



Greater Framingham Running Club

November 3rd, 2018 – Derek and Helen Perkins hosted the meeting in Framingham.

Fun Run:

Attendees (Mileage in Parentheses)

Amy Pearl, Tim Conlin (5), Derek and Helen Perkins, Joe Koziol, Rich Busa, Bob Cargill, Leslie White Harvey, Mary Bahl (5), Arnie Pollinger (5), Darlene Dearden (5), Susan Richardson, Tom Miller, Deb and Steve Galloway, Abby McCabe, Marie Leigh, Vernon Turner, Scott Pettingell, Jay Powell

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Tom Miller for the recent newsletter and Helen and Derek Perkins for hosting. Bob wrote an article for the newsletter about good battery mates. He emphasized that we all need each other to accomplish great things, such as the Busa Bushwhack. Steve Galloway complemented the Bushwhack race committee on a successful race.

Bob brought Bushwhack mugs to hand out to volunteers. Please see Bob or Jeff Hattem if you volunteered and did not receive a mug. Derek Perkins won an age-group award at the Bushwhack but was not present to receive it, so it was given to him at the meeting. When asked if he had any thoughts about the race, Rich Busa said “yeah.” He also said that it was hard to see the pre-race speakers when they were standing on ground level.

Bob thinks we need medical supplies at the finish line next year. This year the Red Cross couldn't provide EMTs and the race didn't have replacements. Bob said that there is a lot that goes on behind the scenes to make the Busa Bushwhack work. Arnie Pollinger said that we didn't do the post-race raffle this year and are left with some gift certificates. Arnie suggested we pick winners from the race participants now at the meeting. Leslie White Harvey asked if Bushwhack organizational meetings could be held at places other than LifeTime, like the Framingham library or Sofá café. Bob thanked all our sponsors, and thanked Leslie for all her work to bring in sponsors. Bob also thanked all the volunteers. Amy Pearl asked if the organizers expectations were met. Leslie, Bob, and Marie said yes, but that there's always room for improvement.

The participant limit is set by parking restrictions. Bob was wondering if we could have a new overflow area so that we can expand the race in the future. Rich asked if we could find out how many people car-pool each year, then use that info to expand the race cap. Bob thinks the race has a good reputation and can be expanded. He also hopes that we can grow the Mural Mile as well.

Susan Richardson said there seemed to be a lot of anxiety conveyed in the e-mails soliciting volunteers. Apparently we didn't have enough people until the last minute. Marie Leigh thinks the e-mail volume

decreased this year, and that communications increased on Facebook. She thinks the tone of our messaging changes between e-mail and social media. Derek thinks we should use e-mail more than we do because not everyone is on social media or have their Facebook accounts configured to display new posts. He thinks we should be more proactive about soliciting volunteers personally, instead of waiting until a couple of days before the race to ask individuals for help.

Bob also thanked Christine Kelleher-Ross for singing the national anthem. She has a wonderful voice. Leslie thanked Deb Galloway for her help. Steve Galloway said someone almost got hit by a deer during the race.

Bob thanked Abby McCabe for being an auxiliary web director.

VP Report (Arnie Pollinger):

Track workouts continue at Bowditch every Wednesday until it snows.

The lottery application process has begun. We've received five applications so far. Applications will be accepted through November 30th, the day before the lottery at our December meeting. The BAA has made it very clear that we might not get 10 invitational entries this year. Most years we have the entries by the lottery date, except for last year, when we received the entries in late December. Last year the BAA cut the Hopkinton running club from ten entries to five. Arnie wants to emphasize that we can't count on receiving ten entries this year, but that he remains cautiously optimistic.

Vernon Turner asked for clarification on the entry form. Arnie said that not all activities are weighted equally (e.g., each summer track meets count as 1/3 of an entry).

Bob Cargill noted that facilitating the lottery is a lot of behind-the-scenes work for Arnie.

Secretary (Jay Powell):

Leslie White-Harvey read Jay's report.

We received a thank you letter from Brendan Wilcox, one of this year's scholarship recipients.

I wanted to formally thank you for awarding me the Rich and Chris Chesmore GFRC college scholarship on behalf of the Greater Framingham Running club. I am already loving my time here at UMass Amherst and the clubs generosity has helped me to lower the cost of textbooks, class materials, and other expenses. Running continues to be an important part of my daily life at UMass as I have come to love running around the beautiful campus and taking advantage of the Recreation Center too. Additionally, running has helped me connect with new friends on campus; we go on long runs and share work out ideas. I am also signed up for a few 5k events that they are hosting in the town of Amherst for this fall and look forward to seeing GFRC members at the Turkey Trot this Thanksgiving. Overall, I just wanted to express my gratitude and update you on how my start of college has been going!

Best,

Brendan Wilcox

Treasurer (Marie Leigh):

Marie thinks there is a possibility of doing the Give Back program next year. She thinks we want to look at what we want to award for the scholarship. She thinks we need to vote on how to allocate funds towards the

scholarship and Give Back programs and would like the club to determine our priorities. Arnie Pollinger suggested it would be a good discussion for the December meeting.

Membership Director (Mike Gannon):

We welcome:

Helinek	Pam	Framingham
Machado	Vanderci	Framingham
Richardson	Ben	Framingham
Richardson	Dan	Framingham
Richardson	Joshua	Framingham
Dearden	Darlene	Natick

Total Members = **328**

Other : Vanderci found us via Teresa Burke. Susan added Ben, Dan, and Joshua to her membership. Darlene has seen us at races.

As announced at our last meeting, 1 year memberships will go up in price on December 1st from \$20 (single) and \$26 (family) to \$25 and \$30. 3 and 5 year memberships will remain the same. We have not had a price increase since prior to the year 2000, if ever. Anyone can renew now at the current rates. I plan on sending an email reminder soon and list members who are up for renewal in April to give them this opportunity.

Grand Prix (Tom Abbott and Eric Jacobsen):

No report.

Amy Pearl said that the signup for the New Year's Day race is now open. The first 300 registrants get a free pair of warm mittens.

Newsletter (Tom Miller):

The newsletter was sent out yesterday. Joe Koziol had a great article about his trip to Mt. Kilimanjaro. Bob Cargill thanked Tom for all his hard work on the newsletter.

Web (Steve Galloway):

Steve thanked Abby McCabe for her work, which has freed up his time to do other work on the site. He'll take a closer look at our pictures page and will send some to Tom for the newsletter. People can also send pictures to pictures@gfrcrun.org for Steve to post to the web page. Bob Cargill thanked Steve and Abby for their work.

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

Leslie thanked Julie Cameron for her hard work at the Bushwhack coordinating volunteers and taking photos. Leslie would like to thank the Sudbury trustees, our volunteers, and our sponsors - Tesoro Supermarket, Uno's Framingham, Wegman's, Performance Health Center, LifeTime Fitness, and Marathon Sports. Leslie thanked Amy Bizzoco for going out to get a first aid kit. She thanked Deb Galloway for all her work. Leslie also thanked Marie for her calming influence and institutional knowledge.

Leslie thinks the volunteer list should be kept flexible because new volunteer activities come arise on or close to race day. Arnie clarified that if someone wants volunteer credit for the marathon lottery then they must sign up on the Signup Genius form so that we have a record of activities. He said that it's fine if people do things at the last minute, but in the interests of transparency and accountability, those asking for credit must appear on the official signup form.

Leslie will deliver mugs in the next week to our sponsors.

Leslie would like the team captains to wear something that identifies them, like a badge, so that they stand out as a point of contact. She would also like the organizational meetings to be hosted at alternate venues.

Social media report: Leslie thanked everyone for posting Bushwhack photos on Facebook.

Uniforms (Mike Bower):

Bob read Mike's report.

I will be starting a winter apparel pre-order this week. We will take orders for long sleeve shirts as well as for short sleeve shirts and singlets for those who want to stock up early for next spring and summer. Folks should watch for an email and/or a post in our Facebook group for details.

Activities (Jeff Hattem):

The December Boston Marathon lottery meeting will be on the 1st and will be hosted by Wendy and Mark Akeson in Ashland. Scott Pettingell will host the January meeting on the 5th in Framingham. Arnie Pollinger will host the February meeting in Holliston on the 2nd. Jeff is looking for volunteers for hosting the 2019 meetings.

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

Esther and Jay Powell will host the Busa Bushwhack volunteer party on November 13th.

Abby McCabe will host the Run Your Turkey off on November 24th. Steve and Deb Galloway will host the Champagne Fun Run on New Year's Eve.

12/13: GFRC Shoppers Night (5:00-7:30PM) @ Marathon Sports in Wellesley. 20% off all purchases except electronics and strollers. Please emphasize how important it is to attend. They are one of our two biggest supporters. We need to support them! It was poorly attended last year.

The Christmas Carol Fun Run will be on December 15th. Julie and Bob will coordinate. Mary and Ted will host the post run party.

The New Year's Eve Champagne Fun Run will be on December 31st, possibly at 6pm, and will be hosted by Steve and Deb Galloway.

Jeff wants to remind everyone that attendance has been poor for most of our activities. He wants to encourage people to try and show up to just one activity a week!

LifeTime hosts fun runs every Saturday morning at 8am. 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. Show up and run with us!

Other Business:

Jay Powell