



Greater Framingham Running Club

September 8th, 2018 – Erin McArdle hosted the meeting in Ashland.

Fun Run:

Attendees (Mileage in Parentheses)

Deb Galloway (6), Steve Galloway (6), Eric Jacobsen (6), Jeff Hattem (6), Abby McCabe (6), Erin McArdle, Bob Cargill (2), Mary and Ted Tyler, Vernon Turner, Marie Leigh, Leslie White-Harvey, Tom Abbott, Rich Busa, Julie Cameron (4), Mike Gannon, Arnie Pollinger (4), Tom Miller (3), Jay Powell (6), Eric Jacobsen (8)

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Erin for hosting. Bob thinks Erin's house is in a great location, with easy access to Hopkinton State Park. Bob used to go to the batting cages in Ashland off Rt. 126 near Shaw's. He also recently attended a talk that A-Rod gave at a marketing conference.

Today are the officer elections. Bob says we could use auxiliary officers. They can be appointed by other officers at any point during the year. We could use at least one auxiliary officer now.

Bob received a letter from the directors of the Boston 10k for Women (which Mary Tyler has run 42 times). They invited the club to participate in the event on Monday, October 8th. There are a variety of categories that people can register under.

We also need to talk about Reach the Beach and the Busa Bushwhack (it will also be Rich's 90th birthday).

VP Report (Arnie Pollinger):

We finished another successful summer track season. Thank you to everyone who volunteered. It's a lot of fun and parents always express a lot of gratitude. Hopefully everyone had a good time at the volunteer appreciation dinner. Track workouts continue every Wednesday until it snows.

Bob Cargill said that it's amazing how much work is required to run our summer track meets, and that our volunteers do a great job. Bob hopes everyone can try to volunteer at least once. Marie Leigh said that every week there are new volunteers to help. Arnie said that it's fun to volunteer and isn't hard work. We also updated the sign-up form to allow us to take and post pictures of the meets. Parents will now give their consent when they fill out the sign-up form.

Secretary (Jay Powell):

Nothing to report.

Treasurer (Marie Leigh):

Bob Cargill asked if we can flag if the balance ever goes down. Marie agrees this would be useful and pointed out that we don't necessarily want the balance to always increase. We want enough money in the budget to do what we want. The entire club should be able to decide on where the money goes, and input from members is appreciated. The club balance has increased quite a bit over this same time last year.

Mary Tyler asked if having the banquet at the Ashland VFW saved money. Marie confirmed that it did. Marie would like to share last year's cost-saving measures during the next meeting. The club can use that as a map for the next fiscal year, then vote if we should allocate funds in the same way. Ed Stoll will also help Marie with certain club finances. Bob Cargill said that we have some potential big revenue streams as we grow. Bob thinks Marie is doing a great job.

Membership Director (Mike Gannon):

We welcome:

Megan Bubello from Framingham.

Total Members = 319

Other - Megan comes to us from Team Framingham.

The 3 last meetings we had 3 new members (1 each month) so it's been a slow summer. But messages have picked up, and we have 62 new 2018 members which is just slightly behind where we were last year.

Discussion

Bob Cargill mentioned that we've been thinking of increasing dues to raise funds. Mike is in favor of raising the single-year membership fees. A fee increase would be in line with other clubs. Marie Leigh said we could investigate it if it makes sense. Mike thinks we could charge more for 1-year memberships, then leave the 3 and 5-year memberships low to encourage longer memberships. Long term memberships also make for less work. Mike thinks we could justify \$25 for a single year membership. Mike also pointed out that it's been a while since we've raised our fees and that he's been paying \$20 annually since 2000. Bob suggested revisiting our fees at some point. Arnie Pollinger thinks he would be in favor of raising fees now, though he wasn't in favor of it earlier. He doesn't think we'll lose members. Mike said we could leave the 3 and 5-year membership fees as is. If we need more revenue in the future, then we could raise those fees as well. We won't vote on the issue now though. We need to revisit the notes from prior meetings and take a soft poll on the feasibility of a fee increase.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

About twenty members attended the 1-mile and 200-meter challenge. The machine we use to time may need to be replaced. Wendy Akesson did a great job organizing everyone and capturing times.

We also had the race in Somerville, attended by ten club members. It was a flat course with a lot of tight turns. It was a well organized, fun race, but a little long at 3.15 miles. We had 2 two age group winners (who got apple pies from Wegmans) and two other award winners. Bob Cargill thinks we should approach Wegman's as a sponsor for the Bushwhack.

At the Labor Day race Anita Yip got a PR, but most people were slower than normal because of the heat and humidity. Bob Mayer was the only member to run the 10k and won his age group.

Upcoming Races

Road Series

September 22, 2018 Voices Against Violence 2018 Purple Passion 5K Run - Framingham MA

September 29, 2018 Larry Olsen Classic 10K - Hopedale MA

Trail Series

September 29, 2018 TARC Fall Classic 10k or Half Marathon (runner's choice) - Carlisle MA

September 29, 2018 Larry Olsen Classic 10K - Hopedale MA

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

The Flutie 5k will count as an October race. Any half marathon will also count as a Grand Prix race in October. We will have another 5k at some point during the month (possibly the Wayside 5k). The list of November/December races should be available soon. There's a shortage of trail races in December, so Eric is thinking of doing a fun run at Callahan in December (like the Lowry Pub run). He'll be looking for volunteers to help.

Mark Akeson updated Grand Prix standings through August.

Newsletter (Tom Miller):

The newsletter was sent out earlier this week. Tom did not include the meeting minutes in the last newsletter to keep it from being too long.

Web (Steve Galloway):

Abby McCabe will be an auxiliary officer helping to maintain the web site. Race results will go to Abby now.

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

The Busa Bushwhack is coming up. Please help promote the race. We have sponsorships for the water, oranges, and bananas.

Bob will provide Reach the Beach photos next week.

Julie Cameron will take over Bob's position as co-social media director.

Uniforms (Mike Bower):

Bob read Mike's report.

Our recent fall and winter jacket order has been received. I am in the process of distributing the jackets and collecting payments. If folks ordered a jacket or vest then you received an email from me on Friday. Please respond so we can arrange for payment and distribution. I will be at several upcoming GP events (Voices 5K and Flutie 5K) as well as the October club meeting. These are prospective distribution opportunities.

Activities (Jeff Hattem):

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 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.

The TVFR / GFRC / HRC / CMS Brew Run will be on September 23rd at Barleycorn's in Natick. The bottle run will be on October 21st.

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.

The next social night is September 21st at John Harvard's at 6:30 pm.

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.

The September pub runs will be in Natick at Skybox 109 on Thursday nights until the end of the month. Pub runs will resume next spring.

Jeff is looking for someone to coordinate the Christmas Carol Fun Run. He's also looking for a host.

Jeff said that attendance at activities this year has been low. No one has signed up for the brew run yet. Jeff doesn't have time to promote events on Facebook anymore and would like some help. Arnie Pollinger suggested that this could be a good auxiliary officer position. The social media officers could also help promote these events. Mary Tyler suggested pinning events to the top of the group page. Mike Gannon said that Facebook doesn't necessarily order posts correctly in the phone app. We can also only pin one post to the top of the group page. Arnie suggested commenting on posts to bump them up to the top of the group page. Jeff asked if anyone wants to be an auxiliary officer for the activities director. This will be Jeff's last year in the role, so he's hoping to ease someone else into the position.

Leslie White-Harvey would like to have the Busa Bushwhack event to always show up at the top of the group page because it's the most important upcoming event.

Other Business:

Reach the Beach (Eric Jacobsen)

The Reach the Beach relay is next weekend and is 203 miles across New Hampshire from Breton Woods down to Hampton Beach. We have ten runners this year, including Bob Cargill, who will be running the relay for the first time. Our projected time is 28 hours. The relay team includes three members of the Burgess family, Ed Stoll, Bob Cargill, Mike Bower, Chad MacDonald, Eric Jacobsen, Bob Moore, and Don Cavichi. Bob thanked Eric for coordinating the team.

Officer elections

The proposed slate of officers is:

President – Bob Cargill

Vice President – Arnie Pollinger

Secretary – Jay Powell

Treasurer – Marie Leigh

Membership Director – Mike Gannon

Grand Prix Directors – Tom Abbott/Eric Jacobsen

Newsletter Editor – Tom Miller

Web Director – Steve Galloway

Social Media Directors – Leslie White-Harvey/Julie Cameron

Uniform Director – Mike Bower

Activities Director – Jeff Hattem

Arnie moved that we approve the proposed slate. The motion was seconded then approved by all present.

Jay Powell