



## Greater Framingham Running Club

**October 5th, 2018 – Bob Cargill** hosted the meeting in Sudbury.

### **Fun Run:**

*Attendees (Mileage in parentheses)*

*Jamie Burgoyne (3), Esther Powell (3), Lev Volfson (6), Joe Koziol, Susan Richardson (7), Melissa Arnold (9), Tim Conlin (6), Glenn Meister (4), Edw. S. Ginsberg (1 hour), Bob Cargill (6), Deb Galloway, Steve Galloway (6), Jeff Hattem (9), Rich Busa, Tom Abbott, Mary Tyler, Ted Tyler, Jay Powell (6), Tom Miller, Mary Bahl, Mike Gannon, Mike Bower, Leslie White Harvey, Vernon Turner*

### **MONTHLY MEETING:**

#### **Guest Speaker (Abe Schickel)**

Tom Miller introduced Abe Schickel, who will talk to us about the Run Like a Maverick 5k in Medfield. The race began in honor of Elizabeth Schickel who passed away from brain cancer. Tom encourages club members to run the race.

Abe came to talk about the Run Like a Maverick 5k (<http://www.runlikeamaverick.com/>) in Medfield on May 5<sup>th</sup>, 2019, which raises funds for The Elizabeth Schickel Foundation. Elizabeth was Abe's daughter and was diagnosed with an invasive brain tumor in 2013, and passed away in 2014. Elizabeth was a phenomenal athlete, and like to play soccer, lacrosse, and basketball. She also loved to run. A friend of theirs organized the 5k the first year, which got 200 runners. Abe's wife and daughter took over the race the second year, when 300 runners participated. They had 400 participants the 4<sup>th</sup> year, and 350 last year. The course is a certified 5k, and participants say that the race is well organized. The race is a family event with a pancake breakfast at the end.

Tom asked if we can make it a Grand Prix race in 2019. About 50-60 runners from Striver's running club also join the race.

The Elizabeth Schickel foundation has two fund raisers each year – a lawn party in the fall, and the 5k in the spring. The money supports a 4-year scholarship at the Montrose school. Some money also goes to a school in Uganda.

Bob Cargill suggested that Abe promote the 5k at the Busa Bushwhack.

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

The Assabet River National Wildlife Refuge is a nice place to run. It goes through Sudbury, Stowe, and Maynard. Bob welcomed Abe Schickel, who will be our guest speaker.

Bob had the time of his life at the Reach the Beach relay. Bob thanked Eric Jacobsen for captaining, and Mike Bower for all his work. It was a 200+ mile race from Breton Woods down to Hampton Beach. Bob ran 4 legs for

about 23 miles, while the team finished in about 30 hours. Bob was impressed at how well organized the race was. Bob has also been getting acupuncture treatment recently. He said that it's a fascinating process.

**VP Report (Arnie Pollinger):**

I apologize for missing today's meeting, it is my Eastern Mass Sr. Softball league playoffs. Two things to report:

1. I've been getting some inquiries about the Boston Marathon lottery. The lottery application will not be available until after the Bushwhack is completed. Right now it is all about the Bushwhack.
2. Track workouts continue each Wednesday. On Wednesday the 24th (which is the Wednesday before the Bushwhack), we will have our annual track relays. We divide up into teams of two, run eight 400m legs, switching off between teammates. Afterward, we will celebrate everyone's hard work at John Harvard's.

The following Wednesday is Halloween. Track is still on for that night, costumes optional.

**Secretary (Jay Powell):**

No report.

**Treasurer (Marie Leigh):**

No report.

**Membership Director (Mike Gannon):**

We welcome:

Laffin	Jasmine	Framingham
Rotatori	Nicole	Framingham
Rotatori	Greg	Framingham

Total Members = 322

Other: Jasmine found us on Facebook. Nicole and Greg were recommended to us by Judy Levine.

*Discussion*

With treasury funds down a little, Mike said we could consider raising membership fees. He suggests raising the single-year membership dues and keep the longer-term membership dues fixed. We currently charge \$20 for individuals and \$26 for families for a single year membership. Mike says the membership fee has been \$20 for a while, though he's not sure for how long. Marie suggested doing some research regarding a fee change. Mike's proposal is to raise the single-membership rate to \$25 and family rates to \$30. Multi-year membership fees will remain unchanged. Mike also asked if we were happy with the treasury balance – if so, then there's no need to raise fees. Bob said it would be nice to have more money in the treasury so that we could do things like the Give Back program.

A motion was made to raise single year dues to \$25 for individuals and \$30 for families, effective December 1<sup>st</sup>, with no changes to the multi-year membership dues. The motion was seconded and approved.

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

*Completed Races*

We had a lot of people at the first two races this month. 22 members ran the Purple Passion 5k. We were about a quarter of the total participants. The race had five year age groups. Among those present at the meeting who ran the race, Jay Powell was first in his age group, Bob Cargill was second in his, Mike Bower fourth in his age group, and Mary Tyler was first in hers. It was a nice, flat course, except for one hill. We also had the Flutie 5k, which had 807 total participants. 18 club members were at the race. John Joyce was first in his age group and ran a 7:11 pace. He had done a trail half marathon the day before. Chad McDonald was the second club member to finish, while Susin Carlson almost had a PR. Two people members ran the Larry Olsen race - Bob Cargill and Katie Scafaldi. The Larry Olsen race only 69 participants, which was down 25% from last year.

### *Upcoming Races*

#### **Road Series**

October 13, 2018 Jack's Abby 5K for United Way - Framingham, MA

October Any Half Marathon (send your results to [raceresults@gfrcrun.org](mailto:raceresults@gfrcrun.org))

November 22, 2018 Framingham Turkey Classic (or send in your results from any other Thanksgiving race to [raceresults@gfrcrun.org](mailto:raceresults@gfrcrun.org))

November 25, 2018 Tough 10-Miler, Marlborough, MA

December 2, 2018 Jingle Bell Run – Natick, MA

#### **Trail Series**

October 14, 2018 Trail Race: Groton Town Forest Trail Race - Groton, MA

There are fifteen turns in the Jack's Abby 5k. The Upton forest trail race in November may count as part of the trail series. The Turkey Classic fills up quickly, so be sure to sign up soon. We had ninety people show up last year.

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

The September newsletter was sent out yesterday. Tom included the September meeting minutes in the newsletter again.

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

Nothing to report. Please send race results to [raceresults@gfrcrun.org](mailto:raceresults@gfrcrun.org). Abby McCabe is helping with those now.

#### **Social Media Director (Leslie White-Harvey and Julie Cameron):**

Leslie would like admin access to the Busa Bushwhack and GFRC Facebook pages. She would also like to put a lot of Grand Prix group pictures on the club webpage and the newsletter. Leslie would like to have her name added as a race director on the Busa Bushwhack Facebook page, or on some event listing.

Leslie wants to tag as many people as possible in group photos to facilitate sharing on Facebook. The exposure will make it easier to ask for sponsorships for the Busa Bushwhack. Uno's will donate twenty pizzas to the Busa Bushwhack this year, and Wegman's donated a \$50 gift card. Leslie thanked everyone who has been working behind the scenes to make the Bushwhack work. Melissa Arnold asked if we could thank the Bushwhack sponsors on the club Facebook page.

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

Mike is wrapping up the distribution of the winter jacket order. Some jackets were mailed to members. Mike will solicit orders for long sleeve running apparel soon. We still have some stock but are running low on popular sizes. We also have leftover inventory in odd sizes. Mike Gannon wondered if we could sell excess stock at the Bushwhack race.

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

Derek & Helen Perkins will host the November meeting on the 3<sup>rd</sup> in Framingham. The December Boston Marathon lottery meeting will be on the 1<sup>st</sup> and will be hosted by Wendy and Mark Akeson in Ashland. Jeff is looking for volunteers for hosting the 2019 meetings. Arnie Pollinger will host the February meeting in Holliston. We are currently looking for a January host.

The next social night is October 19<sup>th</sup> at John Harvard's at 6:30 pm.

The TVFR / GFRC / HRC / CMS Bottle run will be on October 21<sup>st</sup> at Barleycorn's in Natick.

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

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.

Jeff is looking for someone to coordinate and host the Christmas Carol Fun Run on Saturday, December 15<sup>th</sup>. Bob said he can help coordinate. Mary Tyler volunteered to host the party. We had a fantastic turnout last year (about 30 people).

Jeff said activity turnout has been low this year and hopes people will start attending more activities. Mike Gannon said that when new members ask to join the club Facebook page, they are asked what they're looking for in a club. Most say they're looking for people to run with. Susan Richardson said she wants to know who will show up to a running event before going, to make sure she'll have someone to run with at her pace. Ted Tyler pointed out that faster runners don't want to run at a slower pace. He wondered if people could list what pace they want to run at when signing up for the club. Maybe we could group people together who run at the same pace. Vernon Turner said that the Bay State marathon and half marathon are on the same day as the bottle run.

### **Other Business:**

Melissa Arnold brought some REI coupons that are good through Monday. Please sign-up to volunteer at the Busa Bushwhack. You can volunteer and run. The race is only 3 weeks away.

*Jay Powell*