



Greater Framingham Running Club

February 2nd, 2018 – Robin Perlow and Arnie Pollinger hosted the meeting in Holliston.

Fun Run:

Attendees

Mike Peloso, Abby McCabe, Arnie Pollinger, Ted Tyler, Mary Tyler, Bob Cargill, Edw. S. Ginsberg, Glenn Meister, Tom Miller, Katie Scafidi, Joe Koziol, Jeff Hattem (3), Tom Abbott, Leslie White Harvey, Tim Conlin, Marie Leigh, Deb Galloway, Steve Galloway, Jay Powell

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Robin and Arnie for hosting. Bob's motivational speech is in the latest newsletter.

Bob wanted to thank Arnie for his work on the marathon lottery. It is one of the best benefits in the club and one of the most controversial.

Vernon Turner notified us that one of the Team Framingham members was hit by a car in a cross walk in December. Vernon would like the club to send a letter to the mayor of Framingham requesting a commitment to runner awareness and safety in the community. Arnie thinks we can send a letter to the mayor, but he's not sure what she can do about it. Leslie White Harvey asked if the club has ever had any correspondence with the mayor. Leslie feels that it wouldn't look good for the club if our first correspondence with the mayor is a complaint. Edw. S. Ginsberg doesn't think the first letter has to be a complaint, but an offer to cooperate on traffic measures. He thinks writing a letter would convey our involvement and engagement with the community. He says that Brookline went through something similar and put in speed bumps and traffic signs. Bob thinks we should educate runners to be more careful. Ted Tyler thinks that to write a letter to the mayor is a waste of everyone's time and encourages people to develop safe running habits. Katie Scafidi agrees with Ted. Jeff Hattem asked if we should be having the same dialogue for the other towns in our area. Abby McCabe works for the town of Westwood and says the town is required to react to letters, but their ability to do so is often constrained by resource limitations. She also encourages people to follow safety best practices. Marie Leigh thinks safety education for runners is important.

It was agreed that the club will not write an official letter to the mayor, but that shouldn't stop individuals from writing to the mayor. Mary Tyler thinks we could put in a safety FYI in the newsletter or write to local newspapers saying people should watch out for those training for the Boston Marathon.

VP Report (Arnie Pollinger):

The scholarship committee sent out applications last week. The submission deadline is at the end of March. The club is awarding \$500 each to one male and female student.

For possibly the first time, one of the Boston Marathon invitational entries was extended to the fourth alternate from the lottery. Congratulations to Mary Bahl, who will now be running the Boston Marathon with an invitational entry. It was clarified that invitational entry recipients aren't required to raise money for a charity.

The lottery advisory committee met last week and crafted a set of recommendations.

Secretary (Jay Powell):

No report.

Treasurer (Marie Leigh):

Membership Director (Mike Gannon):

Jay read Mike's report.

We welcome :

Peloso	Michael	Southborough
Moser	Keith	Framingham
Moser	Lori	Framingham
Moser	Rocco	Framingham

Total Members = **337**

Michael found us on the internet, and went to our January meeting, but joined later anyway. I always encourage prospective members to check us out, and decide later on joining. It's great when that happens!

Keith is a Team Framingham member, and took advantage of our 5 year membership rates. It's rare that new members commit to us for 5 years right from the start.

I just want to say thank you very much to GFRC for sending a fruit arrangement!! We have been enjoying them. Who knew that fruit tastes even better dipped in chocolate?

My recovery from both surgeries is going well. I really appreciate the kind thoughts!!

Grand Prix (Tom Abbott and Eric Jacobsen):

Upcoming Races

Road Series

February 10, 2019	Paddy Kelly 5 Miler, Brockton, MA - Sunday 11 am
February 17, 2019	Old Fashioned Ten Miler, Foxborough, MA - Sunday 10 am
March 9, 2019	Black Cat 10 or 20 Miler - Saturday 8 am
March 10, 2019	Celtic 5K, Worcester, MA - Sunday 11 am
March 17, 2019	New Bedford Half Marathon, New Bedford, MA - Sunday 11 am

March 30, 2019 Boston Tune-Up 15K, Upton, MA - Saturday 10 am (Counts as April GP Race)

April 7, 2019 JB Blastoff 5K, Waltham, MA - Sunday 10:30 am

Trail Series

March 23, 2019 TARC To Hale and Back, Westwood, MA - Saturday, 9 am

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 Paddy Kelly 5 miler is flat, and the course is measured from the middle of the road. At the after party they provide free chili and free beer. The race is in a park, so runners don't have to contend with cars. Sometimes the Old Fashioned Ten Miler and Paddy Kelly races are cancelled due to weather. You can still get 15 Grand Prix points if you registered for a race that is cancelled.

Jeff Hattem says that the two TARC races sell out quickly.

Completed Races

Ten club members attended the Resolution Run to kick cancer (seven women and three men). Abby McCabe was the first club member to finish. Tom was the youngest male in the club to run the race. Tom said he should have publicized the post-race party, which provides a lot of great food options.

Susan Carlson is in first place in the Grand Prix standings, Abby is in second, Anita Yip is third, and Judie Levine is fourth. John Joyce is leading the men in the standings, Vernon Turner is third, Bob Cargill is third, Arnie Pollinger is sixth, and Ted Tyler is fifth.

Eric won't be able to help with the Grand Prix series next year. Please let Bob know if you'd like to help.

Newsletter (Tom Miller):

Tom sent out the newsletter yesterday. The police department is hosting a self defense program for women in the next few months.

Web (Steve Galloway and Abby McCabe):

Steve thanked Abby for keeping the website up to date. There is a list of charity runners on the website. Please let Steve know if anyone was accidentally missed.

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

Leslie thanked people for posting on Facebook. She suggests people space out posts on the club Facebook page. If we limit ourselves to one post per hour, then we will maximize the visibility of each post. Leslie would like everyone in group photos on the club page to be tagged. This will help give the club exposure. You can also untag yourself if desired. Feel free to post interesting articles or inspirational quotes.

Leslie is disappointed that members were asked to stop publicly thanking charity donors on the club's Facebook page. She feels it is important to show gratitude to donors. Katie Scafidi thinks thanking donors on the club page helps remind people to donate. Arnie Pollinger doesn't think we should be publicly thanking donors on the club page, because other charity runners may not be comfortable with public posts. Other charity runners may also feel left out or believe that their charities are being ignored because they are not

visible in the club's Facebook feed. Ted Tyler thinks you run the risk of upsetting people that you don't give money to if they saw that you donated to another charity, but not their own. Mary Tyler said that if someone doesn't have enough money to donate to every charity, then that person may feel bad about not being able to support others. Bob Cargill emphasized that this discussion should not be taken personally by charity runners who publicly thank their donors on the club's page. He thinks that is a great idea, but on the runner's personal page, not the club's Facebook page. He also noted that some people may feel offended by the appearance that the club page is monopolized by a very small set of charity runners thanking their donors and has received concerns from club members in private about this matter. In the interest of fairness, we would like everyone to feel that their posts are equally visible. Leslie's suggestion of spacing posts can help with this. Tom Abbott suggested that a good way to thank donors would be to say something along the lines of "three club members donate - thanks to them." Leslie liked that suggestion.

Joe Koziol asked if the club could post best practices about using our social media accounts.

Leslie would like to thank Steve Galloway and Mike Gannon for adding the Team Framingham members to the club's Facebook page.

Uniforms (Mike Bower):

No report.

Activities (Jeff Hattem):

Eric Jacobsen will host the March meeting in Hopkinton. The April 6th meeting will be at LifeTime Fitness and hosted by Ali and Breno. There will also be a Hoka shoe demo that day. We need volunteers to host meetings later in the year.

The next social night is on February 15th at John Harvard's at 6:30pm.

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.

Call for Volunteers

We'll need volunteers to host monthly meetings. Mary and Ted Tyler have volunteered to host the marathon pasta party on April 13th. We also need volunteers to form a banquet committee. We'll need a host for the Boston Marathon volunteer appreciation party, as well as volunteers for the Mural Mile on May 4th (you can run and volunteer). There is currently an on-going discussion to determine if the Mural Mile should be a Grand Prix race.

Kendra Howard may not be able to organize the C25k program this year. It would be great if we could find a volunteer to run that program if Kendra is unavailable.

Bob Cargill asked if anyone would be willing to help Jeff with organizing activities.

Other Business:

Marathon Lottery Advisory Committee Recommendations (Arnie Pollinger)

Arnie summarized the recommendations of the advisory committee, which can be found at http://gfrcrun.org/minutes/2019/AC_meeting_Jan_2019.pdf.

There was a great deal of discussion around awarding credit for members of the Team Framingham steering committee. The advisory committee recommended that we award one lottery credit for service on the steering committee this year, but that credit should be discontinued starting with the 2020 marathon lottery for the 2021 Boston Marathon. Leslie White Harvey thinks Team Framingham steering committee members should be given credit and disagrees with the recommendation. Leslie believes that Team Framingham and GFRC have an important relationship, and that awarding credit for serving on the committee would foster that relationship. Bob Cargill wondered if we could reward Team Framingham steering committee members in other ways. Bob says that we lose a lot of major contributors to the club to Team Framingham activities during the winter. Marie Leigh and Leslie think we need to discuss the Team Framingham steering committee issue some more.

Arnie suggested deferring the Team Framingham steering committee issue and voting on the other recommendations put forth by the advisory committee. Arnie moved that the club approve all other recommendations. The motion was seconded and approved.

It was then decided that we would vote on the advisory committee's Team Framingham steering committee recommendation before the meeting adjourned. The advisory committee's recommendation was then approved with ten votes in favor, five votes opposed, and two abstentions. Credit for serving on the Team Framingham steering committee will be removed from the 2020 marathon lottery for the 2021 Boston Marathon. Arnie said we can revisit this issue in the future if necessary.

Bob noted that it's hard to please everyone, but we must try to be fair. Discussing and voting on these issues is one way to promote fairness. Please don't take it personally if someone disagrees with you, or if a vote doesn't go the way you'd like.

A great thanks was given to Robin and Arnie for hosting the club, before the meeting ended.

Jay Powell