



## Greater Framingham Running Club

**August 3rd, 2019 – Joe Koziol** hosted the meeting in location.

### **Fun Run:**

#### *Attendees*

*Susan Erickson, Joe Koziol, Rong Hu (5), Bob Cargill, Derek Perkins, Helen Perkins, Edw S. Ginsberg (3), Tom Abbott, Jeff Hattem (6), Ted Tyler, Mary Tyler, Tim Conlin (5), Jay Powell, Carol Leiter (3), Marie Leigh, Scott Pettingell, Karin Oleski*

### **MONTHLY MEETING:**

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

Bob thanked Joe Koziol for hosting. Tom Miller sent out the newsletter last night. Our annual officer elections are in September. Please contact Bob (or any other officer) if you are interested in being an officer, a co-officer, or an auxiliary officer. We are always looking for help.

Marie asked if there were any unfilled officer slots. We want to encourage someone to take over the uniform director's role. We could always use more people for social media and help with activities. Jeff Hattem will take over Eric's role as co-Grand Prix director.

Bob's letter to club members in the newsletter was called "Don't take No for an answer". It was inspired by Vanessa Hale of 103.3 AMP FM.

#### **VP Report (Arnie Pollinger):**

Bob read Arnie's report.

1. Two more summer track meets! Volunteers always needed!
2. On Wednesday 8/21 (the week after our last meet) we will hold our volunteer appreciation dinner, open to anyone who volunteered this year. Probably at La Cantina but stay tuned for details.
3. Our weekly track workouts will switch back to Wednesdays the week after that on August 28.

#### **Secretary (Jay Powell):**

No report.

#### **Treasurer (Marie Leigh):**

Eight people have signed up for the Busa Bushwhack so far (four for each course). Registration is always slow at the beginning. Registration will be open until Friday before the race, unless bibs sell out early. For disbursements, Marie did need to buy stickers for summer track, and there will be upcoming Busa Bushwhack expenses.

#### **Membership Director (Mike Gannon):**

Jay read Mike's report.

We welcome:

McDowell	Kendra	Wayland
McDowell	Mary	Wayland
Sousa	Priscilla	Framingham

Total Members = **318**

Kendra and Mary found us via Jeff Hattem. Priscilla was encouraged to join us by Judy Levine.

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

#### *Completed Races*

The last Grand Prix race was the Hot to Trot in Upton. All participants got two t-shirts along with a great race bag. Nineteen club members ran the race, with results posted on the website<sup>1</sup>. Several members also ran the Xterra French River Trail run<sup>2</sup>.

#### *Upcoming Races*

August 4, 2019	East End Trail Race - Sunday, 8:00 am Easton
August 15, 2019	1 Mile & 200 Meter Challenge, Bowditch Track - 6:00 pm Thursday, August 15
August 24, 2019	Beverly Commons Trail Race
September 2, 2019	Labor Day Walpole 5K or 10K - 9:30 am Monday, Walpole
September 21, 2019	Purple Passion 5K - 8:00 am Saturday, Framingham
September 28, 2019	TARC Fall Classic
September 29, 2019	Flutie 5K for Autism - 11 am Sunday, Natick
October 2019	Any Half Marathon in October (send results to <a href="mailto:grandprix@gfrcrun.org">grandprix@gfrcrun.org</a> )

Several people cannot make the 1 Mile & 200 Meter Challenge on the 15<sup>th</sup> because of a Team Framingham steering committee meeting. A rain date may be scheduled for anyone who can't make it on the 15<sup>th</sup>. For the 1 Mile & 200 Meter Challenge, the mile will start around 6:45. Heats of the 200 will be run before and after. People can choose if they want to run the 200 before or after the mile.

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

No report.

### **Web (Steve Galloway and Abby McCabe):**

No report.

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

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<sup>1</sup> <http://gfrcrun.org/wp/2019/07/28/hot-to-trot-5k-2/>

<sup>2</sup> <http://gfrcrun.org/wp/2019/07/18/xterra-french-river-trail-run-aka-hodges-hoedown/>

Marie read Leslie's report.

Please create new posts and share existing posts. Leslie is working on securing food sponsors for the Busa Bushwhack.

**Uniforms (Mike Bower):**

No report.

**Activities (Jeff Hattem):**

The September 7<sup>th</sup> meeting will be hosted by Esther and Jay Powell in Framingham. Bob Cargill will host the October meeting in Sudbury. Jumana Saleh will host on November 2<sup>nd</sup> in Framingham. Wendy and Mark Akeson will host the December 7<sup>th</sup> meeting in Ashland.

LifeTime hosts fun runs every Saturday morning at 7am until after Labor Day when they go back to 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. We've been getting great turnouts at Tuesday night runs from GFRC and Team Framingham members.

The next pub run is Thursday, August 8<sup>th</sup> at The Local in Wayland.

The next social night is on August 16<sup>th</sup> at John Harvard's at 6:30pm.

Registration for the Busa Bushwhack is open. A call for volunteers was also sent out by Susin Taylor-Carlson. There are plenty of opportunities to run and volunteer. Jeff encourages people to run the race. Jeff says the 5.3 course is very runnable for new trail runners.

**Other Business:**

Derek and Helen Perkins said farewell to the club, as they are moving to southern France in a month. Bob said Derek was instrumental in creating the Give Back program. Derek said the club helped him tremendously with his running and training for marathons. He's impressed with how club members help each other and the community. Derek thanked everyone for their support over the years. Bob thanked Derek and Helen for all their contributions to the club and hopes everyone can keep in touch.

*Jay Powell*