



Greater Framingham Running Club

August 4th, 2018 – Joe Koziol hosted the meeting in Framingham.

Fun Run:

Attendees (Mileage in parentheses)

William Fendt (5.5), Eric Jacobsen (6.7), Ed Stoll (5.5), Jeff Hattem (10), Jay Powell (5), Bob Cargill (3.2), Ted Tyler (2.3), Mary Tyler (2.3), Tom Abbott, Joe Koziol, Tim Conlin (5), Rich Busa, Rong Hu (5), Vernon Turner, Leslie White-Harvey, Andrea Croak (5), Susan Richardson

MONTHLY MEETING:

Guest Speaker (Andrea Croak from Team With A Vision)

Andrea thanked Jeff for inviting her and thanked the club for the opportunity to speak. Andrea came to talk about the why and what of her work.

She works in development and fund-raising for a local non-profit. In 1903 Helen Keller started the Massachusetts Association for the Blind and Visually Impaired, which Andrea works for. Most of the people she provides support for are 60+ with vision problems (often incurred through age). Her main function is managing Team With a Vision, which is an incredible group of individuals who act as guides for runners, or run to raise awareness.

People with vision impairments often have feelings of loneliness or social exclusion, feelings of being a burden, and a lack of confidence. She wants people to start talking about the value of inclusion and the importance of independence. Several everyday technologies have been developed to help those with physical impairments, like electric toothbrushes, glasses, tactile sidewalk pavement, and Bluetooth technology.

At some point in our lives, we will all have a disability, whether it is age related or injury related (like crutches). We need to make sure our communities have proper support for people with disabilities. We also want to encourage independence for everyone. We can start by learning to stop talking about people by qualifying them by their disability (i.e., they're not a blind person, they're a person). We can help to reduce common barriers like going to restaurants, navigating a website, etc. She asked people to become aware, then use that awareness to help break down barriers.

Her organization supports 1,500 individuals a year, with around 400 volunteers that help the visually impaired (by running, reading letters, or helping with computer setup). She got involved on a whim after an introduction by a friend. She started running the Boston marathon as a sighted guide, then was hired into her current role.

Being a sighted guide is straightforward. Verbal cues are key (i.e., thinking out loud), such as talking about terrain, curbs, uneven pavement, or other obstacles. They have a video to help train guides, and guides are

matched based on pace. You can visit their website unitedinstride.com for more information. You can create a profile and use it to connect with other runners. They typically match five to six guides to each visually impaired runner. The time commitment is two to three hours per month. Team With a Vision does a lot of local races, including the Boston marathon, which is their biggest event. The pace range is anywhere from a 2:40 marathon to 6-hour marathon. One of our club members, Breno Melo, helped as a guide in a previous Boston marathon.

Bob encouraged Andrea to provide something that we can post on our Facebook page. We can help her promote for sighted guides or fundraisers. She needs help with sighted-guides and volunteers at races.

President (Bob Cargill):

Bob thanked Joe for hosting. Bob's son did a GORUCK challenge recently. It is a 12-hour challenge based on special forces training in Boston. It's an overnight endurance event with eight or nine entrants. It is the definition of character, because it is done in the darkness with no one watching. Bob defined character as what you do when no one else is watching.

Bob went to the summer track meet the other night. He mentioned that the volunteers put in quite a bit of work. Bob is impressed with the work everyone does, and especially wanted to thank Dan Silverman for what he does to keep the races going. He also thanked everyone who volunteers at those for all the work they do. Bob encourages everyone to help at least once because it is a rewarding experience. One of Hudson's coaches thanked everyone for helping with the summer track meets.

We will also hold our officer elections at the September meeting. Current officers can let Bob know if they want to continue. Anyone is free to run for a currently filled position. Please let Bob know if you would like to run for an officer position next year. Bob would like to make room for anyone interested in being an officer as we can always use the help. We have room for auxiliary officers to help with all of the events we put on.

VP Report (Arnie Pollinger):

Ed Stoll read Arnie's report.

1. Apologies for missing the meeting. Summer Track is in the final stretch - we have two more weeks of track meets, followed by the volunteer appreciation dinner. More on that to follow. Thank you to all who have volunteered this year!
2. Track workouts continue on Tuesdays until the week after the volunteer dinner when they move back to Wednesdays for the fall. Our next track workout - this Tuesday will be our first of our three annual hill repeat workouts. These are always popular. I'll send out a reminder to the club.
3. The Advisory Committee recently met (this meeting was open to the entire club) to refine Bushwhack volunteer credits for the Boston Marathon lottery. The AC came up with two recommendations that the club needs to vote on and hopefully approve. But no pressure!

Recommendation 1 - Capping volunteer credits

There will be a deadline for signing up for Busa Bushwhack volunteer activities. The deadline will be set by the volunteer coordinator. People who sign up prior to the deadline will have a cap of 6 1/3 credits (2 full entries). People who sign up after the deadline will have a credit cap of 3 1/3 credits (1 full entry). We will continue the

current rules that Race directors will automatically receive 1 full entry into the marathon lottery (3 1/3 credits). Team captains will receive 2/3 credits.

Recommendation 2 - Allocating credit for food contributions

The Bushwhack Food Team captain(s) will provide a list of food that we need. We will award 1/3 credit for providing food, but only if the food item is on this list.

Ed motioned to approve the recommendations. The motion was seconded and approved.

Secretary (Jay Powell):

We received a thank you letter from Claire Cushman, one of the 2018 scholarship winners.

Dear GFRC,

Thank you so much for awarding me with the running club scholarship at class day this year. It meant so much that you chose me and the scholarship will definitely not go to waste!! Thank you so much again,

Claire Cushman

Treasurer (Marie Leigh):

Jeff read Marie's report.

Marie had a conflict today. Next month Marie will give her annual report.

Membership Director (Mike Gannon):

Jay read Mike's report.

We welcome:

Hope Singas from Jefferson who joined on 8/3.

She found us via the web.

Other: I will send out membership lists this month.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

We recently ran the Hot to Trot 5k in Upton. Fourteen club members attended despite the forecast for humidity. Susan Richardson, Vernon Turner, and Tom are at the meeting and ran the race. Caleb Brown was the first finisher with a time of 17:36. Vernon had five minutes taken off for age grading, while Sue had seven minutes taken off, and Tom had nine minutes taken off. The race directors let people vote for next year's starting time. People voted to start at 8am. Abby McCabe was first female finisher. Bob Mayer almost tied with her but stopped for water.

Upcoming Races

Road Series

August 16, 2018 1 Mile, 200 Meter Challenge - Bowditch Field, Framingham, MA

August 26, 2018 Race to the Row - Somerville, MA [We only care about the 5k time; mile is optional!]
September 2, 2018 Walpole 5k or 10k (runner's choice) - Walpole MA
September 22, 2018 Voices Against Violence 2018 Purple Passion 5K Run - Framingham MA
September 29, 2018 Crossover Race (Trail/Road): Larry Olsen Classic 10K - Hopedale MA

Trail Series

August 12, 2018 Al's Mammoth Half Marathon - Westborough MA
September 29, 2018 TARC Fall Classic 10k or Half Marathon (runner's choice) - Carlisle MA
September 29, 2018 Crossover Race (Trail/Road): Larry Olsen Classic 10K - Hopedale MA
October 14, 2018 Groton Town Forest Trail Race - Groton, MA

We've heard good things about Al's Mammoth Half Marathon. We will need some volunteers to help with the 1 mile and 200-meter challenge on the 16th. We'll need someone to start the races, time, and help at the finish line. Eric may put up a signup genius for volunteers. Tom recommended warming up for the 200-meter sprint. The TARC fall classic sells out, so try to sign up early.

Newsletter (Tom Miller):

Bob read Tom's report.

Tom will work on the newsletter next week.

Web (Steve Galloway):

No report.

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

We need to find out if it's okay to take pictures of kids at the summer track meets. Some parents don't want us to post pictures without their permission. Ed Stoll suggested having a checkbox on the waiver form to grant permission to take and post pictures. Bob would like to take pictures of participants and families to help promote the event. We may put a sign up saying we would like to take pictures. Bob would like to have a separate Facebook page for the summer track meets, then invite parents to post pictures.

Please feel free to post other running-related activities to the Facebook page.

Uniforms (Mike Bower):

Jay read Mike's report.

The order for 15 jackets and vests was placed on Monday 8/2. We have been promised an "in hands" date of no later than Labor Day, if not sooner. I will let folks know as soon as the order is received. I ask that those who ordered do not pay on-line at this time. Once the order is in I will work out arrangements for payment and pickup. At this point, with the order in, anyone interested in the jackets or vests should let me know and I will start a wait list. When the wait list gets up to 12 pieces, we can place another order.

Folks looking to purchase singlets, short sleeve shirts and long sleeve shirts should reach out to me first before ordering on-line. The available inventory is very low at this time. I want to see if there is inventory in stock prior to anyone paying for it on-line.

Activities (Jeff Hattem):

Erin McArdle will host the September meeting on the 8th in Ashland. Bob Cargill will host the October meeting on the 6th in Sudbury. Derek & Helen Perkins will host the November meeting on the 3rd in Framingham. The December Boston Marathon lottery meeting will be on the 1st will be hosted by Wendy and Mark Akeson in Ashland. Jeff is looking for volunteers for hosting the 2019 meetings.

The next social night is August 17th at John Harvard's at 6:30 pm.

LifeTime hosts fun runs every Saturday morning at 7 am. They move to 8 am after Labor Day. 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.

The August pub runs will meet by the gazebo at the Holliston Rail Trail at 6:30pm. The September runs will be back in Natick at Skybokx 109. Jeff mentioned that attendance has been low this year. We will revisit the event next year and see if the pub runs should continue. Leslie White-Harvey asked if there was a way to post event reminders to the club web page. Ed Stoll suggested trying out new locations, like Jack's Abbey. Jeff doesn't know where we'd run over there.

Registration for the Busa Bushwhack is open. Jeff wants to emphasize that people are encouraged to run, volunteer, or do both. We have a strong need for volunteers this year. There are plenty of opportunities to volunteer and run. We'll have competition this year as there is another trail race in Dover on the same day.

Other Business:

Jay Powell