



## Greater Framingham Running Club

**July 13th, 2019 – Ginger Howell & Chante Woodward** hosted the meeting in Framingham .

### **Fun Run:**

#### *Attendees*

*Tom Abbott, Mary Bahl, Leslie White Harvey, Karin Oleski, Bob Cargill, Joe Koziol (3), Ginger Howell, Susan Richardson (3), Susin Taylor-Carlson, Carol Leiter, Edw. S Ginsberg (3), Eric Jacobsen, Scott Pettingell, Jeff Hattem, Jay Powell*

### **MONTHLY MEETING:**

#### **Guest Speaker (Dr. Don Pelto, DPM)**

Don is a sports podiatrist with an office in Worcester<sup>1</sup> and works with runners. Don likes to talk with runners about staying healthy and avoiding injuries and came to talk with us about injury treatment and prevention. Most injuries occur because people do too much too quick, without proper recovery. 80% of injuries are typically caused by shoe choice or wear and tear on shoes. Changing running technique can help avoid injuries but is difficult.

Don recommended a variety of running shoes. He discourages people from wearing Nikes. He likes Altra, Hoka, Asics, Brooks, Lems, and Vivobarefoot. If you tend to pronate then the Brooks Beast is a great shoe.

Don't buy Dr. Scholl's inserts, they don't help with anything. Get inserts with arches that don't collapse after pressure is applied. Shoe inserts are another thing he recommends to injured runners. Good over-the-counter brands are Aline<sup>2</sup> and Spenco<sup>3</sup>. If shoe changes or inserts don't work, then he recommends orthotics.

Compression stockings are popular right now. Compression is important for recovery. It's also important to wear compression gear when travelling to a race.

Triggerpoint<sup>4</sup> makes great foam rollers. He recommends foam rolling the calves, IT bands, and quads. Foam rolling is great for preventing injuries. It's better than stretching (most people stretch incorrectly). Foam rolling should be done before and after running. Foam rolling after a run is especially important to avoid injuries. A very good sports massage therapist is also important for injury prevention.

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

Bob thanked Ginger Howell for hosting, and for organizing a scavenger hunt for today's fun run.

Bob and his wife saw Peter Frampton perform the other night. Peter has a progressive rare muscle disease and is doing a farewell tour now because of it. He's 69 years old and sounds as good as he did when he was 25. He

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<sup>1</sup> <https://www.centralmasspodiatry.com/>

<sup>2</sup> <https://aline.com/>

<sup>3</sup> <https://spenco.implus.com/>

<sup>4</sup> <https://triggerpoint.implus.com/>

has great on-stage energy for his age. His perseverance is admirable. Everyone in the club has admirable perseverance, through injury and tough times.

Bob thanked Tom Miller for sending out the newsletter last night. Bob thanked Tom for all his work on the newsletter.

Officer elections are in September. We are always looking for new officers and auxiliary officers. Please let Bob know if you are interested. If you're interested in taking over a position in a year or two, let Bob know so that you can shadow the current officer. Bob strongly encourages people to get involved with the club and help with the officer positions, either as the primary officer for a position, as a co-officer, or an auxiliary officer.

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

Jay read Arnie's report.

1. One of the outcomes of the recent AC Marathon Lottery Meeting was to draft a Volunteer Opportunity summary and post it on the website (thank you Steve Galloway for posting). Mike Gannon will be adding a link to this in the new member intro email that he sends out. Thank you, Mike!
2. Summer track continues for the next 5 Wednesday nights. Volunteers always welcome! Contact me for more information.
3. Weekly track workouts continue every Tuesday night at Bowditch until they switch back to Wednesdays in late August. These Tuesday workouts compete with the LifeTime fun runs. With all due respect to LifeTime, our track workouts are better for you. :) If you want to run faster, come to the track workout! In August, we will do some hill repeat workouts.

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

No report.

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

Summer track has had some record settings nights and extraordinary volunteers, necessitating of course purchases of stickers, pins, tags, and replacement timers. The club has paid for uniform replenishments, the Grand Prix awards as well as starting to get Busa Bushwhack registrations along with uniform purchases and new members. Marie will follow-up with Ginger Howell to reimburse her for the July meeting.

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

Jay read Mike's report.

We welcome:

Carol Leiter     Wayland

Bruce Hardy     Quincy (welcome back)

Membership Total is now 314

Tom Abbott referred Carol. Bruce took a year off but is back! We also had some late renewals to bring our 2019 renewal % to 57.3 which is better than last year.

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

### *Completed Races*

We had the Sharon Timlin race in June. Susan Richardson, Eric Jacobsen, Leslie White Harvey, and Bob Cargill are at the meeting and ran the Timlin race. It was the goal race for the C25k race, and C25k folks did very well.

We also had the 26x1 relay. Scott Pettingell and Jay Powell are at the meeting and ran the race.

Quite a few club members ran 4<sup>th</sup> of July races this year. The Sudbury race had a good turnout. There was also the Needham Charles River YMCA 5k. A lot of fast BAA folks ran that race, skewing the results.

There was also the Wolfs Den Dash trail race with five club members running.

### *Upcoming Races*

#### **Road Series**

July 27, 2019	Hot to Trot 5K - Saturday, 8:00 am Upton
August 15 <sup>th</sup> , 2019	One Mile, and 200 Meter Challenge, Bowditch, Framingham, MA
September 2 <sup>nd</sup> , 2019	Walpole Labor Day race (5k and 10k)
September 21 <sup>st</sup> , 2019	Voice Against Violence 5k
September 29 <sup>th</sup> , 2019	Doug Flutie 5k

#### **Trail Series**

July 14 <sup>th</sup> , 2019	XTERRA French River Trail Run (formerly Hodges Hoedown)
August 4 <sup>th</sup> , 2019	East End Trail Race – 10k, 30k, 50k (choose any distance)

Bob encourages people to send race ideas to Tom and Eric, or post races to Facebook to help get the word 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):**

Thank you to everyone who supported the banquet.

Leslie received a request from Framingham High School – they are trying to purchase an official timer, which costs about \$1,000. Leslie asked if the club could donate some money. The high school will also solicit donations from other sources, like parents. Edw. S Ginsberg suggested asking individuals to donate to the club, as we did for Devin's dash, then have the club make an official donation.

The Exhibit A beer garden will open soon, and the manager hopes one of our pub runs can start from there. Susin Taylor-Carlson is organizing the pub runs and is willing to host a pub run from Exhibit A.

Hoops and Homework was thinking of having their race in September but are looking to change the date. It will be their first race. Leslie is one of the race directors and hopes it can be made into a Grand Prix race.

Keep posting and sharing to Facebook.

**Uniforms (Mike Bower):**

No report.

**Activities (Jeff Hattem):**

Our August 3<sup>rd</sup> meeting will be hosted by Joe Koziol. 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 Akesson 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.

Our next social night is Friday, July 19<sup>th</sup> at John Harvard's at 6:30 pm.

Jeff thanked Susin Taylor-Carlson for organizing the pub runs. The last one had 16 attendees in Holliston. The next one will be on July 25<sup>th</sup> at Jack's Abby in Framingham.

Jeff thanked Marie for chairing the banquet committee this year.

Jeff encourages the next activities director to delegate event organization to willing volunteers.

Registration for the Busa Bushwhack is now open. We have 300 bibs that Jeff would like to sell. We get a lot of runners from the Grand Tree trail series. Jeff would also like to get more people from the metro west area involved. We also need plenty of volunteers again this year. There are a lot of opportunities to volunteer and run. Jeff will try to find a volunteer coordinator for the race this year. Past volunteer coordinators were Cherry Baram, Julie Cameron, and Jen Feaster. Jeff or Bob will reach out to them to see if they are interested in coordinating volunteers again this year.

We should also create printed advertisements for the Bushwhack this year to help promote the race.

*Jay Powell*