



## Greater Framingham Running Club

**June 1st, 2018 – Ginger Howell & Chante Woodward** hosted the meeting in Framingham.

### **Fun Run:**

*Attendees (Mileage in Parentheses)*

*Joe Koziol, Tim Conlin, Tom Abbott, Ted Tyler, Mary Tyler, Ginger Howell (5), Chante Woodward, Edw S. Ginsberg (3), Mike Bower (3.4), Jeff Hattem (3.5), Eric Jacobsen (5), Bob Cargill (1), Tom Miller, Bob Moore, Cindy Moore, Marie Leigh, Jay Powell*

### **MONTHLY MEETING:**

#### **Guest Speaker (Cindy Moore)**

Cindy is a nutritionist, teacher, and fellow club member. She was also a recent guest on Bob's [podcast](#)<sup>1</sup>. Cindy also maintains a [blog](#)<sup>2</sup> where she shares her experiences. She talked about her journey from couch potato to triathlete. A few years ago, she found a nutrition system that helped her lose weight, called [Isagenix](#)<sup>3</sup>. It's a multi-billion-dollar business spanning eighteen countries. Cindy said that their nutrition system was life-changing for her. She realized that the nutrition system was working when she was able to hike the Flume trails with her family. About that time, she started boxing and challenged herself to complete a triathlon and has since started competing in mini triathlons. The Marine Corp marathon this fall will be her first marathon.

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

Bob thanked Ginger and Chante for hosting. Peter Wolfe from the J. Geils band motivated Bob last night. He is in fantastic shape for a 73-year-old man. Bob pointed out that running keeps us healthy too.

The annual celebration is on June 23<sup>rd</sup>. Please sign up. Feel free to bring guests.

Bob wants to emphasize that we're also looking for new people to be officers or auxiliary officers. We can have more than one person in an officer role, so feel free to volunteer if you're interested. It would be great to have new people step up and get involved.

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

It's a busy week here in the Vice President's office. First, both GFRC college scholarships were handed out. On Wednesday night, Chris Chesmore and Leslie White Harvey awarded one \$500 scholarship to Ben Burgess of Framingham High School. Then, on Friday, Arnie Pollinger handed out the other \$500 scholarship to Alexandra Chrisafideis of Ashland High School (good luck pronouncing that).

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<sup>1</sup> <https://bobcargill.podbean.com/e/a-few-words-with-cindy-moore/>

<sup>2</sup> <https://fortherunofit.info/>

<sup>3</sup> <https://cmoore30.isagenix.com/>

Second, summer track begins this Wednesday June 5 at Bowditch and continues all summer on Wednesday night (other than July 3). Hopefully, you have all seen the Q&A about it on email, Facebook and the newsletter. Volunteers always needed! Hope to see you there.

The start of summer track means that our weekly track workouts switch to Tuesdays for the summer, beginning this Tuesday. Watch for an email reminder.

Next, there will be an Advisory Committee meeting next Monday, June 10, 6:30 PM at John Harvard's. The purpose of this meeting, which is open to the entire club, will be to discuss re-instituting the Boston Marathon Lottery Cap. We used to have a cap of 6 entries until about three years ago. Please let Arnie know if you plan to attend.

Finally, we are still looking for a few runners for the 26 x 1-mile. If you are at the meeting and are hearing this and can run a mile in < 9 minutes, we need you! Contact Arnie P for details.

Bob Cargill emphasized that people should attend the advisory committee meeting or send an e-mail to Arnie or Bob if you have opinions about the Marathon lottery volunteer cap.

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

No report.

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

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

I had a number of Facebook inquiries since the last meeting, but no one signed up unfortunately.

So we have 305 members.

The membership renewal process concluded with 53.9% retained. That is our lowest % ever, but I do expect some to come back.

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

##### *Completed Races*

Since the last meeting we had the Great Bear 5k Run, with ten club members running. There were nice trophies for placing. Abby McCabe was first in her age group and John Joyce was first in his age group. We might do that race again.

We're starting a new Grand Prix series this month. Abby McCabe, Susin Carlson, Anita Yip, Mary Tyler, Susan Richardson, and Amy Pearl were the top ranked women. John Joyce, Tom Abbott, Bob Cargill, Vernon Turner, Ted Tyler, and Bob Mayer were the top ranked men.

The trail series completed with the Goat Hill Run and Wachusett Mountain 10 Trail races. A new trail season starts now too.

##### *Upcoming Races*

#### **Road Series**

June 15, 2019 Sharon Timlin 5K - Saturday 8:30 am Hopkinton

June 22, 2019 26x1 Mile Marathon Challenge Relay - Saturday, June 22, 8 am - 11 am, Medford

July 4, 2019 Any race on Thursday July 4th

July 27, 2019 Hot to Trot 5K - Saturday, 8:00 am Upton

### **Trail series**

June 23<sup>rd</sup>, 2019 Wolf den (4 mile, 8 mile)

July 14<sup>th</sup>, 2019 XTERRA French River Trail Run (formerly Hodges Hoedown)

The Sharon Timlin race is the goal race for the C25k participants. There will be no day-of registrations this year.

SMILE Mass has a race in Sudbury on June 12<sup>th</sup> (10k & 5k). If you use the promo code GFRC you can get a 50% discount.

Mary Tyler has offered to be an auxiliary Grand Prix race director.

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

The newsletter was sent out last night. Ginger Howell had a great article in the newsletter.

Several people suggested sharing some articles on Facebook.

Ted Tyler has been thinking about annotating photos with name and race info. When taking pictures, Ted also singles out people wearing running club uniforms.

Bob Cargill thinks we need a communications team to handle content promotion/distribution and social media. Feel free to contact Bob if you'd like to help.

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

No report.

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

Bob read Leslie's report.

Leslie thanked everyone who donated to her and her daughter's charities.

She presented the scholarship award with Chris Chesmore to Ben Burgess. He was also awarded the Flyer of the Year. She suggested that we highlight the scholarship winners in the next newsletter.

The next banquet meeting will be at Panera.

Leslie thanked Sofa Café for hosting the May meeting.

Leslie thanked Marie Leigh and Julie Cameron for helping to set up the meeting. She also thanked Heather Vivieros for being the guest speaker.

Leslie thanked Julie for the C25k photos.

**Uniforms (Mike Bower):**

The summer/spring order arrived this morning. Mike will start distributing orders during the next week. We also ordered 10 additional shirts to stock up on some of the more popular sizes. Please contact Mike if you are interested in a shirt.

**Activities (Jeff Hattem):**

The July meeting will be hosted on the 13<sup>th</sup> by Ginger Howell and Chante Woodward again. The August 3<sup>rd</sup> meeting will be hosted by Joe Koziol. The September meeting will be the weekend after Labor Day and will be hosted by Esther and Jay Powell. Bob Cargill will host the October meeting. Jumana Saleh will host in November on the 2nd. Jeff will see if Wendy and Mark Akeson will be willing to host the December meeting.

LifeTime hosts fun runs every Saturday morning at 8 am but will be moving to 7 am soon. 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, June 21<sup>st</sup> at John Harvard's at 6:30 pm.

Susin Taylor-Carlson volunteered to organize the pub runs this summer.

The annual celebration is on June 23<sup>rd</sup> at the Ashland VFW. Marie Leigh is heading up the celebration committee. Signup is live; please sign up so that we have a good turnout this year. Bob Cargill will be the emcee this year.

The Busa Bushwhack will be on October 27<sup>th</sup> this year. Registration isn't open yet. Jeff would really like to promote the race this year. Rich Busa also turns 90 this year. Bob wasn't wondering if we could get Bill Rogers to speak at the Bushwhack.

Bob asked for help with the activities director position and will need multiple people to fill that role in September. Jeff will be happy to help people transition into the position.

**Other Business:**

*Jay Powell*