



Greater Framingham Running Club

May 7th, 2017 – Matt Vogel hosted the meeting in Southborough.

Fun Run:

Attendees Rich Busa, Arnie Polinger, Matt Vogel, Joe Koziol, Mike Rizzo, Mary and Ted Tyler, Bob Cargill, Mike Gannon, Eric Jacobson, Kathy Covarrubias, Mike Bower, Marie Leigh

MONTHLY MEETING:

President (Bob Cargill):

We thanked Matt for hosting.

Bob congratulated everyone who helped out at the Mural Mile especially Jeff Hattem, and Courtney. We were brainstorming ways to give it more publicity as we had 29 just finishers. Mike G. suggested doing it the same month of kid's track for more publicity. We also discussed whether it is really a GFRC race a la the Bushwack or if FDR owns it. We need to meet earlier to plan the next race regardless.

We need to start planning the Busa Bushwack 10/29 soon. Jeff Hattem will be the race director. Bob will work with him, and we will need a lot of help.

VP Report (Arnie Pollinger):

1. Summer track (sometimes referred to as kids track) begins Wed 6/7 and will continue for 10 weeks. We are always looking for volunteers- as we get closer I'll put out a call.

Note that on starting with the third week of track -6/21 - we are tentatively scheduled to move to Framingham St for 3 weeks as Bowditch gets refurbished. We'll have to work with Framingham Parks and Rec to confirm that.

2. The Rich and Chris Chesmore GFRC scholarship committee met a couple of weeks ago and decided on our two winners. We had a record number of applicants this year -12- due to a change in our process for soliciting applications.

The rules for the scholarship have always been that we require a blind process- that is the committee members judge the applications on their merits - the essay on "What Running Means to Me" and coaches recommendation. Of course there is a tension due to the fact that often a GFRCer is one of the applicants. This tension is difficult. We want the application process to be open to the community and fair to everyone Involved. A suggestion was made that perhaps we award a third scholarship for a GFRC member. This leads to other questions though – do we have the money? What if there was only one applicant? And the time commitment involved in having a committee member make a third presentation. All kinds of brainstorming occurred.

3. The 26 x 1 relay has been announced recently. It will be on Sunday June 11th in Medford. Arnie is seeking 26 members to be part of the team plus alternates. Arnie will be sending an email and post on Facebook soon. The team must have at least 10 women of the 26.

Secretary (Jay Powell):

Jay is running Providence this morning. (second marathon in 3 weeks) We received another scholarship application for a total of seven female and five male applicants. We agreed that he did an excellent job putting it all together for our committee. Mike G. read his report and took the minutes.

Treasurer (Marie Leigh):

We thanked Marie for all that she does for the Giveback program. We all understand it to be a big task that she administers.

Treasurer's Report May 7, 2017

Banquet registrations are open for online payment and signup as well as Mail-In Form to be found on the website. Please sign up as soon as possible, for La Cantina will need really a close to final count, before Memorial Day, 14 days before the Banquet, Sunday June 11.

Our balance, as expected for this time of year, is lower than last month because the Club paid its Volunteer Points' Give Back and the next month will see the positive effect of annual membership renewals. The Give Back program, thanks to the brilliance, wisdom, and diligence of Barry Ostrow and Derek Perkins, allowed the Club to help 16 Charity runners in the Boston Marathon increase donations made to their 8 charities of choice as well as providing for multiple credits of Membership dues, of uniform purchases, and of the Sharon Timlin race registrations. It's one of the nicest tasks for this Treasurer.

Disbursements were made mostly for the Give Back program as well as for fun runs and the Post Marathon Runner and Volunteer Get-Together held at Owen O'Leary's. Income in the last month was received from membership fees, uniform sales, and a small bank interest amount.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

4/30 James Joyce 10K (11 runners) Tom lost his hat. There were some complaints about the food, (walkers were allowed pizza and not runners) but otherwise a good race with beer.

4/8 Merrimack 10 Mile Trail Run (5 runners) It was cold and windy

Upcoming Races

Two races remaining in this season:

Strivers Mother's Day 5k: Register now; this race sells out.

Framingham Police Chase: This needs to be added to the website; it will be the 31st and final race of the Prix season. It is the Couch to 5k (C25K) goal race.

The next prix season opens June 1.

We're only making one change to the rules: We will discontinue the uniform point. It creates confusion and overhead and while we encourage the members to continue to wear the uniforms, this is probably not the most effective way to achieve that goal.

Here's our slate of races:

June:

June 11, 8:30am: 12th annual Club Challenge Cup Marathon Relay, See Arnie Pollinger

June 17, 8:30am: Sharon Timlin Memorial 5k, <http://sharontimlinrace.org/>

June 25, 8:00am: Hodges Hoedown, <https://app.racereach.com/event/hodges-hoedown/> (Note new starting location!)

July:

July 4, 9:00am: Dedham 4 on the 4th, <http://www.dedhamfour.org/>

July TBD, 8:00pm: Marathon Sports 5 Miler

July 29, 8:00am, Hot to Trot 5K, <http://www.active.com/upton-ma/running/distance-running-races/hot-to-trot-5k-run-walk-2017>

August:

Aug TBD, TBD: 200 Meter and 1 Mile Challenge, Register Onsite Only

<An additional race will be added in August but we don't know what or when yet. Mike Bower promoted a race in Newburyport that is very well run but it's on a Tuesday night that might be difficult for members to make>

September:

Sep 4, 2017, 10:00am: Walpole Labor Day 5K & 10K, <https://runsignup.com/race/ma/walpole/walpoleroadrace>

Sep 23, 2017, TBD: Voices Against Violence 5k

Sep 30, 2017, TBD: Larry Olsen 10k

Membership Director (Mike Gannon):

We Welcome :

Mancini	Shayna	Framingham
Gugnani	Nikee	Framingham
Marchetti	Lauren	Framingham
Blake	Maryellen	Framingham
Movitz	Lisa	Natick
Catalogna	Amy	Framingham
McGreal	Pat	Framingham
Sobol	Elizabeth	Framingham

Stefanini	Marie	Ashland
Knowlton	Sandra	Ashland
Kynoch	Robin	Framingham
Monko	Erica	Framingham
Rich	Jennifer	Framingham
Rich	Jason	Framingham
Ryan	Richard	Framingham
Sagar	Sejal	Framingham
Kawakami	Lisa	Framingham
Lukito	Jeannette	Natick
Scruton	Patricia	Framingham
Scruton	Douglas	Framingham
Welch	Amber	Framingham
Welch	Alison	Framingham
Jin	Tao	Natick

Total Members = 288

Amber and Alison were added when Karolyn Welch increased her family membership. Patricia and Douglas were added when Doug Scruton increased his family membership. Jeanette found us via the internet, Tao discovered us via me, and the rest are part of Kendra's C25K.

Other : I recently finished the membership renewal/purging process. People who haven't renewed were removed from the Facebook group, and soon will be purged from the email list. Fortunately some folks do renew when that happens.

Newsletter (Tom Miller):

The current newsletter is in the works and will be out soon.

Web (Steve Galloway):

Steve is running Providence this morning. (second marathon in 3 weeks) The signup link for the annual banquet has been posted to the club web page.

Uniforms (Mike Bower):

Mike has an order of 40 shirts coming in soon based on requests, and popular sizes. We will be selling youth shirts at Kid's Track when it starts.

Activities (Jeff Hattem):

Jeff is running Providence this morning. Please sign up for the banquet ASAP which will help planning. Eric read his report.

Upcoming Meeting Hosts

June 3rd Eric Jacobsen Framingham

July 8th Mike Bower Framingham

August 5th Joe Koziol Framingham

September 9th Bob Brown Wellesley

October 7th Bruce Hardy Wellesley

Other Notes

May weekly pub runs each Thursday 7:00pm Skybox 109 in Framingham

Social Night May 19th 6:30 John Harvards

Annual Banquet will be June 11th 8:00 La Cantina. Sign up now!

Banquet Committee Meeting May 23rd 6:30 pm La Cantina

Social Media Director (Kathy Covarrubias and Bob Cargill):

Please keep posting on Facebook and share.

Other Business:

Mike Rizzo talked about his company Club Pilates located in Framingham near Whole Foods. They were a sponsor for the Mural Mile. He explained the benefits of pilates. Popular athletes like Tom Brady are doing this now so it has been getting more popular as people realize the benefits such as tight muscles, improving your core, posture, and preventative. Pilates is different than yoga in that it increases strength. They offer free demo classes and just opened in March. (max of 12 in a class). He invites us to drop by and check them out.