



Greater Framingham Running Club

November 11th, 2017 – Bob Cargill hosted the meeting in Sudbury.

Fun Run:

Attendees (Mileage in parentheses)

Susan Richardson (3.4), Jamie Burgoyne, Ed Stoll (3), Rich Busa, Tim Conlin (5), Melissa Arnold (6.6), Emily Lee (6), Jeanne and Amy Bizzoco (6), Bob Brown (4), Matt Vogel, Karin Oleski, Eric Jacobsen (6.6), Arnie Pollinger, Mary Bahl (6), Leslie White-Harvey (3.4), Glenn Meister (4), Ted and Mary Tyler, Tom Miller (4), Bob Cargill (6.6), Mike Bower, Tom Abbott, Alison Black, Steve & Deb Galloway, Kathy Covarrubias (2), Peter McMahon, John Shane (1.5), Esther Powell (6), Jay Powell (6), Rosanna Villani (6), Jeff Hattem (4)

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked everyone for coming and congratulated Alison Black for completing fifty marathons in fifty states. Bob also congratulated Melissa Arnold and Steve Galloway on completing the Ghost Train 100-mile race. Bob thanked Rich Busa for being Rich and noted that the Busa Bushwhack was also a success. The marathon lottery will be next month in Ashland and hosted by Wendy and Mark Akeson.

VP Report (Arnie Pollinger):

The marathon lottery is next month. We have nine entrants so far. We are expecting several other applications. Arnie had several questions about the marathon lottery for the group:

- **Is there anyone on Facebook, but not on the club e-mail list?** There was one yes in the crowd. Arnie doesn't want to put the marathon lottery application on the club Facebook page because it is public. The application form was announced via e-mail and can be found on the club webpage.
- We have a provision for people who enter the lottery two years in a row, but don't get a number (the 'unlucky' provision). In the third year, they get an automatic entry. Mike Gannon qualifies this year. The top three volunteers also get an automatic entry. **If Mike is also one of the top three volunteers, should he get his automatic entry that way, or should we give the fourth volunteer an automatic entry?** If Mike is one of the top three volunteers then we won't go to the fourth volunteer, Mike would count as one of the top three this year, not as someone who didn't get drawn in the last two years. If not, then his winning entry is in addition to the automatic winning volunteer entries.
- Steve is willing to not accept the draw if Deb's name hasn't been drawn. **Should Steve's draw go back in the hat, or should it be removed?** Steve will remove his name from the hat once, but he will have another chance to have his name drawn again, assuming Deb's name was drawn. Arnie suggested that we should revisit this question later.
- **Should Devin's Dash be considered a club race?** The race was sponsored by the club, but isn't really a club race, so wouldn't necessarily count as organizing a club race in the organizing section of the form. However, in the

volunteering section, the requirement is to volunteer at a club sponsored race, therefore, there will be some volunteer credit given for Devin's Dash.

- **For next year, should we count food donations as a volunteer activity for the Busa Bushwhack?** Arnie suggests that you should make something to get credit, for example, a pot of chili, rather than buying pre-made food, like a package of cookies. Kathy Covarrubias thinks it should be based on good faith. Arnie would like to revisit the topic later.

Bob Cargill thanked Arnie for all his work organizing the lottery.

Secretary (Jay Powell):

Nothing to report.

Membership Director (Mike Gannon):

We welcome:

Gadia	Krishna	Framingham
Lee	Emily	Framingham
Lee	Derek	Framingham
Dawkins	Gary	Framingham
Dawkins	Brian	Framingham
Greene	Kevin	Maine
Seney	Matt	Sudbury
Seney	Jenn	Sudbury
Larson	Amy	Framingham
Gordon	Phil	Framingham
Seyfarth	Kathryn	Ashland

Totals Membership = 326

Kevin, Matt, and Jenn are returning members. Krishna found us via Facebook. The Lee/Dawkins Family became aware of us via a neighbor. The Larson/Gordon Family found us on the internet, as did Kathryn our newest member.

Treasurer (Marie Leigh):

No report.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

We had the Wayside 5k4Kids in October. The race was 3.19 miles, which added on about fifty seconds for most people. Twenty-four club members attended and eleven got medals. Tom and Bob Cargill hoped they would have more age groups, allowing more people to medal. The Groton Town Forest race had eight club members attend, all of which had a good time. We also had the "any half marathon" option in October – it is very labor intensive to compute.

Upcoming Races

November 12, 2017	Upton Trail 10K & Half Marathon
November 23, 2017	Thanksgiving Turkey Classic plus Any Thanksgiving Day 5k or longer
November 26, 2017	Tough Ten Miler - Marlboro, MA
December 3, 2017	Jingle Bell Run - Natick, MA

December 10, 2017	Walter's Run 5k – West Roxbury, MA
January 1, 2018	New Year's Day 5K – Needham, MA
January TBD, 2018	Resolution Run 5k - Lexington, MA
January 28, 2018	Boston Prep 16 Miler - Derry, NH
TBD	Cushing/Lowry Pub Run
February 11, 2018	Paddy Kelly 5K - Brockton, MA
February 18, 2018	Old Fashioned Ten Miler, Foxboro, MA

The Tough Ten Miler's entry fee is 15 canned goods. Bob Cargill asked if any 5k on New Year's Day could count too. Tom and Eric will think about it.

Newsletter (Tom Miller):

Tom sent out the newsletter last night. Tom is happy to add biographies to the newsletter - the problem will be getting people to submit biographies. Please feel free to submit one if you would like. Tom may send out an e-mail to solicit biographies. Bob Cargill and Tom wondered if new members would be willing to submit biographies to help everyone get to know them.

Web (Steve Galloway):

The home page contains links to lottery information, including the application form and current entrants. Steve updated the photo page for the first time in four months by adding photos from the Busa Bushwhack. Ted Tyler and Bill Robertson took most of the photos. There are no photos from between May and October, so send some to Steve if you would like them included. Please e-mail Steve if you feel something is missing from the page (webdirector@gfrcrun.org).

Uniforms (Mike Bower):

In the next couple of days people will receive an e-mail about putting together a new order. We have a minimum quantity of twenty-four that we must meet. We are currently running low on short sleeves, singlets, and long sleeves. Mike would like to put in an order and gauge demand. Mike brought his entire stock today, so please see him after the meeting if you would like something. We may switch from Augusta, our current clothing supplier, to Badger. Mike has gotten a lot of feedback about the Augusta clothing – apparently the women's sizes are off. Mike may ask people to try out Badger clothing in the next couple of weeks before placing an order. Mike also has hats and gloves.

Activities (Jeff Hattem):

Monthly Meetings

The annual Boston Marathon lottery is on December 2nd and will be hosted by Wendy and Mark Akeson in Ashland. Christine Kehler-Ross will host the meeting in January in Natick on the 6th. Arnie Pollinger will host the February meeting in Holliston on the 3rd.

November

The Busa Bushwhack Volunteer Party will be on Nov. 15th at 6:30pm and hosted by Jay and Esther Powell. Please stop by if you are running track, even if you didn't volunteer. The social night will be at John Harvard's at 6:30pm on Nov. 17th. On Nov. 18th we'll have a group fun run at 11am at Shanti Yoga in Hopkinton, followed by runner's yoga at noon. The class will be free. Feel free to show up at noon and skip the fun run. The annual *Run Your Turkey Off* will be on Nov. 25th and hosted by Abby McCabe.

December

The annual GFRC shopper's night will be on Dec. 7th at Marathon Sports in Wellesley. The store will be closed to the public from 6:30-9:00 pm, but open to GFRC members. They serve refreshments and there will be 20% off all purchases except for electronics and strollers. Jeff would appreciate it if people attend because Marathon Sports was a major supporter of the Busa Bushwhack.

Saturday, Dec. 9th will probably be the annual Christmas carol fun run. Jamie Burgoyne will host the party. Jeff needs to finalize things with the four retirement communities we tend to visit. You don't have to be able to sing, just show up.

Dec. 31st is the champagne fun run. Steve and Deb Galloway are hosting again this year. We will start at 4pm and should be done by 7pm. We have a 5-mile course with stops about every mile to drink champagne and eat snacks. It will probably be the same course as last year.

Jeff has beer mugs for the those who volunteered at the Busa Bushwhack. Please see Jeff if you haven't received one yet.

Social Media Director (Leslie White-Harvey and Bob Cargill):

Leslie just ran for school committee in Framingham. Leslie thanked everyone for their support. Leslie took some photos at the Busa Bushwhack and posted them on Facebook. Leslie also ran the Marine Corp Marathon a couple of weeks ago.

Other Business:

Peter McMahon gave a quick talk about exercise and injuries. Sedentary lifestyles, repetitive motions (like running), and micro-traumas (previous injuries) can cause the body to break down. Peter tries to encourage exercises that promote balanced muscles, which reduce the risk of injury. Peter will provide two weeks of free training at [Impact MetroWest](#) for people who would like to try out his services. His training will be specific to runners. You can attend multiple times a week for the free two weeks. Peter discussed how ankle, hip, and shoulder mobility issues drive instability issues, which can lead to injuries. Balanced training reduces the risk of injury and makes people faster. He will offer group or personal training. He can try to organize times for group training. He is very confident that people will see the value of full body training. He screens every client to get a feel for what needs to be worked on.

Bob Cargill thanked Ed Finnegan for making the log trophies awarded at the Busa Bushwhack.

Alison Black has run 53 marathons in 50 states. She has also [blogged extensively](#) about her experiences. Bob Cargill congratulated Alison on her accomplishment. She didn't learn about the 50-state club until 2008, even though she had been running marathons for a few years. She learned about the 50-state club at a marathon in Keane, NH and fully committed to the challenge in 2009. She also learned about the Marathon Maniacs club at the Steam Town marathon. At one point she ran two marathons in eight days (one in Delaware, another in Fargo). She also got a number for Boston to run a total of three marathons in thirty-four days. Running three marathons in thirty-four days qualified her for the Marathon Maniacs club. During her journey, Alison ran nine marathons in one year, which earned her four stars in the Maniacs club. She raised about \$8k for pancreatic cancer for her last marathon. This year Alison completed seven marathons in seven states. She got injured in Mississippi in 2016, and started walking her marathons afterwards. There are a lot of walker-friendly marathons/race directors out there. She finished her 50th state marathon in Maryland two weeks ago. Twenty-eight people were at her last race in Maryland. Many in the club supported her along the way. Karin Oleski, Rich Busa, and Bob Cargill are among those present who have been very supportive. Many others not present were also very supportive. Her next goal is to run one hundred half-marathons. She plans to reach that goal next year in December in South Carolina. She met quite a few amazing people along the way.

Bob had a cake for Alison to congratulate her on finishing 50 marathons in 50 states.

Jay Powell

