay for continuing memberships to anyone who might have dropped out of the club. Tom is concerned that we don't always retain new members past the first year. Tom also thanked Rich Busa for helping him out with running problems he was having. Tom also thanked the club for the gift he received when his mother passed.

Web (Steve Galloway):

No changes. Bob Cargill asked if Steve could add new pictures to the web banner on the front page. Feel free to send Steve pictures. Phyllis Lowry, Kendra Howard, and several others like the current slideshow. Kathy Covarrubias suggested that we have a "throw-back slideshow."

Uniforms (Mike Bower):

If anyone needs singlets or short-sleeve shirts, let Mike know, because the stock is starting to decrease. Mike is making a push now for the fall/spring running Storm Tek jackets for \$58 dollars. Please let Mike know if you'd like one. He needs 12 for a minimum order, and would like to place it in the next month. He also has a fleece pullover to offer for \$37. Sizing information is on the Facebook page. Mike also has decals, and gives them out whenever someone orders swag.

Activities (Jeff Hattem):

Monthly meetings

We are booked for monthly meetings through the end of the year. On August 5th, we meet at Joe Koziol's in Framingham. On September 9th, we will be at Bob Brown's in Wellesley. On October 7th, we will meet in Wellesley at Bruce Hardy's. On November 4th, we will be at Bob Cargill's in Sudbury. Wendy and Mark Akeson will host in Ashland on December 2nd for the lottery meeting.

Upcoming activities

Our Thursday night weekly pub runs will meet in Natick at Skybokx 109 during July. It is on Thursday nights at 7pm. We've been getting a great turnout (about 15 showed up last Thursday). We'll be back in Holliston in August, then return to Natick for September.

On July 17th, we have a Marathon Sports Pub Run at Exhibit A brewery in Framingham at 7pm. Representatives from Garmin and Hoka will be there. Please wear GFRC attire because we're not the only club that attends. The next social night is July 21st at John Harvard's at 6:30 pm. Cheryl Asselin is hosting a party at her house the evening of the Hot to Trot Grand Prix race. It will be a party for the Tri-Valley and GFRC clubs and will be on July 29th at 6pm in Hopkinton. You don't have to run the race to attend the party. There will be a sign-up.

The Busa Bushwhack is on October 29th. We will need plenty of volunteers. We will also need people to coordinate activities such as volunteer assignments, registration, and food. There will be a meeting after today's club meeting. It is our signature race event.

LifeTime Fitness hosts group runs on Tuesday's at 6pm and Saturday's at 8:00am. All club members are invited to attend.

Social Media Director (Kathy Covarrubias and Bob Cargill):

Kathy asked if new members (and everyone else present) have liked what they see on Facebook. Tom Abbott would like to see more content. Bob reminded everyone that anyone can contribute to the club's Facebook page. We also have Twitter and Instagram accounts; the handle for both is *gfrcrun*. Judy Levine suggested posting this info on the club Facebook page. Bob asked people to please follow the club on Twitter.

Jeff Hattem asked how we can increase the subscription count on our Facebook page. Only half of the club is currently subscribed. Please join if you have not done so already. It might be possible for someone to go through the list of club members, and extend invitations to other members not on the page. Judy Levine and Kendra Howard volunteered to do so. Phyllis Lowry asked if it would be easier to send out a mass e-mail to everyone asking them to join. We will do that first, then send personal invitations as necessary. Kathy and Bob will work on the mass e-mail. Wendy Akeson mentioned that you can unsubscribe from e-mail notifications from the group. It would be good to explain in the mass e-mail.

Other Business:

Kendra Howard and Mike Bower talked about Devin Suau's dash, a new race that will take place in Framingham on September 17th to support Devin and his family. Devin has a rare form of cancer called Diffuse Intrinsic Pontine Glioma (DIPG). The family flies back and forth to London for treatment. Kendra and Mike will ask the club for more support later.

Kendra would like everyone to share the event on Facebook. The race will pull in funds for the family. Devin's mom is a runner, and has been a member of the club. She also ran the Boston Marathon this year. Kendra Howard, Jen Feaster, and Mike Bower have joined the race committee. It will use the Walsh Middle School 5k loop. There will be a family fun day afterwards. The 5k run/walk will start at 9am, followed by a kid's run. There is a cap of 1,000 runners for the race. They will also need volunteers to help and will look to the club for assistance. They will also set up a tiered sponsorship program where sponsors can put inserts into the swag bags. Mike felt that this would be a good opportunity to publicize the club. The tentative sponsorship tiers are \$250, \$500, or \$1000, which will be finalized at the August meeting. Several people asked if we could add this as a September Grand Prix race.

Bob asked if Devin's mother could come to the August meeting and speak.

Edw. S. Ginsberg has an issue of New England runner containing an article about nutrition by Nancy Clark. Please contact Edw. if you would like to read the article.

Jay Powell