



Greater Framingham Running Club

May 6th, 2018 – Matt Vogel hosted the meeting in Southborough.

Fun Run:

Attendees (Mileage in parentheses)

Tim Conlin (4.75), Matt Vogel, Rich Busa, Glenn Meister (3.75), Julie Cameron (3.76), Amy Pearl (3.76), Ed Stoll (3.76), Joe Koziol (3.76), Doug Scruton (4.75), Bob Cargill, Mike Bower, Abby McCabe, Marie Leigh, Derek Perkins, Chad MacDonald (11.85), June Buchanan (3.12), Jay Powell, Arnie Pollinger (16), Jeff Hattem (5)

MONTHLY MEETING:

President (Bob Cargill):

Yesterday's Mural Mile was a great success. Bob thanked everyone who attended and helped support the race. Bob was impressed with the number of Mural Mile related posts on Facebook yesterday. He pointed out that events like this make a difference in the community. Bob thanked Christine Kelleher-Ross for singing the national anthem. Julie Cameron has a video of Christine singing that she can post to Facebook. Bob congratulated all the C25k runners for finishing yesterday. He also thanked Kendra Howard for helping to organize them. Bob also thanked Courtney Thraen for all her help with the race. Bob thanked Jeff Hattem, Ed Stoll, and Leslie White-Harvey who were his fellow co-race directors.

Bob reminded everyone that we are bringing food donations to our monthly meetings for A Place to Turn food bank in Natick. We can also bring donations for them to the annual banquet next month.

Bob also congratulated all the Boston marathon runners and thanked the volunteer clock watchers. Arnie Pollinger congratulated Bob for running too.

Bob thanked Matt Vogel for hosting.

VP Report (Arnie Pollinger):

The scholarship committee met and chose this year's winners. Kathy Covarrubias, Karin Oleski, Ed Stoll, Marie Leigh, and Abby McCabe were on the committee along with Arnie Pollinger. Ed Stoll and Arnie will present the award for the female winner. Arnie is still working out the details of presenting to the male winner. There were a lot of very strong candidates this year and it was difficult to choose winners.

Summer track starts on Wednesday, June 6th. It will run for ten weeks (except for July 4th). Volunteers are always needed as we can get up to two hundred kids a week. It's a wonderful thing we do for the community. Arnie will send an e-mail to the club with details later. The track meets are separate from our weekly track workouts. Marie Leigh said the track meet is like a big festival every week. Joe Koziol will oversee the softball throw again this year.

The 26x1 relay is Saturday, June 2nd. We have a full team of 26 runners plus 4 alternates. Arnie will put together a draft ordering of legs later this week.

Secretary (Jay Powell):

I let Arnie know who the scholarship winners were.

Treasurer (Marie Leigh):

Membership Director (Mike Gannon):

Jay read Mike's report.

We welcome:

Wells	Julianne	Framingham
Strangio	JillAnn	Hopkinton
Veal	Harry	Framingham
Veal	Harrison	Framingham
Veal	Austin	Framingham
Veal	Katalina	Framingham
Saleh	Renee	Framingham
Whelan	Paul	Framingham
Haustein	Lisie	Arlington

Total Members = **288** (see note below)

Julianne was re-added when David Wells renewed. Renee and Paul were added when Jumana Saleh renewed. JillAnn found out about us from friends, as did Lisie. The Veal Family was referred by Jeff Hattem. Member referrals are a popular reason people join, so please continue to talk us up.

Other

The April 1st renewal process normally has a few bumps along the way, but we usually retain 60% when the dust clears. Last year as an example we had 225 members (biggest total ever) up for renewal. At the end of April we had around 55% re-upped, and that # climbed during the dreaded purge. (Purge = dropped from emails, Facebook, Grand Prix, scorned (just kidding) etc).

This year **175** members were up for renewal, so 50 less, and I assumed an easier process. However, despite 4 email reminders, and 4 Facebook posts we are just under **35%**. So 1 last reminder will go out Monday, and the purge will start on Friday. So basically I did what I have done in the past to get the word out, and only heard 1 complaint. Any feedback on improving is welcome, and I will come up with some stats on drops next meeting.

We would like to thank the following for their donations:

Bilodeau Karen

Rubin Jerry

Silverman Dan

Restrepo/Paredes Family

Garnick Randy

Bob Cargill thinks it's great that some people are willing to add extra to their membership fee.

Grand Prix (Tom Abbott and Eric Jacobsen):

Upcoming Races

2017-2018 Series

May 13, 2018 Strivers Mother's Day 5K, Natick, MA

May 19, 2018 Framingham Police Chase, Framingham, MA

Awards will be given out at the banquet for the top 8 male and female points. As of the end of April only 6 to 8 points separates #9 and #8 in each gender and you get 15 just for showing up!

Starting in June we will have two parallel series, a road series and an off-road series. The rules and scoring would be the same for both series, but the points totals will be separate. Any member may be in both series. Members don't have to do anything -- just show up and run!

In June 2019 we'll give awards for the top 5 road race points in each gender and the top 3 trail race points in each gender. We will have a participation gift for those with 11 total races combined between both series, though it may be less substantial than in past years. Marathon/Half-Marathon/Ultra points may be applied to either series but the caps apply across both series, so 2 marathons regardless of which series the points are in. The goal would be one off-road race and two road/track races per month.

With all of that, the inaugural June/July 2018-2019 races are:

2018-2019 Road Series

June 2, 2018 26x1 Mile Marathon Relay

June 16, 2018 Sharon Timlin 5k, Hopkinton, MA

July 4, 2018 Any 4th 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

And finally, while it's not part of the Grand Prix series, we'd like to call out the 4th Annual Holliston (Rail) Trail run. It's a 5k on June 10th at 9am. Proceeds benefit the Holliston Rail Trail, which we make a lot of use of. No Grand Prix points but if you want to run it, you'll probably see some other GFRC runners there.

Jeff Hattem thinks the Holliston Rail Trail 5k is a very important race. He highly encourages people to run it because we make frequent use of the trail. He also hopes people will run the trail, then be inspired to come to the Thursday night pub runs in Holliston.

Newsletter (Tom Miller):

Please send Tom any thoughts you have on the Boston Marathon. He can include them in the newsletter.

Web (Steve Galloway):

No report.

Uniforms (Mike Bower):

We had 32 pieces purchases during our replenishment drive. Mike has had a couple of requests for additional apparel since then. Please see Mike if you are interested in purchasing summer apparel. We also sold \$60 worth of inventory yesterday at the Mural Mile, including a hat, visor, and shirt.

Activities (Jeff Hattem):

Jeff thanked everyone who participated yesterday (as a runner, volunteer, or both). It couldn't have been done without everyone's help. Jeff was blown away by the number of runners yesterday, pointing out that we got very close to our goal of 100 participants. We tripled our numbers from last year. Jeff thinks the race has a lot of potential, noting that other towns in the area get large turnouts for similar one-mile events. Jeff thinks it is great that the club has two races a year that it can be proud of. Arnie Pollinger asked if we promoted the Mural Mile on the local race sites. Bob said we promoted on several sites but could probably promote on more. Mike Bower suggested getting on the New England running calendar. The calendar is published around December, so we need to set the date early.

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. Derek & Helen Perkins may be able to host the November meeting.

The annual banquet will be on June 24th. The place is to be determined but we are leaning towards the Ashland VFW. Derek Perkins will be the emcee. Please attend the banquet this year. Bob suggested bringing significant others or family members to the banquet.

Pub runs start again this Thursday. The May pub runs will be at the Cochituate Rail Trail, meeting at SkyBokx 109 in Natick. The runs will alternate months again between Holliston and Natick. The pub runs will be on Thursday night each week.

The next social night is May 18th at John Harvard's at 6:30 pm. Jeff isn't sure what will happen with the Brew run. Both GFRC and TVFR are busy this spring. We will definitely have a Brew run in the fall if this spring doesn't work.

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.

Marathon Sports is hosting an event Tuesday, May 8th at Exhibit A in Framingham. Jeff would like to see a good club turnout on Tuesday because of the support Marathon Sports gave to the Mural Mile. It starts at 5:30 pm.

Jeff said that we are going to get to work on the Busa Bushwhack soon. He wants to see if we can make the Bushwhack the 2019 USATF New England trail running championship.

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

Leslie and I took a bunch of pictures yesterday. Julie Cameron also took a lot of pictures. We also have Twitter and Instagram accounts. Bob mentioned that TVFR also does a great job on social media.

Other Business:

Jay Powell