



Greater Framingham Running Club

January 5th, 2018 – Scott and Salma Pettingell hosted the meeting in Framingham.

Fun Run:

Attendees

Tom Abbott, Arnie Pollinger, Mary Bahl (5), Rich Busa, Ted Tyler, Mary Tyler, Tim Conlin (4), Scott Pettingell, Salma Pettingell, Mike Peloso, Edw. S. Ginsberg (3), Jeff Hattem, Bob Cargill, Glenn Meister (4), Deb Galloway, Eric Jacobsen, Marie Leigh, Chad MacDonald, Susan Richardson, Leslie White Harvey

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Salma and Scott Pettingell for hosting. Their house was a stop on the champagne run a few days ago. Bob did a video recently about Amp radio in Boston. His video was about how connected the station was with their audience. Bob said that the club is connected with its members, and that he wanted to shine a spotlight on everyone to recognize their hard work and achievements.

Bob announced that we received ten bib numbers from the BAA this year.

VP Report (Arnie Pollinger):

We have a prospective new member with us today – Mike Peloso. We will have an advisory meeting where we will discuss next year's marathon lottery, but still need to settle on a date. Everyone in the club is invited once a date is decided on. We will have several topics to cover, including what to do if we don't get ten entries, and the list of volunteer activities that were claimed this year but are not on the lottery form. Arnie would like the club to decide on the accepted activities. There are a few questions about Team Framingham volunteering and how to allot credit appropriately. Recommendations from the meeting will be brought before the club at the next applicable meeting.

The scholarship committee needs to come up with a recommended dollar amount for the scholarships this year. One committee member recommended that we don't award a scholarship this year because our funds are low. We have a charter that recommends awarding at least \$y for each scholarship. Marie Leigh said it's possible to transfer money from the club balance to the scholarship balance. Arnie asked if we would be able to do the Give Back program this year if we transferred money to the scholarship fund. Marie said we typically do \$x for the Give Back program. Marie said it might not make sense to do the Give Back program this year, but that it may be feasible next year. Arnie said that Ed Stoll has may be able to provide good feedback on how to allocate funds.

Letters soliciting scholarship applications should be sent out to area schools by the end of January, so we have a few weeks to decide what to do. The scholarship committee consists of Arnie Pollinger, Karin Oleski, Marie Leigh, Abby McCabe, Kathy Covarrubias, and Ed Stoll.

Secretary (Jay Powell):

No report.

Treasurer (Marie Leigh):

Membership Director (Mike Gannon):

Jay read Mike’s report.

We welcome:

Cargill	Ben	Sudbury
Cargill	Scott	Sudbury
Cargill	Barbara	Sudbury
Welt	Will	Framingham
Welt	Rachel	Framingham

Total Members = **336**

Ben, Scott, and Barbara came to us via Bob who added to his membership. Will and Rachel found us on-line and were our first 2019 adds.

We started off 2018 with potential for a record year as we had 61 new members through June. However the last 6 months, just 15 joined us for a 2018 total of 76, and our 4th best year.

I like to look where we were each 12/31, and the comparisons are below. After all the changes that go year to year, our 334 was just slightly off the 339 ended 2017 with.

Year End Approximate Headcount	
12/31/10	215
12/31/11	217
12/31/12	268
12/31/13	298
12/31/14	286
12/31/15	273
12/31/16	337
12/31/17	339
12/31/18	334

As some of you may know, I have had 2 surgeries this past month. On Monday 12/3, I was running along the Charles River but felt tired so decided to walk in the rest. Soon after I slipped on a foot bridge due to wet leaves, and my quads went in 2 directions. As a result, I ruptured the tendon, and tore part of my hamstring.

So after things were settled (prognosis etc), there was a 2 hour wait to see the ortho. I chose to head home in between, and fell on crutches when it was time to leave. That fall separated my elbow, and broke 2 bones.

I had quad surgery the next day. They made 4 attempts to correct my elbow on different occasions to no avail, and finally sent me to a specialist who operated on 12/20. I mastered walking on 1 crutch with a metal elbow contraption some folks call my bionic arm.

However my prognosis is very good, and it has made me appreciate running that much more.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

Since the last meeting we've had three races. We had a large club turnout at the Natick Jingle Bell run. The race was short by 0.2 miles in part due to a puddle near the starting line. Abby McCabe won her age group. Walter's Run only drew seven or eight members. Abby McCabe was third woman overall; John Joyce was second in his age group; and Kendra Howard was second in her age group. We had 41 different members run three separate New Year's day races. Scott Pettingell was fifth in his age group and John Joyce won his age group. Darlene Deardon was sixth in her age group. It was a windy day to race.

Upcoming Races

January 26, 2019	Resolution Run 5k - Lexington, MA
January 27, 2019	Boston Prep 16 Miler - Derry, NH
February 10 th , 2019	Paddy Kelly 5 miler - Brockton, MA
Old Fashioned Ten Miler	February 17 th – Foxborough, MA
February (TBD)	Cushing-Lowry Pub Race (TBD)

Mt. Tom's 5k/10k trail race is under consideration as a Grand Prix race. Eric is considering doing a trail run for the Lowry pub run instead of running at Cushing. Paddy Kelly is February 10th and club members get \$5 off their registration fee. The Old Fashioned Ten Miler is on February 17th, and only the 10 miler counts as a Grand Prix race. There is a team set up for the Old Fashioned Ten Miler with three people signed up so far. The New Bedford half will probably be one of the March races. Other Grand Prix races are TBD.

Eric is looking for Reach the Beach team members for the relay in mid-September (13th and 14th). Eric will be the captain again this year. Eric is looking for a check for \$85 from each participant and will register the team as soon as he gets ten people to sign up. Up to twelve people can join the team. The race starts Friday morning and finishes Saturday afternoon. Most legs are 3-5 miles, and each person will run between 15-25 miles.

Newsletter (Tom Miller):

Tom sent out the newsletter this morning.

Web (Steve Galloway):

No report.

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

Please keep posting to the club Facebook page.

Uniforms (Mike Bower):

No report.

Activities (Jeff Hattem):

Arnie Pollinger and Robin Perlow will host our February meeting in Holliston on the 2nd. Eric Jacobsen will host the March meeting in Hopkinton. The April 6th meeting will be at LifeTime Fitness. There will also be a shoe demo that day. We need volunteers to host meetings later in the year.

We are looking for volunteers to host the pasta party in April. We'll also need a host for the Mural Mile volunteer party. Mary Tyler asked if we could have sign-up forms for hosted events. Jeff has been a proponent of having sign up forms for a while. Susan Richardson suggested using Signup Genius. It will make it easier for the hosts if they know how much food to provide.

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 next social night will be January 18th at John Harvard's at 6:30 pm.

The Mural Mile will be the first Saturday in May. We had 100 runners last year, and Jeff would like to get at least 125 runners this year. Jeff would like to get the C25k group involved again this year. Jeff would like to get the ball rolling on the Mural Mile so that we can get the sign-up form set up. The potential race directors for the Mural Mile are Jeff, Leslie White Harvey, Bob Cargill, and Ed Stoll.

Other Business:

Tom Abbott asked for volunteers to download Grand Prix photos and post them on Facebook.

Jay Powell