



Greater Framingham Running Club

April 6th, 2018 – LifeTime Athletic hosted the meeting in Framingham.

Fun Run:

Attendees (Mileage in parentheses)

Rich Busa, Arnie Pollinger (track workout), Tom Miller, Bob Cargill, Edw S Ginsberg (3), Jeff Hattem (3), Michael Peloso (6), Judy Levine (6), Katie Scafidi (6), Mark Goldschmidt (8), Eric Jacobsen (8), Rong Hu (7), Ted Tyler, Mary Tyler, Susan Ericson, Ginger Howell (7), Tim Conlin (4), Deb Galloway, Cindy Moore (7), Derek Perkins, Julie Cameron, Mike Gannon, Jamie Burgoyne, Michelle Schatz, Mike Bower, Leslie White Harvey, Jay Powell (7), Joe Koziol (4), Tom Abbott

MONTHLY MEETING:

Guest Speaker (Hoka – Alysh)

Alysh is the field services rep for Hoka in New England. Last month Hoka was recognized as the third best running shoe brand. Hoka started out as a trail running shoe but now they also make road shoes. The first major technology of Hoka shoes is the cushioning, the second is their active foot frame (your foot sets farther back in the shoe), and the third feature is a meta-rocker bottom. You can see the pitch at the bottom of the shoe and was meant to simulate a wheel to help with your gait. Alysh talked about the popular shoes that Hoka offers, which can be found at <https://www.hokaoneone.com>.

Guest Speaker (Lotte Diomede - Smile Mass)

Lotte is the president of [SMILE Mass](#). She has a son that is severely handicapped and said that he is her biggest motivator. SMILE stands for Small Miracles in Life Exist. Children with severe disabilities spend most of their time at hospitals, and it can be difficult for their families to participate in normal activities. To help with this, SMILE Mass built a fully accessible playground in Sudbury in 2009. They have also donated 130 beach wheelchairs in New England so that families can enjoy a day at the beach. Her organization also opened a fully accessible summer home that people can rent. It was rented out for the entirety of last summer – some people were renting out the home before pictures were available. They also plan on building a gym in Framingham soon.

She has done three marathons with her son, including ones in Iceland, Copenhagen, and Holland. She would like some of the people in her program to join our C25k program.

The SMILE Mass organization runs about ten races a year, including two in Sudbury that they organize. She will send out a registration code that we can share. She is looking to partner with other running groups in the area. Please let her know if you would like to be part of SMILE Mass. They are organizing a team for the Cape Cod Ragnar this year and are looking for runners. She would also like it if we could make it out to their road races in Sudbury.

President (Bob Cargill):

Bob thanked LifeTime and Jeff Hattem for hosting. We have two guest speakers today.

The newsletter was sent out last night. There was an article about Bill Rodgers and an article by Ginger Howell. Bob’s usual motivational speech is also in the newsletter.

Bob went to Revere Beach about a month ago to film a video. Not every day can be a day at the beach, but your attitude can make a big difference. Bob thinks runners are good at putting themselves in the right state of mind. To put yourself in the right frame of mind you should tell yourself that each day is a day at the beach. Bob asked all the Boston Marathon runners to stand up and encouraged them to get in the right frame of mind. Some days this winter have not been days at the beach.

Tom Miller will be running the Chicago Marathon in the fall and is currently raising funds for a children’s cancer organization.

VP Report (Arnie Pollinger):

The scholarship committee will award two \$500 scholarships this year. Summer track starts June 5th. We can always use volunteers.

Secretary (Jay Powell):

We received five scholarship applications this year. They have been anonymized and turned over to the scholarship committee.

Treasurer (Marie Leigh):

Membership Director (Mike Gannon):

We welcome:

Howell	Ginger	Framingham
Woodard	Chante	Framingham
Thomas	Jason	Framingham
Fanning	Ellen	Southborough
Tucker	Tabitha	Framingham
Tucker	Cameron	Framingham
Tucker	Kellen	Framingham
Tucker	Timothy	Framingham

Total Members Committed Beyond April = 212

Ginger found us online, checked us out at the last meeting, and signed her and roommate Chante up for 5 years. Jason found us online. Ellen was referred to us by Dotty. Tabitha is from Team Framingham plus signed up her family.

Donations :

Thomas Jason
Bahl Mary
Ericson Susan
Joyce John

Other: The renewal process is ongoing. Please renew today!

Judy Levine asked if we reached out to folks whose memberships were up for renewal. Mike says that he contacts everyone on the renewal list. He's not sure if e-mail or Facebook is the most effective way to reach out to people. Judy says she would be willing to help reach out to people. She said it would be good to get feedback from people on why they aren't renewing. Mike says he does get some feedback from people who don't renew. Bob said he would also be happy to call and suggested soliciting help from the other officers in the club. Ted Tyler said that people would probably end up leaving messages.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

We had the New Bedford half on the 19th with seven members running. Scott Pettingell did a 6:51 pace. Bob Cargill and his son Ben also ran. Mark Goldschmidt did an 8:37 pace.

The Guinness Celtic 5k in Worcester was a flat out and back course with \$5 beers at the end. Abby McCabe was the first member to finish, with John Joyce not far behind. The full list of runners can be found on the [website](#). Ted and Mary Tyler also ran.

Last week was also the Boston Tune-Up 15k where we had 7 runners this year. Eric Jacobsen ran it as did Katie Scafidi and her mother.

Upcoming Races

Road Series

April 7, 2019 JB Blastoff 5K, Waltham, MA - Sunday 10:30 am
April 28, 2019 James Joyce Ramble 10K - Sunday, 11 am Dedham
May 4 & 5, 2019 Mural Mile Saturday, May 4 at 9:00 am, Downtown Framingham and Run Like a
Maverick 5K Sunday, May 5 at 9:00 am, Medfield (To earn GP Points for the Mural Mile you must also run &
earn points for the the Maverick 5K the next day)

Trail Series

April 13, 2019 Merrimack River 10 Mile Trail Race, Andover, MA - Saturday 9 am
April 20, 2019 TARC Spring Classic, Weston, MA - Saturday, 8 am
May 18, 2019 Goat Hill 5K, Uxbridge, MA - Saturday, 10:15 am
May 25, 2019 Wachusett Mountain 10K, Princeton, MA - Saturday 9:30 am

The JB Blastoff has a really nice after party (including beer). They allow day-of registration. The TARC spring classic is almost sold out.

Newsletter (Tom Miller):

The newsletter was sent out last night.

Web (Steve Galloway and Abby McCabe):

No report.

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

Please keep posting to the club's Facebook page. The Mural Mile is coming up. Please help promote the race.

Uniforms (Mike Bower):

We are heading into spring and summer now. Let Mike know if you would like a short sleeve shirt or singlet. We are low on stock but have some sizes available. Mike is assembling an inventory re-order, so let him know if you'd like apparel. Mike asks that people wait for their shirt to arrive to pay.

Bob Cargill asked people to wear GFRC apparel when running races.

Activities (Jeff Hattem):

Jeff is stepping down as the activities director in the fall. He will be happy to help the next director and help them transition into the role if they would like. Jeff and Bob Cargill suggested having two people in the role.

Our May meeting is on the 11th at Sofa Café and will be hosted by Leslie White Harvey. Heather Viveiros will be our guest speaker that day. She puts on the Stride & Ride relay and other events to honor fallen veterans and first responders. Please try to attend. Our June 1st will be hosted by Ginger Howell. The July meeting will be hosted by Mike Bower on the 13th. The August 3rd meeting will be hosted by Joe Koziol. The September meeting will be the weekend after Labor Day and will be hosted by Esther and Jay Powell.

LifeTime hosts fun runs every Saturday morning at 8 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. We've been getting great turnouts at Tuesday night runs from GFRC and Team Framingham members.

There will be a showing of the Boston Marathon documentary on Wednesday, April 10th at 7:30pm at TCAN Center for the Arts in Natick. All are invited to Barleycorn's taproom prior to the movie at 6pm. A portion of the proceeds will go to the MR8 fund. Barleycorn's is recognizing Boston Marathon runners and BAA volunteers by offering free tasting samples the week of the marathon.

Our annual pasta party will be on April 13th and will be hosted by Ted and Mary Tyler. Please sign up in advance to help the Tyler's know how many people to expect.

Our next social night is April 19th at John Harvard's at 6:30 pm.

We still need somebody to host the Boston marathon runner and volunteer party. Jeff was thinking we could combine that with the Mural Mile volunteer party.

The Mural Mile is May 4th. Jeff highly encourages people to sign up to run as well as volunteer. You can volunteer and run. We have 15 runners registered so far.

The annual banquet is on June 23rd, possibly at the VFW in Ashland. Bob Cargill will emcee this year as Derek Perkins will be unavailable.

Jeff isn't sure if the pub runs will continue this year. Turnouts were very low last year. He is currently soliciting feedback on what to do about them this summer.

Marie Leigh had a Banquet Committee meeting on March 28th. She wanted to thank the following people for attending: Mike Bower, Deb Galloway, Abby McCabe, Erin McArdle, Susin Carlson, and Anita Yip.

Other Business:

Mark Goldschmidt will organize the C25k program this year. He wants to start it April 20th and have it run for 8 weeks. The program will target a mid-June 5k. They will try to incorporate the Mural Mile into the program. Mark would like help with the following:

- Mentors to help the participants
- Coordinate volunteers (track attendance for the annual marathon lottery)
- People to promote the program
- Obtain some swag to give to the participants (club gear, gift cards, etc)
- Investigate a group discount for the Sharon Timlin 5k
- Weekly speakers to help motivate and inform participants

Please let Mark know if you would like to help.

Bob wanted to thank Anita Yip for sharing a lot of ideas for the annual banquet. Bob would like it if others would send ideas to the officers.

Jay Powell