



Greater Framingham Running Club

December 7th, 2019 – Wendy and Mark Akeson hosted the meeting in Ashland.

Fun Run:

Attendees

Michelle Schatz, Ted Tyler, Mary Tyler, Michael Peloso, Tom Abbott, Tom Miller, Mary Tyler, Arnie Pollinger, Karin Oleski, Bob Cargill, Rich Busa, Eric Jacobsen, Wendy Akeson, Mark Akeson, Edw S Ginsburg, Phyllis Lowry, Joe Koziol, Jay Powell, Susin Taylor Carlson, Mike Carlson, Abby McCabe, Carol Leiter, Marie Leigh, Jeff Hattem, Kelsae Eliszewski, Mike Bower

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Wendy and Mark Akeson for hosting the meeting. Today is our annual Boston Marathon lottery drawing. Quite a few people at the meeting have run at least one Boston Marathon, with several running five or more. Bob, Wendy, and Joe Koziol have run fifteen or more Boston Marathons. Wendy has run twenty.

We get bib entries for helping the BAA with clock watching during the marathons.

VP Report (Arnie Pollinger):

In January we'll mail scholarship applications to local schools. For a local high school to be sent applications, at least five GFRC members need to live in the town. This year Holliston has dropped off the qualifying list because only four members live there now. Scholarship applications will be sent to Ashland, Framingham, Natick, Sudbury, and Wayland high schools.

Secretary (Jay Powell):

Thanks to Michael Peloso for taking last month's minutes.

Treasurer (Marie Leigh):

Membership Director (Mike Gannon):

We welcome:

Levinson Robin Framingham

Total Members = 332

Robin has spotted us around town. Perhaps it was our GFRC shirts?

On a good note we ended 2018 at 334, so are only 2 away with more than 3 weeks to go!

On a bad note for the second time in a row we only had 1 new member. Potentially it could be the 4th year in a row with declining new members (122 in 2016, 92 in 2017, 76 in 2018, and 71 so far this year.)

Perhaps we need to brainstorm in the future. 1 reason is that I am not seeing member referrals as a reason for joining anymore. That was the biggest reason for a while. Members, please talk us up.

Discussion

Susin Taylor Carlson says we should try to get existing members to be more active. Tom Abbott, Jeff Hattem, and Ted Tyler suggested wearing GFRC gear at races more often (including non-grand prix races). According to Ted, members wearing the club colors creates a field of golden daffodils. Phyllis Lowry suggested giving a complimentary shirt upon joining, to encourage new members to wear GFRC gear. Arnie said we currently give a discount on the first piece of apparel. Tom suggested giving new members a free shirt after running two or three grand prix races. Joe Koziol suggested sending a survey to new members. Susin volunteered to work on a survey. Bob would like the survey to be anonymous. Carol Leiter gives a lot of credit to Tom Abbott for following up several times to help get her involved. Carol said that the amount of club activities can be overwhelming.

Karin Oleski says that, compared to many past years, 332 members is fairly high.

Grand Prix (Tom Abbott, Jeff Hattem, Mary Tyler, Bob Moore):

Completed Races

We had two trail races in November – the Upton forest trail race and Li'l Rohdy Runaround. Sixteen members ran the Upton forest trail race; it was our largest grand prix trail race participation yet. Katya Divari won her age group in the half and Matt Vogel got 3rd in his age group. Two members ran the Li'l Rohdy Runaround. Jeff and John Joyce both ran the 10-miler. No trail races are scheduled for December. Jeff is leading a Hoka Demo day trial run in conjunction with lifetime on December 21st (the same day as the Christmas carol fun run).

Seven members ran the BIGG Steps 5k. Those present at the meeting who ran it are Ted and Mary Tyler, Abby McCabe, and Phyllis Lowry. Abby won her age group and Phyllis was second in hers. Mary and Ted both finished third in their age groups.

Eighty members ran the Framingham Turkey Classic on Thanksgiving Day. Sarah Tully was the first female finisher. Tom Abbott won his age group.

Upcoming Races

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| December 8, 2019 | 2 Mile Jingle Bell Run - 10:00 am Sunday, Natick |
| January 1, 2020 | New Year's Day 5K - 11:00 am Wednesday, Needham |
| January 11, 2020 | Resolution Run to Kick Cancer - 11:00 am Saturday, Lexington |
| January 25, 2020 | Mt. Tom Snowshoe Scramble (Trail), 5k and 10k - 9:30 am Saturday, Holyoke |
| February 9, 2020 | Paddy Kelly's 5 Miler - 11:00 am Sunday, Brockton |
| February 16, 2020 | Old Fashioned Ten Miler - 10:00 am Sunday, Foxborough |
| February 2020 | (Exact date is TBD) Lowry Pub Run at Cushing Memorial Park, Framingham |
| March 21, 2020 | To Hale and Back (Trail), 5k & 6 hour, Westwood |

Please sign up for the Mt. Tom Snowshoe Scramble under the GFRC team as there is a team competition. To Hale and Back sells out, so be sure to sign up early.

Newsletter (Tom Miller):

The newsletter was sent out last night. Tom says there are some good articles in the newsletter.

Web (Michael Peloso and Abby McCabe):

Michael and Abby are updating the officer history page.

Social Media Director (Leslie White-Harvey and Susin Taylor Carlson):

Susin thanked everyone who showed up to Marathon Sports last night. Please keep posting to social media.

Uniforms (Michelle Schatz and Jackie Judd):

Our winter order came in. As of this morning everyone has paid for their orders. Please let Michelle or Jackie know if you are interested in a shirt (long sleeve, short sleeve, or singlet). They have some in stock but can also put people on a list for the next order.

Activities (Mary Bahl):

Carol Leiter will host the next monthly meeting in January on the 4th in Wayland. The fun run will take place at 8am at LifeTime Fitness, with the meeting at Carol's house in Wayland. Arnie Pollinger and Robin Perlow will host the February meeting on the 1st. Eric Jacobsen volunteered to host the March (3/7) meeting. Cindy and Bob Moore will host the April (4/4) meeting.

The next social night is on December 20th at 6:30 at John Harvard's.

The Christmas Carol run is on December 21st. It starts at Heritage Framingham at 11am, then goes to St. Patrick's manor, Carmel Terrace, and finishes at Shillman House. Jamie Burgoyne will host the after party in Sudbury. Mary will make sure that there are carol sheets to use. Jeff Hattem says that people should park across the street from Heritage at Nobscott Plaza (Heritage has limited parking).

Other Business:

Reach the Beach

Eric Jacobsen is beginning to recruit for Reach the Beach in September. It will be from Breton Woods down to Hampton Beach in New Hampshire. We currently have four slots open. Please contact Eric if you are interested.

Marathon Lottery

We have not received bib numbers yet. We are cautiously optimistic that we will receive ten bib numbers, but there is no guarantee that we will receive ten this year.

We had seventeen people enter the lottery this year. The three people with the most volunteer credits get automatic entries. Steve Galloway also received an automatic entry under the "unlucky" provision. He entered the last two lotteries, but his name was never picked.

Bib number recipients

1. Mike Bower
2. Leslie White Harvey
3. Bob Cargill
4. Steve Galloway

5. Dan Silverman
6. Bruce Hardy
7. Mark Akeson
8. Anita Yip
9. Mary Bahl*
9. Deb Galloway
10. Sam LeHardy

Alternates

1. Mike Gannon
2. Scott Pettingell
3. Michael Peloso
4. Lisie Haustein
5. Mark Goldschmidt
6. Carleigh-Ann Harvey

* Mary passed along her number due to injury.

Jay Powell