



Greater Framingham Running Club

April 7th, 2018 – Andrea and Rich Leonard hosted the meeting in Framingham.

Fun Run:

Attendees (Mileage in parentheses)

Chad MacDonald (5), Eric Jacobsen (7), Melissa Arnold, Tom Abbott, Andrea Leonard, Rich Leonard, Matt Vogel, Julie Cameron (3), Ed Stoll (5), Bob Cargill, Marie Leigh, Karin Oleski, Joe Koziol (4), Tom Miller, Rich Busa, Ted Tyler, Mary Tyler, Susan Richardson (4), Arnie Pollinger (4), Vernon Turner (5), Jay Powell (7), Jeff Hattem (5), Jamie Burgoyne (8), Scott Pettingel (8), Deb Galloway (8), Steve Galloway (8), Abby McCabe, Kendra Howard, Mark Goldschmidt, Mike Gannon (11)

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Andrea and Rich for hosting. Bob said he wants to make sure he congratulates people for their accomplishments at the meetings. Deb Galloway was the first female at the 2018 National Snowshoe Championships in the half marathon. Jeff Hattem also got third in his age group at the 2018 National Snowshoe Championships in the Senior 10k. Kendra Howard has had a great turnout at the C25k program this year. Bob thanked Tom Miller for the impending newsletter.

VP Report (Arnie Pollinger):

The scholarship committee received nine applications this year. One came late but was postmarked by March 31st and was accepted. Next year the committee will clarify the instructions and say that applications need to be postmarked by March 31st.

The annual 26x1 mile relay is on June 2nd. We have 15 people signed up so far. Arnie will start recruiting in a few weeks if the team is still short a few people. Team sign-up will start on May 12th.

Secretary (Jay Powell):

We received nine scholarship applications (5 female, 4 male). They have been anonymized and given to the scholarship committee.

Treasurer (Marie Leigh):

Bob Cargill, Jeff Hattem, Ed Stoll, Marie Leigh, and Karin Oleski met Thursday to talk about the budget. They talked about not being able to fund the Give Back program this year. Marie said that as a club we have great ambitions but small means. This hasn't stopped us from doing some great things. Our donations have grown organically in the past - we don't target a certain amount of revenue to disburse as donations. Instead we use what we have. We also haven't increased our membership fees in a while, and we are about in the middle of what other clubs in the area charge. Membership fees cover insurance and subsidize some events like the relays. We were disappointed that we didn't have sufficient funds for the Give Back program. Marie doesn't

think it makes sense to raise membership fees. We are a social welfare organization and not trying to make a profit.

Bob Cargill thanked Marie for all the time she puts into the budget. He said the meeting on Thursday covered topics like how some programs have expenses that have grown more than expected. We also have some new revenue generating events and have been re-inventing ourselves as a club. Bob said that we will look carefully at things like the banquet, which had low attendance last year. We'll also look at the price of Grand Prix awards (we still plan on giving those out this year). Hopefully we can re-institute the Give Back program in the future.

Kendra Howard asked if we knew how much our fixed costs per person were. She would be happy to add that amount in to the C25k fees if the amount is small. Marie said that RRCA insurance is \$5 per household and hasn't changed in a few years. Things like the banquet are harder to account for, because not everyone can make it or is interested. Income from membership fees has been consistent the last few years. People are also more likely to renew for multiple years (where they get a slight discount over the year-to-year price). Kendra wondered if it would make sense to add \$5 to the C25k fee. Bob said it might make sense in the future. Kendra said that club membership is currently free for C25k participants. Bob suggested having a separate conversation on the topic. Marie said it wouldn't make sense to change the membership fee since the RRCA fee hasn't changed. Marie thinks it would be great to get Team Framingham and C25k members more involved with the club, so that they sign up in future years.

Kendra also asked if it would make sense to decrease the number of volunteer parties to reduce expenses. Jeff said that we're starting to save money because the volunteer parties aren't being held at restaurants anymore, but at people's houses.

Karin Oleski said they talked a lot about these topics at the Thursday meeting. They would like to solicit feedback from others at some point. She said they discussed how to generate revenues or reduce costs without depleting the spirit of the club. Karin said that when the scholarship and Give Back programs were first started, it was agreed that the programs would need to be re-examined each year to see if the club had the money to support either one. The programs were not assumed to be a given when they were first started. People have become used to them now.

Bob said that for each event we put on, the people in charge should be cost aware when they do their planning. He also said the club is stronger and more enthusiastic than ever, with more going on than in the past.

Membership Director (Mike Gannon):

We Welcome

MacLean	Kate	Framingham
Goldschmidt	Kate	Natick
Alexander	Diana	Framingham
Buchanan	June	Framingham
Chan	Wendy	Framingham
Cummings	Mai-Linh	Framingham

Jacobson	Hillary	Framingham
Kornbau	Karen	Framingham
Calvert	Sloane	Framingham
Colantropo	Laura	Framingham
Heymanns	Chris	Framingham
Kimmelstiel	Laurie	Framingham
Lightburn	Gillian	Framingham
Sullivan	John	Framingham
Whitney	Anna	Framingham
Mainzer	Ellen	Framingham
Mullen	Julia	Framingham
Saris	Gillian	Framingham
Turner	Sydney	Framingham
Phelan	Carol	Framingham
Ferdinand	Maureen	Framingham
Brauner	Avital	Framingham

TOTAL MEMBERS = 373

Kate M. found us via a friend. When Mark Goldschmidt renewed, he added Kate. All of the rest have come to us via Kendra's C25K!

We wish to thank the following for their donations:

Leigh Marie

Miller Tom

Black Alison

Conlin Tim

Joyce John

Renewals

We started the year with 175 members up for renewal. It has been a slow process and there are still 99 members / 75 families yet to be heard from. Please renew today and you can avoid the emails and your name on the website. The purge will happen by May 15th.

Speaking of renewals, at some point after the process is over for this year, we will consider if we need to increase our rates. My suggestion will be to keep the 3 year and 5 year rates as is, but increase the 1 year price which most of opt for including me. I will be suggesting \$5 increases for 1 year renewals. 175 up for renewal

this year, and 225 the year prior, the process has become daunting with over 60% of our expired renewals that I am waiting to hear from.

GFRC Membership Rates

Years	Individual	Family
1	\$20.00	\$26.00
3	\$54.00	\$69.00
5	\$75.00	\$100.00

Mike said about 58% of people renew from year to year. He also said a 60% renewal rate is a good rule of thumb over his 6+ years in this role.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

Thirteen members attended the Medway Shamrock race. Abby McCabe was the first woman in that race and Bob Mayer was first in the 60+ group. They were the only award winners from the club. Vernon Turner was also at that race and present at the meeting.

Fourteen members ran the New Bedford half marathon. Eric Jacobsen, Bob Cargill, and Matt Vogel are at the meeting and ran. No one in the club won a medal that day.

The Upton 15k race counted as an April race. Eighteen members attended that race. No one at the club won a medal. Jeff Hattem said that 82 runners ran a sub 6-minute pace.

Upcoming Races

2017-2018 Series

April 8, 2018	J.B. Blastoff 5k, Waltham, MA
April 14, 2018	Merrimack River 10 Mile Trail Race, Andover, MA
May 13, 2018	Strivers Mother's Day 5K, Natick, MA
May 19, 2018	Framingham Police Chase, Framingham, MA

2018-2019 Series

June 2, 2018	26x1 Mile Marathon Relay
June 16, 2018	Sharon Timlin 5k, Hopkinton, MA
July 4, 2018	Any 4 th of July race. The Dedham race will be recommended like last year
End of July	Hot to Trot 5k, Upton, MA
July 1, 2018	Hodges Hoedown (counts as a June race)
July 14, 2018	Run with the Beavers 5-mile and 10-mile race

Discussion

Eric said that he and Tom have been looking at how the road and trail races come together in the Grand Prix series. Eric would like to float the idea of creating separate trail and road race series. There would be two road races and one trail race per month. If people like the idea of a trail series, then the Hodges Hoedown and Run with the Beavers races will count towards the trail series.

Eric noted that there may be conflicts in the schedule. Club members can participate in one or both series. The rules for both series would be the same. Grand Prix participation would be the sum of both series together. There would be separate scores for each series. At the end of the Grand Prix series, trophies will be awarded to the top five scorers in the road series and the top three scorers in the trail series (instead of the top eight scorers like we do now). Marathons will count towards the appropriate series. Scoring will be more complicated but would create more opportunities for trail runners. Tom and Eric will make a formal decision next month. Eric wants feedback from others in the club by the May meeting. Bob Cargill wondered if there would be enough people to make the trail series competitive. Eric thinks there will be enough competition.

Jamie Burgoyne asked if Eric and Tom would designate which trail races count towards the series. Eric said yes, it will work the same way as the Grand Prix series currently works, where he and Tom designate races.

Tom said they could use help with scoring and age grading.

Eric also wants to get feedback on the prize for running eleven races in the Grand Prix series. Is there value in giving a prize? Arnie Pollinger thinks the prize is great and is good for people who run eleven races but won't be one of the top eight runners. Mary Tyler likes the idea of giving something but thinks it doesn't need to be as expensive as in the past few years. She said it's also nice to know what the prize is ahead of time. Bob suggested that in lieu of expensive gifts, we should do something that increases the emotional recognition (such as a fancy graphic for each person who ran eleven races). Karin said that one year they distributed GFRC medals to people who completed at least four Grand Prix races. It helped to recognize those who didn't have time to run eleven. Bob said he personally likes getting medals. Jamie asked if members who completed all eleven could get a free membership for a year or choose between a prize and a free membership.

Feel free to reach out to Tom and Eric with your thoughts on either topic.

Newsletter (Tom Miller):

The newsletter was sent to officers late last night. Tom will publish it in the next day or so.

Web (Steve Galloway):

Steve worked with Mike Gannon to get the new members on the mailing list. Please contact webmaster@gfrcrun.org if you're not on the mailing list. Steve will be away a couple weeks in May and won't be able to update the web page. Bruce Hardy may be the backup but may not renew his membership because he moved to Quincy. Steve would need help updating the upcoming events on the front page. He would like someone to be backup so that he's not the only one with the keys to the website.

The pasta party is listed at 5:30 pm but is really at 6pm. Jeff Hattem said that the Facebook invite Allie Hall sent out has a Google doc to list what you plan on bringing. Steve also has a different Google doc link on the club home page.

Let Steve know if you see wrong dates or times.

Postscript

After the meeting the website was changed to reflect the new 6pm time for the pasta party and repointed to the alternate signup spreadsheet created by Lifetime. All the names that had already signed up on the original spreadsheet were copied over to the new Lifetime one.

Uniforms (Mike Bower):

Bob Cargill read Mike's report.

Mike wants to place an order for summer apparel. He wants approval from Marie before placing the order. He would like to order short sleeve shirts and singlets. He'll place an order when he gets a commitment for twelve pieces.

Activities (Jeff Hattem):

Monthly meetings

Matt Vogel will host the May meeting in Southborough. It will be on Sunday, May 6th (note the new day). The June meeting will be on Sunday, June 3rd at LifeTime Athletic in Framingham (note the new day). The July meeting will be at Mike Bower's house on the 7th in Framingham. The August meeting will be on the 4th and will be hosted by Joe Koziol in Framingham. Jen Feaster will host the September meeting on the 8th in Framingham. Bob Cargill will host the October meeting on the 6th in Sudbury. Jeff hopes Wendy Akesson will host the December meeting.

The next social night is April 20th at John Harvard's at 6:30 pm. We may have to change the venue in the future because John Harvard's doesn't have open seating anymore. Jeff suggested Skybox 109 in the future; Steve suggested Springdale.

LifeTime hosts fun runs every Saturday morning at 8 am (they will move to 7 am in the summer). You can run between 2 and 8 miles; all paces are welcome. LifeTime also hosts fun runs Tuesdays at 6:30 pm. All GFRC members are welcome to attend, even if they are not a LifeTime Athletic member.

Allie Hall and Breno Melo will host the Boston Marathon pasta party at LifeTime on Saturday, April 14th. It will be at 6pm. We cannot bring alcohol. The pasta party is still a potluck event.

The runner/volunteer appreciation party will be hosted by Mary and Ted Tyler on Thursday, April 19th. It will be at 6:30 pm. They will order pizza and you can bring something extra if you would like. BYOB.

The Mural Mile is May 5th and registration is open. Thirty-nine runners have signed up so far, which puts us ahead of last year. Bob Cargill would like a list of other running clubs in the area, so that he can promote the event. Jeff would like to see us get to 100 runners this year. Please show up and run as it will help support the club. The entry fee is currently \$20. We have a good crew of volunteers but could always use more. Please contact Jeff if you would like to volunteer. You can volunteer and run; let Jeff know if you would like to do both. Day of registration will be \$25. Ted Tyler won't be available to do photography that day.

The annual banquet will be on June 24th. Our emcee won't be available on the 10th, so the date was moved. The place is to be determined. The banquet committee will meet this Thursday at 6:30 pm at La Cantina. Marie Leigh, Karin Oleski, Kendra Howard, Leslie White Harvey, Julie Cameron, Mike Bower, Bob Cargill, and Cherry Barum are on the banquet committee. Please attend the banquet this year.

Pub runs start again after the Boston Marathon (beginning in May). They will alternate months again between Holliston and Natick. The pub runs will be on Thursday night each week.

Jeff wants to have a brew run again this year. The brew run may be on June 17th, and the bottle run on July 8th. Those dates are tentative.

The Grand Tree series calendar is out, and the Busa Bushwhack has been added to the calendar. Jeff had to confirm the date as Sunday, October 28th. Jeff would like to investigate making the 2019 Bushwhack the USATF trail running championship. This year it will be the Run with the Beavers race. The Bushwhack has the same distances and more parking. Arnie Pollinger can reach out to someone at USATF he knows and ask about it.

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

Leslie and Bob work to post new content to our Facebook and Twitter accounts. Feel free to contribute.

Other Business:

C25k (Kendra Howard)

We have thirty people this year. Kendra is very thankful for the volunteers this year. She has needed a lot of volunteer help this year due to the size of the group. Eric Jacobsen deserves a lot of credit for showing up to all the runs. She could use a few more volunteers next week; you'll be there for 30-45 minutes. You don't necessarily need to do much running if you don't want. The group run starts at 8 am at Cushing park in Framingham. Kendra would like volunteers to bring timing devices (such as a stopwatch, GPS watch, or phone). This will help the interval runners.

Kendra decided to include the Mural Mile in the training program this year. Twenty-five of the participants have registered for the Mural Mile. For some of them, it will be their first race ever. It is an unbelievable group of people. Kendra has been promoting the club at the runs. Kendra also has a C25k program (separate from the GFRC program) for the St. Bridget's 5k on June 2nd. There are twenty-one people in that group and she is promoting the club to them as well.

Jay Powell