



Greater Framingham Running Club

June 3rd, 2017 – The Jacobsen's hosted the meeting in Framingham.

Fun Run:

Attendees: Katie Sullivan, Ed Stoll, Jeff Hattem (3 miles), Joe Koziol (3.1 miles), Steve and Deb Galloway (5 miles), Rich Busa (4 miles), Chad MacDonald (5 miles), Bob Cargill (3 miles), Marc Abend (5 miles), Ed Ginsberg (2-3 miles), Bob Brown (5 miles), Tim Conlin (5 miles), Susan Richardson, Leslie White Harvey (5 miles), Ted and Mary Tyler, Tom Abbott, Eric Jacobsen, Esther (5 miles) and Jay Powell (12 miles), Mike Bower, Kathy Covarrubias, Rosanna Villani (5 miles)

MONTHLY MEETING:

President (Bob Cargill):

Bob talked about the book Purple Cow by Seth Godin. It's a book about being remarkable; his point was to say that we, every member of the GFRC, are all remarkable. Bob thanked the Jacobsen family for hosting us. Our banquet is a week from tomorrow. Please sign up today if you plan to attend.

VP Report (Arnie Pollinger):

Summer Track begins this Wednesday and runs through mid-August. Volunteers are always needed. I sent out an email and also posted something on the FB page - we always need volunteers, please help us!

The 26 x 1-mile relay is in one week - Sunday June 11! Dare I say it – the team is in pretty good shape. Raise your hand if you are planning on running a mile on the team that day.

I will miss the 2nd summer track meet on June 14 because I will be at Wayland High School presenting this year's GFRC Scholarship awards to Addison Kay and Christina Golden.

Secretary (Jay Powell):

Thanks to Mike Gannon for taking the May minutes.

Treasurer (Marie Leigh):

Please sign up for the banquet! A wonderful evening is planned and we need folks for the celebration! And, this Wednesday is the start of Summer Track - please come if at all possible for a fun evening. I do want to say a special thanks already to Wendy Akeson, to Chris Chesmore, and to Trisha Powell from Framingham Parks and Rec for getting materials, permits, and other preparations all set!

Membership Director (Mike Gannon):

We Welcome

Yip Anita Framingham

Gould Peter Framingham

Elefson Steve Framingham

Total Membership = 292

Peter found us via Mike Bower, and Steve saw us on the web.

Other – The renewal period ended recently. Out of 225 members up for renewal at the start of the year, 56% have renewed so far. While it may appear to be a low percentage, that is actually close to our norm and I do expect at least a few more to renew eventually.

Grand Prix (Tom Abbott & Eric Jacobsen):

Completed Races

We had the Strivers 5k in Natick on May 14th. It was a flat, short course (about 3.04 miles). There was bad weather throughout the race this year. After that was the Framingham Police Chase on the 20th. We had 31 club members attend. Among the 20 or so people in the race - because of the patrol car leading the lead runner from a whole mile up the road (out of sight of the rest of the field) who were then led past the correct turn into Cushing (no one was there to direct) and thus ended up running 4 miles, were John Joyce, Bruce Hardy, Garrett Coffin and Jay Powell - getting less GP points as a result. Consequently, John and Bob are tied in the Grand Prix point standing. Tom and Bob would like the Strivers and Police chase races to include more age group awards.

Upcoming Races

People who completed the Grand Prix have been asked what size of hoodie they would like. Please respond soon. There will be two modifications to the Grand Prix scoring system for the 2017-2018 season. There will no longer be a uniform point for this series. We will add one point to the max points you can receive from marathons and half marathons (the max was 61, but will now be 62). People can now count two marathons and one half-marathon to their Grand Prix points. The rule changes will be updated on the club website.

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| June 11, 2017 | 26x1 Mile Marathon Relay |
| June 17, 2017 | Sharon Timlin 5k, Hopkinton |
| June 25, 2017 | Hodges Hoedown Half-Marathon and 10k - Trail Race - Oxford, MA |
| July 4, 2017 | Four on The Fourth - Dedham, MA |
| July | Marathon Sports 5 Miler - Weston, MA (CANCELLED due to construction along the course) |
| July 29, 2017 | Hot To Trot 5K - Upton, MA |
| August TBD | 200 Meter and 1 Mile Challenge - Framingham, MA |
| August TBD | TBD |
| September 4, 2017 | Walpole Labor Day 5K & 10K |
| September 23, 2017 | Voices Against Violence 5K |

September 30, 2017 Larry Olsen 10K

Bob asked if any July 4th race could count as a Grand Prix race, much like the Thanksgiving race policy. Tom wants to enforce a two-day window for notifying the Grand Prix directors about a July 4th race. It makes Tom and Eric's jobs easier. Tom and Eric will chat and get back to people.

John Joyce and Bob Cargill tied for first in the men's Grand Prix standings, Tom Abbott was 2nd, Jeff Hattem 3rd, Jay Powell 4th, Jim Jones and Eric Jacobsen tied for 5th, and Mike Bower was sixth. Mary Tyler was first in the women's standings, Esther Powell was 2nd, Judy Levine was 3rd, Diedra MacLeod-Richardson was 4th, Jen Feaster was 5th, Deb Galloway was 6th, Katie Sullivan was 7th, and Kathy Covarrubias was 8th. Congrats to all!

Newsletter (Tom Miller):

Tom is putting a newsletter together a combined newsletter for April and May. It will be available sometime this week.

Web (Steve Galloway):

The website is up-to-date with the latest Grand Prix information. Let Steve know if anyone wants to help with posting photos on the website.

Uniforms (Mike Bower):

The replenishment order for our shirts is arriving on Friday. Anyone who put in a pre-order will receive an e-mail from Mike. Mike will bring shirts to the banquet and at all kid's track meets, along with most Grand Prix races and monthly meetings. He can also drop things off at people's houses. He brought some swag to the meeting to sell too.

Activities (Jeff Hattem):

The July meeting is on the 8th at Mike Bower's in Framingham. Joe Koziol is hosting in Framingham on August 5th. The September meeting is on Saturday the 9th in Wellesley at Bob Brown's house. October's meeting is at Bruce Hardy's in Wellesley. Bob will host November's meeting in Sudbury.

The banquet is on June 11th at La Cantina in Framingham. Please don't wait until the last minute to sign up. We had 80 people sign up last year. We would like to exceed that number this year. There are great raffle prizes. Marathon Sports donated a pair of shoes plus two gift certificates and Peter McMahon donated a \$100 gift certificate. We would like Grand Prix award winners to attend as well. La Cantina needs to know how many will attend in advance.

Upcoming activities

At 7pm, June 7th, the Marathon Sports pub run is hosted at Exhibit A Brewing in Framingham. There will be pizza, prizes, and a scavenger hunt. Please wear GFRC apparel if you attend. We did have a new member join at one of the pub runs.

Our Thursday night pub runs have moved to the Holliston rail trail and Casey's for the month of June. The month of July will switch back to Skybokx 109 in Natick.

The next social night is June 16th at John Harvard's at 6:30 pm.

A GFRC/Tri-Valley party will be hosted by Cheryl in Hopkinton on the July 29th at 6pm and is open to all club members. You don't have to run the Hot to Trot race to attend. Cheryl would like people to sign up for something to bring.

Social Media Director (Kathy Covarrubias and Bob Cargill):

Kathy asked people to share banquet related posts on social media. Please take pictures at events and post them on the club's Facebook page. Feel free to tag the club on Instagram or Twitter too. Kathy also mentioned that people can un-tag pictures of themselves on Facebook if they so desire. Also feel free to share running related articles. We would like to pin important events to the Facebook page. We would also like to create events on Facebook for important club events. Jeff Hattem would like to see more club members on the club's Facebook page. Leslie White Harvey would like to see people participate on the club's Facebook page more.

Jeff mentioned that there is a Facebook page for the Busa Bushwhack. We should start promoting this page.

Other Business:

Eric Jacobsen would like four more runners to sign up for the Reach the Beach team. This will give GFRC a full team this year.

Jay Powell