



## Greater Framingham Running Club

**June 3rd, 2018 – LifeTime Athletic** hosted the meeting in Framingham.

### **Fun Run:**

*Attendees (Mileage in Parentheses)*

*Bob Cargill, Leslie White-Harvey, Susan Richardson, Amy Pearl (4), Melissa Arnold (4), Jamie Burgoyne, Julie Cameron, Mary Bahl, Ed Stoll (4), Joe Koziol (3), Tom Abbott, Ted and Mary Tyler, Arnie Pollinger (8), Edw. S. Ginsberg (3), Jeff Hattem, William Fendt (4), Jenny Dowling (4), Chad MacDonald (10), Marie Leigh, Jay Powell*

### **MONTHLY MEETING:**

#### **President (Bob Cargill):**

Bob played little league baseball when he was a kid. He wasn't the best of hitters, but he was a decent pitcher. He owes the credit for his success on the mound to his catcher, also known as his battery mate. They needed each other to succeed. Yesterday we were each other's battery mates at the 26x1 relay at Hormel Stadium. It is Bob's favorite event. We are the only team to have participated each of the last 14 years. Bob posted video of the event on Facebook yesterday. He is proud of the team and everyone for their performance yesterday.

Bob welcomed new members Jenny Dowling and William Fendt. Jenny lives in Wayland and teaches at Framingham State University. William recently moved here from Germany.

Bob thanked LifeTime Athletic for hosting us.

#### **VP Report (Arnie Pollinger):**

We're in the midst of a very busy stretch of events. Last Wednesday Chris Chesmore presented the scholarship award to Brendan Wilcox at Framingham High. On Friday Ed Stoll and Arnie presented the scholarship award to Claire Cushman at Ashland High. Yesterday was the 26x1 relay at Hormel stadium; it was Arnie's 14<sup>th</sup> year as team captain. Our track workouts move to Tuesday this week for the summer. It will be a 14-minute workout (14x30 second repeats).

Wednesday is our first summer track meet and we are always looking for volunteers. It's a 10-week series and a great thing for the community. Arnie asked that volunteers try to arrive by 5:45 pm if possible. It's fine to show up a little later. Marie Leigh said you can show up whenever you're free, and that we always need volunteers.

Ed Stoll said that when he was at Ashland High a parent asked if anyone in the club mentored middle school girls. If anyone is interested, Ed can get a group together. Arnie mentioned the Nitehawks track running club out of Wayland that specifically mentors kids. Eric Bucher is one of the coaches. Jeff Hattem also recommended the Striver's running club in Natick. Jamie mentioned that Girls on the Run is a mentorship program out of Natick too.

Bob Cargill congratulated Arnie for coaching the relay team for 14 years, and for recently completing the Fargo marathon.

We also have an open issue on how to allocate marathon lottery credit for food donations at the Busa Bushwhack. Arnie wanted feedback on the following proposal: *We give credit for home cooked/prepared food only. It must provide at least 10 servings. No credit for purely store-bought food.*

Marie asked if this was related to the maximum number of times someone can volunteer for the Bushwhack. Arnie said it's a separate issue. Jamie Burgoyne felt that volunteer credit shouldn't be awarded for food. She said that there are enough different ways to volunteer throughout the year that people should take advantage those opportunities. Arnie said that not all volunteer activities have the same time commitment. Jamie said that it seems to be nit-picky worrying about food, and that we could avoid headaches by not counting food as a volunteer credit. Leslie White-Harvey agreed. Arnie said that historically we have not counted food as a volunteer credit. Marie mentioned that it may be the only way that some people can volunteer for the Busa Bushwhack. It's also hard to put a "price tag" on a volunteer commitment. Ed mentioned that it also reduces our Bushwhack costs. Arnie said that a home cooked meal could be the same time commitment as one summer track volunteer opportunity. Jamie said it could also be considered as a donation, like at the volunteer parties. We will vote on the issue later this summer.

#### *Addendum*

Tom Abbott noted that we have participated in the 26x1 relay 12 of the last 14 years. We missed the relays in 2005 and 2006.

#### **Secretary (Jay Powell):**

Jay read reports for Mike Gannon, Mike Bower, and Steve Galloway.

#### **Treasurer (Marie Leigh):**

Ed Stoll asked if we could have a discussion on transferring profits from the Mural Mile to the scholarship fund. Marie suggested waiting for the final payments from RaceWire to arrive.

#### **Membership Director (Mike Gannon):**

We welcome:

<b>Linn</b>	<b>Doug</b>	<b>Framingham</b>
<b>Linn</b>	<b>Landon</b>	<b>Framingham</b>
<b>Linn</b>	<b>Owen</b>	<b>Framingham</b>
<b>Dowling</b>	<b>Jennifer</b>	<b>Wayland</b>
<b>Williams</b>	<b>Chris</b>	<b>Newton</b>
<b>Anderson</b>	<b>Stacy</b>	<b>Wayland</b>
<b>Shullo</b>	<b>Samantha</b>	<b>Wayland</b>
<b>Fishburn</b>	<b>Jon</b>	<b>Wayland</b>
<b>Fishburn</b>	<b>Penelope</b>	<b>Wayland</b>
<b>Fishburn</b>	<b>Lucy</b>	<b>Wayland</b>

Total Members = 309

Doug, Landon, and Owen were added when Diana renewed her membership. Jennifer and Chris found us on the web. Samantha's family found us via her running partner who might be Stacy. So May was a great month for new members (13 in total including some announced previously) especially in Wayland, and for the year we have added 51 so far.

We thank the Shullo/Fishburn Family for their donation!

#### *Other*

The 2018 renewal process ended in May and we thank everyone who has chosen to continue with us. 54% of us renewed which is lower than past years, but we are still over 300. Of the 77 we lost, 27 (35%) were with us for 1 renewal period, and 15 (19%) 5+ years.

### **Grand Prix (Tom Abbott and Eric Jacobsen):**

#### *Completed Races*

We had 40 members attend the Framingham Police Chase; 22 of the attendees were C25k participants. Tom hopes we see them again and wants to ask them to join the Grand Prix series. He gave a quick overview of the Grand Prix series – it runs from June to May each year; race results are age graded and assigned points. You can only get points for one race per month but can run multiple races each month. About 30 races a year are tagged as Grand Prix races. You can also get points for running two marathons or one half-marathon. John Joyce and Deb Galloway won the series this year. Esther Powell was the second female and Bob Cargill the second male; Abby McCabe was third female by one point.

The 26x1 relay was yesterday. Tom read off times for relay participants who were present at the meeting, including Jamie Burgoyne (7:28), Jay Powell (6:00), Jeff Hattem (6:54), Bob Cargill (7:01), Ed Stoll (7:53), Arnie (7:50), Melissa Arnold (6:15), and Chad MacDonald (7:00). Phyllis Lowry was the only member to place in her age group. Melissa was our fastest female. Arnie's age graded time was 6:20. We were faster than last year by 3 minutes.

#### *Upcoming Races*

### **2018-2019 Road Series**

June 16, 2018	Sharon Timlin 5k, Hopkinton, MA
July 4, 2018	Any 4 <sup>th</sup> of July race by WAVA score
End of July	Hot to Trot 5k, Upton, MA

### **2018-2019 Trail Series**

July 1, 2018	Hodges Hoedown (counts as a June race)
July 14, 2018	Run with the Beavers 5-mile and 10-mile race (USATF trail running championship)

The Sharon Timlin race is very popular. We will also have a separate trail series this year. Eric will do the scoring for the trail series. The website for the Hot to Trot registration is open. The mile and 200-meter race dash is very popular and free. We might schedule a shorter stamina race like 400 or 800 meters in addition to the mile race at some point in the summer. There are a few possibilities for September Grand Prix races. The Larry Olsen 10k is down for the trail race series because about two miles are on the trail. Jeff Hattem didn't think that the Larry Olsen 10k should count as a trail race.

### **Newsletter (Tom Miller):**

Bob read Tom's report.

There is a problem with getting submissions for the newsletter. Tom also asked if it would be possible to move Sunday meetings to the afternoon. Bob said that we've discussed the issue and think that more people will be unable to attend if we host the meetings in the afternoon. Mary Tyler asked if it would be possible to push the meeting back a week to another Saturday. Jeff Hattem says we've done it in the past, but that it doesn't leave much time between consecutive meetings.

### **Web (Steve Galloway):**

Jay read Steve's report.

Shout outs to Jay for updating the site while I was away and to Arnie for helping to bring some older pages up to date with more current info.

With Bruce no longer helping out we could still use a backup web person. Not urgent but want to make sure that everyone knows there is a need in case there are any members out there who might be interested.

I need the info on the banquet so that we can get a signup sheet online.

Jeff has mentioned that he would like to handle event signups similar to how TVFR does it. Is this something that other people are interested in? Right now we have a free way of doing this which dumps the names into a shared online Google spreadsheet. It's not as pretty as the TVFR way but it doesn't cost anything to setup and does not require the members to login. I would like to see what kind of interest there is among the club for this before spending any time (or money) setting anything up.

### *Discussion*

Jeff Hattem said that he has raised the issue of event signups many times and nothing has been done yet. He would like to use it for the pub runs, which have gotten off to a slow start. We have had instances when someone shows up to an event but no one else is there. We tried informal signups on the website on a trial basis, but some people have felt uncomfortable with that process because the information is public. Jeff said that he's limited to posting reminders on Facebook and via e-mail. Melissa Arnold suggested locking the Facebook group down. Jenny Dowling suggested using Google as an authentication mechanism in front of the spreadsheets. Jamie Burgoyne said the main issue with the pub runs is that we haven't been getting people out to run. She asked if we could pilot setting up events for about a month. She was wondering if that would draw more attention.

Jeff is a big proponent of participation points that can go towards the lottery (TVFR does this). Bob Cargill thinks Facebook is the easiest way to manage our event system. He also thinks the pub runs may conflict with other events. Arnie Pollinger thinks Jeff's weekly Running Shorts e-mails are very helpful. Bob thinks we need help with communicating our events. We need more help with the website, e-mails, social media, etc. Melissa Arnold is willing to update the Facebook calendar with events for the next month or two.

Susan Richardson thinks it's a lot of pressure to commit to an event, where you feel the need to show up after signing up. Sometimes she won't know until the last minute if she can attend an event. We also have a lot of events each week during the summer and a person may not want to do something every night. She doesn't think it's necessarily a sign-up issue, but an issue with scheduling conflicts.

Jamie noted that another question is the viability of the event. Is an event worth the time and effort if attendance is low? She pointed out that we have 300 people in the club, but the same people usually show up to events. Maybe we should put our time and energy into other events that people will try to attend. Bob said that we're all doing fantastic jobs, and that we may have to be flexible on what we can do as a club. Leslie White-Harvey likes the variation in the club's events and that they can appeal to different people.

Jeff said that the pub runs tend to get off to a slow start, but that momentum picks up as the summer progresses. He thinks that they may start a little early. Last summer only a couple of people showed up in May, but by the middle of the summer we had 15 or so people attending. Tom Abbott asked if the club could subsidize the beers by two dollars.

### **Uniforms (Mike Bower):**

Jay read Mike's report.

After some delays due to the need for our recent summer order to be redone, our uniform replenishment order is in!!!

I started the distribution process yesterday at the 26x1 relay with 12 of the shirts going out. If you received your shirt yesterday and did not pay I encourage you to do so on-line at the [www.gfrcrun.org](http://www.gfrcrun.org) web-site. The shirts are \$30 each.

If you would like to pay by check made out to GFRC, you can give it to me at Kid's Track on Wednesday or mail it to my home at 18 Edith Road Framingham MA 01701. Please email me if you plan on mailing a check so I can keep an eye out for it.

This replenishment order was for folks who pre-ordered by our April 24th deadline. If you did not order by then, please do not place on-line orders at this time. Once the replenishment order has been fully distributed I will post an updated on-hand inventory list. We will then reopen sales of available stock to members. I do not want folks to order and pay on-line until we know we can fulfill your order.

This was the last order for short sleeve shirts and singlets until later this year when we open up the long sleeve shirt order.

I will be at the kids summer track program each Wednesday starting June 6th at Bowditch Field for folks who have not gotten their shirts to come and get them. Pay on-line in advance or bring a check for \$30 made out to the GFRC. Let me know if you are coming to track to get your shirt so I can have it ready for you.

I will be at the Timlin 5K on June 16th and the BAA 10K on June 24th and can bring shirts there as well.

### **COME RUN WITH US IN STYLE!!!**

I will be opening an order for the light blue windbreakers and navy-blue fleece pullovers within the next two weeks. Our goal will be to have the stock in hand by mid-August for Reach the Beach and the fall running season!! I already have a number of folks inquiring about the windbreakers!!

See you on the running trails!!!

### **Activities (Jeff Hattem):**

The July meeting will be at Mike Bower's house on the 7<sup>th</sup> in Framingham. The August meeting will be on the 4<sup>th</sup> and will be hosted by Joe Koziol in Framingham. Erin McArdle will host the September meeting on the 8<sup>th</sup> in Ashland. Bob Cargill will host the October meeting on the 6<sup>th</sup> in Sudbury. Derek & Helen Perkins will host the November meeting on the 3<sup>rd</sup> (the date may change).

The annual banquet will be on June 24<sup>th</sup>. The banquet will be at the Ashland VFW. The committee needs to finalize the price before registration is opened. The sign-up should be live tomorrow. Derek Perkins will be the emcee. Please attend the banquet this year. Bob suggested bringing significant others or family members to the banquet. Jeff hopes to get 80 people to attend this year.

The June pub runs will meet by the gazebo at the Holliston Rail Trail at 6:30pm. The July pub runs will be at the Cochituate Rail Trail, meeting at SkyBokx 109 in Natick.

The next social night is June 15<sup>th</sup> at John Harvard's at 6:30 pm.

LifeTime hosts fun runs every Saturday morning at 7 am. 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.

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

We also have Twitter and Instagram accounts. Please like and share posts on Facebook. Melissa Arnold will help create events on Facebook.

### **Other Business:**

Leslie White-Harvey thanked everyone for volunteering at the Mural Mile. Leslie would like to promote the summer track meet to the kids at the school where she works. Arnie Pollinger suggested including a link to the summer track page on our website.

*Jay Powell*