



Greater Framingham Running Club

March 4th, 2017 – LifeTime Fitness hosted the meeting in Framingham.

Fun Run:

Attendees

Bob Cargill ran 2.5 miles, Bob Brown ran 4, Steve and Deb Galloway ran 4, Glen Meister ran 3.5, Matt Vogel will bike later, Jeff Hattem ran 3 miles with Tim Conlin, Karen Oleski ran 4 miles, Katie Sullivan biked eight miles, Joe Koziol ran 4 miles, Ed Stoll ran 3, swam 1400 meters, and biked 6 miles. Mike Bower, Marie Leigh, Leslie Harvey White, Tom Abbott, Kathy Covarrubias, Cheryl Asselin, Jay Powell, Tom Miller, Arnie Pollinger, Courtney Thraen, Ted and Mary Tyler

MONTHLY MEETING:

LifeTime Fitness Talk by Breno Melo

Breno thanked us all for coming in. He used to be a runner and professional tri-athlete until he encountered medical issues. Breno would like to develop a relationship between LifeTime Fitness and GFRC. We are welcome to use their excellent facilities. If you're not a member, reach out to Breno first so he can get your name listed at the front desk. They offer free social runs Tuesday nights at 6pm and Saturday mornings at 9am. Routes are typically 2-8 miles and are led by a LifeTime Fitness employee. Everyone is free to join and all paces are welcome. You can go into the gym afterwards even if you're not a member.

On March 27th they will start their spring half-marathon training group, coached by Kim Webster. They offer custom training plans and the cost is \$35 for members and \$70 for non-members. Classes meet Mondays at 6:30pm and Wednesdays at 5:30am and typically last an hour. It is a twelve-week program. The goal race is on June 11th and will be the Mayflower Brewing half-marathon. You'll also get to meet with nutritionists and classes will cover some strength training routines.

LifeTime Fitness also offer many one-on-one training programs. They also have discount codes for certain races, as well as hotel discount codes. Please reach out to Breno for more information. Let Breno know if you would like to try out or enter one of the classes LifeTime offers. Please see their website for more information.

President (Bob Cargill):

Bob thanked LifeTime Fitness for hosting us. Bob gave a nice motivational speech describing running as a leap of faith. Running is living life to the fullest, and it is what Bob loves about the club. Bob thinks the club is also all about living life to the fullest.

Bob would like to find ways to strengthen our ties with LifeTime Fitness. Please post pictures and thank LifeTime on social media.

We honored Bill Robertson at the last meeting. He hadn't quite reached his forty-year milestone, but he has since achieved it. Bill sent a thank you card to the club thanking everyone for the celebration.

Lisa Mickelson broke the national record for the 50-54 age group in the 400 meter dash.

VP Report (Arnie Pollinger):

The weekly track meets start Wed June 9th and go through August 16th, with July 5th off. The track will be resurfaced in the middle of the summer. The meets will be held at Framingham State University for three weeks, from June 21st through July 12th. The track is now open again, so we can restart our weekly track workouts.

The scholarship applications are due at the end of the month. They were sent to Framingham, Natick, Holliston, Wayland, Lincoln-Sudbury, Keefe Tech, and Ashland. Kathy Covarrubias suggested that we post the scholarship info on our Facebook page, in addition to the club website. Courtney Thraen suggested that they could add the info to the Mural Mile website to increase exposure. Bob Cargill would like to associate a graphic with the Facebook link.

At last month's meeting we talked about the lottery application. We would like to revisit the geographic requirement today, which was tabled at the last meeting due to the discussion it generated. The advisory committee recommended limiting the geographic location to Middlesex, Worcester, Suffolk and Norfolk counties.

Mary Tyler mentioned that in the past, Tri-Valley has interpreted the requirement to mean Massachusetts. At the last meeting it was suggested that we interpret the geographic area to mean Framingham, and members living within a two town radius of Framingham. Arnie believes that this is too restrictive. Arnie would like to overrule the advisory committee's recommendation and make the rule "state of Massachusetts." Ed Stoll asked if it could be "east of Springfield" instead and exclude Hamden, Franklin, and Berkshire counties. It was proposed that we include the state of Massachusetts for this year, and revisit the geographic location requirement next year. Motion passed. The requirement won't go on the application, but will still be enforced.

Secretary (Jay Powell):

We have received our first scholarship application. The February meeting minutes have also been sent out.

Treasurer (Marie Leigh):

Marie thanked everyone who have submitted Give Back applications. For those who haven't done so, please send in applications to her by March 17th. The reason for the early date is so that Marie can distribute money to the marathon charity runners. The Give Back form is on the club website. You can apply your Give Back points to charity runners, or a discount on membership, gear, or Sharon Timlin 5k registration. We will give away \$3000 this year. Each point will be worth about three dollars.

Ed and Cheryl Stoll sent a thank you letter for the edible arrangements.

Grand Prix (Tom Abbott):

Completed Races

Five club members showed up to the Paddy Kelly race (all former Grand Prix directors), and a good time was had by all. The course was short and it was warmer than last year. The Old Fashioned Ten Miler had a good club turnout. Matt Vogel was faster than 2008 by about 2 minutes. It was the longest Grand Prix race in about a month and a half. Some club members did the Bad Ass half marathon as well, including Jen Feaster, Cheryl Asselin, and Joey Atchue. Cheryl was faster than last year and ran four miles from home before the race.

Upcoming Races

March 11, 2017 -Shamrock Shuffle 2017 (5k) - Medway, MA

March 18, 2017 -Marathon Park Prep Half Marathon - Ashland, MA

March 19, 2017 - New Bedford Half Marathon - New Bedford, MA

April 1, 2017 - 37th Frank Nealon Boston Tune-Up (15k) - Upton, MA

April 8, 2017 - Merrimack River 10 Mile Trail Race - Andover, MA

April 30, 2017- James Joyce Ramble (10k) - Dedham, MA

May 14, 2017 - Strivers MD5K - Natick, MA

Tom could use some help downloading photos from course websites. He posts them on Facebook. The Framingham Police Chase will probably be added as another Grand Prix in May. Jeff would like to make the Mural Mile a Grand Prix.

Membership Director (Mike Gannon):

Jay read Mike's report.

We welcome the following new members, all from Framingham:

Rieder	Wendy
Fermin	Ashley
Saleh	Jumana

Membership Total = **358**

Wendy, Ashley, and Jumana all found us on the web. Jumana checked us out on Monday night and joined the next day.

It's March so I will be starting the April 1st renewal period soon when I send out an email to those affected members. Lists will be published on the GFRC web site and updated every so often. Please renew soon or let me know if you have decided not to renew. That will avoid the extra emails and the public shaming (just kidding) which may occur.

Bob mentioned that we are at an all-time membership record.

Newsletter (Tom Miller):

Tom has been working on the March newsletter and would like to increase readership. Tom would like to move the newsletter to the web page. He asked members at the meeting if they would prefer to be e-mailed PDF documents, which are easier to print, or be sent a link to a web page, which makes it easier to link to existing content. Arnie Pollinger suggested that Tom create a survey using SurveyMonkey and e-mail it out to the club. Bob Cargill suggested bringing printouts of the survey to the next club meeting. Tom will also send out results to the club when the survey is complete. Mary Tyler likes the idea of having the minutes and newsletter on the website because they are archived and easy to access, compared to Facebook, where it's hard to find historical content. She also suggested posting the newsletter to Facebook. Tom will also include the minutes in the newsletter again. Tom would also like people to send him pictures or articles.

Web (Steve Galloway):

Steve showed everyone the club website. He was wondering if anyone had a candidate for the front-page picture. Bob Cargill asked if we could have a slider that displayed rotating images. Steve also updates the website once a week, usually on Sundays.

Uniforms (Mike Bower):

Mike Bower volunteered to be the uniform director and was duly voted in. Mike will have a report at the next meeting.

Mike will use social media to reach out to new runners to take advantage of the new member uniform discount. Bob is confident that Mike will do a phenomenal job. Please let Mike know if you have any outstanding uniform requests.

Activities (Jeff Hattem):

Monthly Meetings

We are booked through July for our monthly meetings. A Reiki practitioner will be at the April meeting, which will be Sunday, April 2nd at Andrea and Rich Leonard's in Framingham. The May meeting will also be on Sunday the 7th at Matt Vogel's in Southborough. Our June meeting will be on the 3rd and hosted by Derek and Helen Perkins in Sudbury. We will have a meeting on July 8th at Eric Jacobsen's.

Upcoming Activities

The next social night is on March 17th. We will join the Downtown Framingham Shamrock Stroll starting at 6pm at Exhibit A Brewing. Courtney Thraen has posted details on the club's Facebook page. Unless you hear from Jeff otherwise, the next Pub Run will be on March 20th at 7pm at Morse Tavern. Please wear your GFRC gear to help promote the club. We had someone join the club after the pub run at Exhibit A Brewing. Bob asked if we could encourage or reward people for wearing club gear to various events (in addition to the extra point award at Grand Prix races).

The Boston Marathon Pasta party is on April 15th at the Tyler's in Framingham. The post-Boston marathon volunteer and runners party will be Thursday, April 20th, not the evening of the marathon. It will be hosted at Owen O'Leary's. It will probably be around 6, but a final time is still to-be-determined.

June 11th is our annual awards banquet at La Cantina. Derek will not be able to MC as he will be in Europe. He has asked Jim Jones to fill in. The banquet committee will meet sometime in April and includes Karen, Marie, Cheryl, Jamie, Leslie, Mike Bower, Tom Miller, and possibly Judy.

A team has been set up for the Pumpkin Head relay, which includes, Jeff Hattem, Joey Atchue, Bruce Hardy, Deb and Steve Galloway, Arnie Pollinger, and Jamie Burgoyne. Eric Jacobsen may join as well. Jeff will coordinate with Marie Leigh to complete the registration process.

Social Media Director (Kathy Covarrubias and Bob Cargill):

Bob pointed out that we have an Instagram account and we looked at the club's Instagram page at the meeting. Bob asked how many people are on Instagram - about 10 people said yes. Kathy explained that Instagram is a social media platform limited to pictures. She encouraged people to create an account. Kathy mentioned that Instagram and Facebook accounts can be linked and that it helps with brand construction. People can tag the GFRC account from their Instagram accounts, but they cannot upload their own pictures to the GFRC account.

You can also follow @gfrcrun on Twitter. The club's account can also follow club members on Twitter.

Other Business:

Courtney Thraen discussed the Mural Mile. RaceWire will be used for the Mural Mile's race registration and Courtney is currently working with them to setup the registration page. The mile will probably be run in two heats; one heat for those who anticipate finishing in less than ten minutes, and another for those running for more than ten minutes. The club will need about 12 volunteers to help with the Mural Mile. Jeff Hattem will send out a list of available positions. Let Jeff know if you want to volunteer; something will also be posted online later. There will also be volunteers from Framingham Downtown Renaissance present. Deb Galloway is an assistant race director helping race registration. Arnie Pollinger is an assistant director and will help with the 200-meter dash. Steve Galloway will link to the Mural Mile's website.

Tom Abbott asked if anyone is interested in an auxiliary officer position. They would help download and post race pictures to Facebook and the club homepage. Tom will send an e-mail to the club and will post something to Facebook.

Mike Bower mentioned that GFRC members are welcome at all Team Framingham long runs. Team Framingham will be participating in the charity run on March 25th and will provide bussing from Boston College to Hopkinton. We can park at the Boston College parking garage for \$5. Please contact Mike if you would like to reserve a spot on the bus. They have about 24 open spots on the bus and they tend to fill up quickly. The bus will leave Boston College at 7:30 am. Pick up points will be available if you don't want to run 21 miles. The police will also provide support on the bridge crossing over Rt. 128. Mike mentioned that Ed Stoll and Jen Feaster are on the Team Framingham steering committee.

Meeting adjourned at 11:30am.

Jay Powell