



Greater Framingham Running Club

February 3rd, 2018 – Arnie Pollinger and Robin Perlow hosted the meeting in Holliston.

Fun Run:

Attendees (Mileage in parentheses)

Bob Cargill (1.25), Mary Bahl (7), Amy Pearl (5), Ed Stoll (6), Edw. S. Ginsburg (3.5), Julie Cameron (3.5), Arnie Pollinger (5), Matt Vogel, Abby McCabe (6), Tim Conlin (5), Jeff Hattem (3), Tom Abbott, Rich Busa (2.0), Joe Koziol (5), Kenda Howard, Eric Jacobsen (12), Karin Oleski, Courtney Thraen, Leslie White-Harvey (12), Marie Leigh, Steve Galloway, Susan Richardson (11ish), Deb Galloway

MONTHLY MEETING:

Guest Speaker (Linda Garmon from A Place to Turn)

Linda met Bob Cargill at the Jingle Bell Run in Natick this past December. She is a Community Outreach Coordinator for A Place to Turn. They supply emergency food and clothing to families in need and will be celebrating their 40th anniversary next year. You can visit their [website](#) for more details. They are in a house near Brown Elementary School and are open Monday through Thursday plus Wednesday nights.

Linda came today to try to generate support from the club. They help families across the MetroWest area (primarily Framingham, Natick, and Marlboro). They provide two weeks of perishable and non-perishable food to families that have been referred to them. They receive donations for food which is purchased by volunteers. Some local grocery stores also donate food. They are looking for donations, especially this time of year, as the spring and summer are lean times for them. Most of their donations come around Thanksgiving and Christmas. They also take donations of seasonal appropriate clothing, personal care items (soap, tooth paste, diapers, etc.), and extra produce from people's gardens. They are currently in desperate need of cereal (hot and cold), peanut butter, jelly, and soup.

Linda is looking for any support that we can give and was wondering if we could have a collection event at one of our monthly meetings. She was also wondering if club members could help spread the word about A Place to Turn to others in the community. Kendra Howard suggested that prior to each monthly meeting, we ask for a list of seasonal donations that A Place to Turn needs. That way we could solicit club members for donations prior to our monthly meetings, to be collected at each meeting. Bob Cargill said that she is welcome to set up a table at some of our events, like the Mural Mile or the Busa Bushwhack. Jeff Hattem suggested that she come to our annual banquet to receive donations as well.

President (Bob Cargill):

Bob thanked Arnie and Robin for hosting. Bob asked how many people are watching *Tom vs Time* on Facebook. It's a video series about how much time Tom Brady spends training. Bob made a correlation between what Tom Brady does and what we do in our lives. As Bob pointed out, life is a series of trade-offs;

we give up a lot of our time to train as runners. The more time you give up, the more you get.

VP Report (Arnie Pollinger):

The scholarship committee just sent out applications to seven area public high schools (Holliston, Natick, Framingham, Keefe Tech, Lincoln-Sudbury, Wayland, and Ashland). Two \$750 college scholarship are up for grabs and applications are due by March 31st.

We have three issues to address about the marathon lottery from last year. The first is related to the Team Framingham steering committee and the city of Framingham's requirement that all steering committee members reside in Framingham. This will be tabled until the summer when the city revisits its residency requirements. There were also two issues with Busa Bushwhack volunteer credit: (1) there is a cap on the number of volunteer credits available, and (2) volunteer credit for bringing post-race food. We may need to revisit (1) because it may have been harsh. For (2), we need to figure out how to quantify the effort. Arnie suggested that we should give credit for homemade food, not store-bought (like a bag of chips). Kendra Howard suggested that you should receive credit if you're asked by volunteer coordinators to buy specific items. It's an open issue that will need to be addressed at a separate meeting.

Secretary (Jay Powell):

I am currently waiting for scholarship applications to arrive. Kendra Howard asked if the committee needed help getting the word out. Arnie Pollinger said it's all done by e-mail now. Every school has a scholarship coordinator, which we sent the form too. Karin Oleski said that word of mouth is always welcome.

Treasurer (Marie Leigh):

It was pointed out that our revenue generating events are later in the year (the Mural Mile, summer track, and the Busa Bushwhack). We did not participate in the corporate challenge for the first time last summer. Lonnie thinks we'll get asked to do the corporate challenge again. Marie had to send in our W-9 form recently.

Revenue from the Mural Mile will initially go into the club balance and then will be divided as needed between different initiatives.

Ed Stoll asked if we needed to vote on how much money to allocate to the Give Back program this year. Ed thought we used to vote on the total amount to allocate in the past (Tom Abbott agreed). Ed thinks we should allocate \$100-\$150 to the Give Back program this year. He pointed out that we have already set the expectation that Give Back funds would be allocated this year.

Bob thinks we might be able to afford a modest amount. Eric Jacobsen said that the funds going toward this year's Reach the Beach registration can be deferred. Marie says that, as of today, we don't have funds for Give Back program this year. Income from memberships will start to come in though. We may be able to see the effects of that revenue next month.

One year we gave money to the One Fund Boston, and to the Framingham girls track team to go to nationals. Susan Richardson was wondering if we could borrow money from the scholarship fund, then repay the scholarship fund when our revenue generating events occur. We could withdraw an amount based on how much money we received from the Mural Mile last year, assuming we receive the same amount this year. Ed Stoll is worried about borrowing from the scholarship fund. Arnie Pollinger motioned that we table this discussion for one month when we have more information about income (membership renewals and C25k income).

Ed pointed out that we don't have to write a check for the Give Back program until April. Bob asked if everyone wanted to give money to the charity runners this year. Ed wants to forecast our revenue based on next month's income stream. Bob pointed out that we won't be dispersing as much to the Give Back program as in the past. He also said that charity runners should consider any funds from the Give Back program a bonus. Ed said that it is too late to take back our promise to allocate Give Back funds because charity runners are already listed on website.

Postscript

On Monday evening, 2/5, the officers sent an email notifying the club that, with deep regret, because of the absence of a cash cushion, the robust Give Back Program will not happen this year.

Membership Director (Mike Gannon):

We Welcome

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| Bogardus | Elizabeth | Ashland |
| Burgess | Lisa | Framingham |
| Doyle | Peter | Natick |
| Dawe | Karen | Framingham |
| Dawe | Matt | Framingham |
| Meltzer | Jonathan | Hopkinton |
| Kynoch | Bob | Ashland |

Total Members = 346

Elizabeth is a returning member. Peter found us on Facebook. Lisa credits knowing fellow runners in town. Karen has seen us at races. Jonathan has run the Busa Bushwack and knows several runners in the club.

Other News

At the last meeting I was presenting a membership proposal, which guarantees that all new members have at least a year (vs. calendar policy) of being part of the club before they have a renewal decision. It was voted on and it was unanimous.

During the proposal, brainstorming about membership ensued. Kendra suggested that we should form a Membership Committee, and quickly volunteered as did Tom Miller. We had our first meeting recently which was very productive. You may contact any of us for club suggestions, or feedback.

General Discussion

Tom Abbott asked what was discussed at the Membership Committee meeting. Kendra Howard said they discussed the best way to reach out to existing members and let them know the renewal period is coming. They also discussed the best ways to elicit feedback on how the club can better service its members. The committee members divided up lists of e-mail addresses to contact people to let them know the renewal period is upcoming.

Bob Cargill was wondering if we could get as many people as possible in one location for a picture.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

We had two Grand Prix races last weekend, the Resolution Run in Lexington, and the Boston Prep 16-miler in Derry, NH. It was 43 degrees out at both runs (it was a record high for the Derry race). Eight club members attended each race. Abby McCabe, Edw. S. Ginsberg, and Jay Powell were there and are at the meeting today. Abby McCabe won her age group at the Resolution Run with an average pace of 6:57 per mile. Jay Powell gave blood the night before the Resolution Run. Tom had his best race since Labor Day. Edw. S. Ginsburg was the only returnee from last year. Tom and Edw. agreed that the race needed an 80+ age group. The top age group was 70-99, with most in the that group under 75.

Ed Finnegan finished the Derry Prep 16-miler but was not listed in the initial club results. Those present at the meeting who ran the Derry Prep 16-mile are Steve Galloway, Deb Galloway, Arnie Pollinger, and Jeff Hattem. Jeff ran 9:53's and Steve 9:10's. Arnie Pollinger was there getting a good long run in.

Upcoming Races

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| February 11, 2018 | Paddy Kelly 5 Miler - Brockton, MA |
| February 18, 2018 | Old Fashioned Ten Miler, Foxboro, MA |
| February 24, 2018 | Cushing/Lowry Pub Run |
| March 10, 2018 | 2018 Shamrock Shuffle, Medway, MA |
| March 18, 2018 | New Bedford Half Marathon |
| March 31, 2018 | 38th Frank Nealon Boston Tune-Up (15k), Upton, MA (counted as April race) |
| April 14, 2018 | Merrimack River 10 Mile Trail Race, Andover, MA |

The Boston Tune-Up will count as an April race. Eric and Tom are also looking for a shorter race in April.

For now the Cushing run has a planned snow-day of the 25th, but it'll be the 24th unless the GP Directors announce otherwise. In addition, the after-party will be a potluck event. Phyllis and/or the GP Directors will be in touch to coordinate that aspect as we get a little closer, but your race entry fee will be a food contribution for the after-party. They will post a sign-up sheet so people can see what others are bringing.

There are a lot of races in May. Eric doesn't want to keep adding races to the Grand Prix series. There were 28 in the series when he started, 32 in the series last year, and 34 this year. If we include the Mural Mile as a Grand Prix race, Tom and Eric would like to drop another race. The May races also include the Strivers Mother's Day 5k and the C25k goal race. Tom would like a more established race for a Grand Prix. Eric would like to get input from the club. Should the Mural Mile be counted as a Grand Prix race (where we drop another race), or should we stick with the existing races?

Karin Oleski asked if you could run the Mural Mile, volunteer, and get volunteer points as well as Grand Prix points if it were a Grand Prix race. Kendra Howard suggested that the Grand Prix races be Strivers and the C25k goal race. She would like for the C25k participation fee to cover the entry fees for the Mural Mile and the Framingham Police Chase (the goal race), instead of giving participants a t-shirt. That would give the C25k participants more race experience, plus they would get t-shirts from each race.

Kendra thinks the emphasis for the club would be on volunteering at the Mural Mile. Arnie Pollinger thinks we don't need another 1-mile GP race (we already have two). Jeff Hattem is concerned about enrollment for the

Mural Mile, and from that perspective would like it to be a Grand Prix race. Few members ran the Mural Mile last year, and overall enrollment in the Mural Mile was low.

Courtney Thraen is doing permitting this year for the Mural Mile and wants to confirm the race times. She also wants to know if we'll use the same location for registration. There were issues with the location of the registration tables last year. Runners needed to be taxied to the starting line, and there were safety concerns as people loitered on Rt. 135 before the race. She would like to know where to put the vendors this year. For permits, we'll need to confirm race routes and start times. She can update the Mural Mile website after we confirm the details. She can take care of board of health permit too.

Bob Cargill, Ed Stoll, and Jeff Hattem are race directors this year. Courtney is providing significant assistance. We'll have a miniature Mural Mile print mounted on a board for each gender winner. The print will also be made into a cast, in case the race directors decide to award medals. The cast could also be made into a cookie.

Newsletter (Tom Miller):

The newsletter was sent out yesterday. Bob Cargill said the newsletters are great and people agreed. Nods all around.

Web (Steve Galloway):

Steve wanted to find out what to do about the Give Back forms. He asked if he should update the website to reflect a delay in the Give Back point allocations. Marie Leigh suggested removing the March 18th deadline for now. Ed Stoll pointed out that we've already set expectations by posting the Give Back forms (Kendra Howard agreed). There are a lot of charity runners listed on the page and they are used to relying on Give Back points to boost their fundraising numbers. Last year \$3,000 was given out from the Give Back program. Kendra suggested that Bob Cargill warn people that funds may be lower this year. Steve suggested that the officers decide on the wording for an e-mail to notify people of lower funds this year.

The site was partially down for about a day. The web host moved to new servers and broke the website. Bob thanked Steve for addressing the issue.

Uniforms (Mike Bower):

No report.

Activities (Jeff Hattem):

Monthly meetings

Kim Elia will host the March meeting at Platinum Physical Therapy in Ashland on the 3rd. The April meeting will be on the 7th and hosted by Andrea and Rich Leonard. Matt Vogel will host the May meeting. No date has been set as the Mural Mile would be on the normal meeting day. The June meeting will be on the 2nd at LifeTime Athletic in Framingham. The July meeting will be at Mike Bower's house on the 7th. The August meeting will be on the 4th and is usually hosted by Joe Koziol, though that hasn't been confirmed yet. Jen Feaster will host the September meeting on the 8th.

Activities

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. The next social night is February 16th at John Harvard's at 6:30 pm.

Allie Hall and Breno Melo will host the Boston Marathon pasta party at LifeTime on Saturday, April 14th. We can bring wine and beer. The runner/volunteer appreciation party will be on April 19th. Jeff would like to host it at someone's house, rather than having it at a restaurant. Let Jeff know if you are interested in hosting. We will use a restaurant as a fallback if no one volunteers to host. We seem to get better participation when a club member hosts.

The annual banquet will be on June 10th. Jeff still needs to coordinate details with La Cantina. Jeff mentioned that we only have two people on the banquet committee (Leslie White-Harvey and Mike Bower). Kendra Howard, Bob Cargill, Marie Leigh, Karin Oleski, and Julie Cameron volunteered to be on the committee. The banquet committee will need to get together soon. Jeff needs to see if Derek Perkins will emcee again this year. Please mark your calendars; attendance was down by 20 people last year, and Jeff would like to boost this year's numbers.

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

Leslie posts pictures from all events. Everyone is free to post and share on our social media accounts.

Marie Leigh mentioned that Mike Bower had been recognized for an award by the city of Framingham. Leslie thinks it would be great if we could go and support Mike. The award ceremony should be on March 2nd.

Other Business:

C25k (Kendra Howard)

We won't purchase t-shirts this year for C25k participants. For \$50, they'll get a club membership and entry to the goal race. Kendra would like to remove the t-shirt and replace it with the Mural Mile entry free, so that participants can gain experience running another race. Kendra would like to keep the C25k price at \$50.

Kendra would also like to have all the participants go to the club's annual banquet, where they get something in recognition for their effort. It would also help them meet more people in the club. Ed Stoll asked if they would pay \$65 if it would include the annual banquet fee. Karin Oleski asked what would happen if someone can't make it to the banquet or isn't interested in going. Karin also wondered if \$65 was too high for an entry fee, and that it might deter people from enrolling. Kendra said families are looking into the C25k program this year. She would like to have a family fee, instead of charging a family the individual fee for each person.

The C25k program starts March 10th, so Kendra needs to figure out the pricing model soon. Kendra asked that people refer questions about the C25k to her, especially if you don't know the answer to a question. She would like to avoid passing on misinformation to potential participants. Kendra thinks this year will be the biggest year yet. She would also like to promote the club more (so please refer questions to her). Bob Cargill thanked her for taking ownership of the C25k program. Kendra wanted to know who to ask about determining the program's price. Bob would like to table the pricing discussion in the interest of time. Ed pointed out that they haven't finalized the Mural Mile pricing yet either, so including the Mural Mile fee in the C25k fee would be problematic at this time.

Jay Powell