



Greater Framingham Running Club

July 6th, 2018 – Mike Bower hosted the meeting in Framingham.

Fun Run:

Attendees (Mileage in parentheses)

Mike Bower, Rich Busa, Edw. S. Ginsberg (3), Mary Bahl (3), Ted and Mary Tyler, Arnie Pollinger (sprint workout), Wendy Akeson (4), Susan Richardson (3), Leslie White-Harvey (2), Amy Bizocco (3.7), Jeanne Bizocco (3.7), Glenn Meister (3.7), Tim Conlin (3.7), Esther Powell (2), Jay Powell (3.7), Tom Abbott, Derek Perkins, Mike Gannon (9.5), Eric Jacobsen (7), Jeff Hattem (7)

MONTHLY MEETING:

President (Bob Cargill):

Bob could not make it today. Arnie read Bob's report.

As for a president's report, I would start off by thanking the banquet committee for doing such a great job with our recent banquet at the Ashland VFW. I thought everyone did a great job pulling things together. While the sound system had some issues, I did like the location, and I thought the food was excellent. Yes, I wish we had more people in attendance, but I thought those who did turn out were very enthusiastic and appeared to have an excellent time. One thought as an incentive to get more people to attend the banquet in the future would be to give everybody who goes some kind of gift. I think it would be great if we could find a way to involve everybody who attends, not just those who are winning awards. I am sorry to have to miss this morning's meeting, as I don't think I have missed any since I have been president. Thanks for covering for me.

VP Report (Arnie Pollinger):

Bob could not make it because of the death of his Father-in-law. The GFRC expresses its heartfelt condolences and will be sending a gift basket to Bob and his family. The club money for this comes from a sunshine fund in the budget that is allocated towards gifts for people who had family pass away. Drawing from that budget is Arnie's least favorite part of being a club officer.

Summer track continues this Wednesday. We've been getting a great volunteer turnout. We'll need people in July because of vacations. We have an advisory committee meeting on July 16th to discuss Busa Bushwhack volunteer credits for the Boston Marathon lottery. The committee will come up with some recommendations then bring them before the club for a vote. Last year we implemented a cap on the number of marathon entries a person can receive for Bushwhack volunteer activities. It was in reaction to someone who received three entries for Bushwhack related activities the previous year. The 1-entry maximum credit implemented this year was viewed as too harsh, so we need to find a happy medium. We also need to figure what to do about food contributions. Edw. S. Ginsberg noted that the Bushwhack is not mentioned in the New England

Trail Runner magazine. Derek Perkins pointed out that the Bushwhack draws in the bulk of our funding, so that should be considered when allocating volunteer points.

Arnie thanked Mike Bower for hosting.

Secretary (Jay Powell):

Nothing to report.

Treasurer (Marie Leigh):

No report.

Membership Director (Mike Gannon):

We welcome:

Fendt	William	Framingham
Burgess	Ben	Framingham
Burgess	Samantha	Framingham
Burgess	Abby	Framingham
Burgess	Maddie	Framingham
LeHardy	Samuel	Framingham
Schatz	Michelle	Framingham
Pettingell	Sohana	Framingham
Carlson	Mike	Framingham

Total Members = **317**

Other: William found us on the internet, came to a meeting, and joined later that day. Lisa Burgess changed to a family membership and added Ben, Samantha, Abby, and Maddie. Samuel returned and added Michelle. Sohana was added when Scott increased to a family membership. Mike joined via his wife Susin, and we also thank him for his donation.

A complete membership list will be published in August.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

At least eight people at the meeting ran one of the 4th of July races. The Sudbury race was at 9 am and was 3.75 miles (Jay Powell, Derek Perkins, Jeanne Bizzoco, Amy Bizzoco, Mary Bahl, Leslie White-Harvey, Susan Richardson, and Esther Powell ran the race and are at the meeting today). A total of twenty-three members ran the Sudbury race, while two ran in Needham, and two ran in Dedham. Heidi Trainor ran the Canton 5-miler. One person went to Santa Clara, CA. Tom asked that everyone double check their results.

The Hodges Hoedown results were just posted. Eight members participated while three earned age group awards. John Joyce was first in his age group and earned 25 points.

Upcoming Races

2018-2019 Road Series

July 28, 2018 Hot to Trot 5k, Upton, MA
August 16, 2018 1 mile, 200-meter challenge

2018-2019 Trail Series

July 14, 2018 Run with the Beavers 5-mile and 10-mile race (USATF trail running championship)
August 12, 2018 Al's Mammoth Half Marathon, Westborough, MA
September 29, 2018 TARC Fall Classic (tentative), Carlisle, MA
November Upton Trail Race, Upton, MA

We are still shopping for another August road race. We are considering counting the Walpole Labor Day race as an August race. We are considering several options for September races:

Walpole Labor Day Race (5k and 10k)

Voices against violence 5k in Framingham

Devin's Dash 5k in Framingham

Larry Olsen 10k in Hopedale.

Postscript

Mike Bower reached out to the Devin's Dash race committee. That race will most likely be held in October.

Newsletter (Tom Miller):

Tom is travelling.

Web (Steve Galloway):

Abby McCabe has recently volunteered to help out with the website, becoming an auxiliary officer. Once I have had a chance to go over some stuff with her she will most likely be the one updating the general monthly race results (Tom will still do GP results) and helping me to keep the home page current.

We now have individual WordPress accounts for Abby and Eric (btw Eric, you now have an account) in addition to Tom who already had one. If anyone else would like to manage the content on any part of the website I can create accounts for them as well. For example, if Mike wanted to manage a uniforms page we can set him up to use WordPress for this which will link into the site the same way the GP results are currently posted by Tom.

If anyone has any changes or corrections they would like to see on the website please send an email to webdirector@gfrcrun.org.

Uniforms (Mike Bower):

We're winding down the delivery process for the April replenishment order. We also ordered some additional stock for popular sizes and Mike has received several requests for the additional stock. We're running low on popular sizes and only have a few pieces left. Please reach out to Mike if you're interested in purchasing something.

We made our last order for short sleeves and singlets until next year. Mike doesn't want people to pay for something if we don't have stock, as it may be several months before he places another order for something that is out of stock.

Mike will be advertising for fall and winter jackets soon. He has already received several inquiries from people running Reach the Beach. He'll be taking a pre-order within the week. We'll offer a navy-blue fleece (full zip) and an electric blue jacket in a vest. We need to get up to twelve orders to complete a pre-order (we get a price break if we get to twelve). He will set a pre-order deadline so that the Reach the Beach folks can get their jacket on time. Mike plans to place an order at end of July so that the items arrive in August. The electric blue windbreakers are very popular. Pictures are on the website.

Mike plans to take advantage of Steve's offer to manage an inventory page on the website.

Activities (Jeff Hattem):

The August meeting will be on the 4th and will be hosted by Joe Koziol in Framingham. 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 2019 meetings.

The next social night is July 20th 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 July pub runs will be at the Cochituate Rail Trail, meeting at SkyBokx 109 in Natick. We meet at the restaurant and jog to the trail behind the Hampton Inn. The August pub runs will meet by the gazebo at the Holliston Rail Trail at 6:30pm.

We need to start planning for the Busa Bushwhack soon, which is on October 28th. Sign-ups will also need to go live soon. The race committee will have weekly meetings. There is another trail race in Dover on the same day, so we need to get going soon. We need a volunteer coordinator for this year's race.

Jeff thanked everyone who attended the banquet, and to everyone who was on the banquet committee. Extra thanks to Marie for her work. Leslie seconded her thanks for Marie.

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

Keep adding pictures to Facebook and keep liking stuff. Leslie will be taking pictures at the next summer track meet. Leslie thanked everyone who came to the banquet.

Other Business:

Eric Jacobsen – Reach the Beach

We have a Reach the Beach team for this year, with 10 people on the team and two open slots if someone would like to join.

Annual Banquet Feedback

Jeanne Bizzoco suggested having a way for people to attend at the last minute, because some people don't know if they can attend until the day of the banquet. Jeff Hattem said we have a sign-up cutoff because we need to have a food count. Several people pointed out that there was plenty of food left over this year. Jeff said changing the cutoff date can be discussed for next year. There was a 3-year run where there was a spike

in attendance, with 80-90 people attending each year. The last two years were back to normal (about 50-60 attendees).

Derek Perkins thinks we should send more e-mails, in case people aren't using Facebook much. He thinks we should promote heavily on Facebook and via e-mail. We should advertise details like the format and rough schedule. Derek thinks we should be open to changing the banquet format too. He suggested surveying the club to see what people might want to do in a banquet. Mary Tyler said she only saw the banquet advertised on Facebook a couple of times in the final weeks leading up to the banquet. We need to make information about the banquet easily accessible and need to promote it aggressively.

Wendy Akeson is up to changing the format. She observed that people seem to want to go and chat and suggested optimizing the schedule for socialization. She asked if we could reduce the amount of speeches for the awards (several people agreed that the speeches went a little long this year). Susan Richardson said that we don't have to say anything about the people who are presenting the awards to save time.

Arnie Pollinger suggested that attendance wasn't as strong as we had hoped for because there wasn't much promotion until 2-3 weeks before the banquet. He suggested that we start promoting the event earlier. Jeff said they got off to a late start this year.

Jeff was thanked for all his hard work. Edw. S. Ginsberg suggested having an invited guest speaker. Arnie said that they can be expensive (and occasionally controversial, as many of us remember Bill Rogers speaking at the 2001 awards banquet).

Jay Powell