



## Greater Framingham Running Club

**March 9th, 2018 – Eric Jacobsen** hosted the meeting in Hopkinton.

### **Fun Run:**

*Attendees (Mileage in parentheses)*

*Tom Miller, Eric Jacobsen (2), Tom Abbott, Jeff Hattem (6), Edw. S. Ginsberg, Joe Koziol (3), Arnie Pollinger (track workout), Bob Cargill, Ginger Howell (6), Jay Powell, Mike Gannon, Susan Ericson, Abby McCabe, Marie Leigh, Rich Busa, Ted Tyler, Mary Tyler, Leslie White Harvey*

### **MONTHLY MEETING:**

#### **Guest Speaker: Michael Sanders (Sudbury Valley Trustees)**

Michael thanked us for having him. He is the Director of Membership for the Sudbury Valley Trustees, located in Sudbury. He thinks their headquarters would make a good location for a 5k. There are plenty of trails in the area and they have a nice barn for a post-party race. He doesn't have experience with organizing races, and said we are free to reach out to him if we would like to sponsor/organize a race with his organization.

The Sudbury Valley Trustees is a regional land trust found in 1953 that works with 36 communities, cares for more than 5k acres of land, and maintains 63 miles of trails. The three main pillars of the organization are conservation, care, and outreach (more details can be found at <https://www.svtweb.org/about-svt>).

Three thousand households are currently membership level supporters. It costs \$60 for a family to become members. Membership supports the work of the organization and the habitats that they preserve. The organization has about two hundred regular volunteers that walk the trails to help with preservation efforts, and work at different properties stewarded by SVT. Please reach out to Michael if you would like to volunteer.

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

Bob thanked Eric Jacobsen for hosting. Bob wanted to acknowledge all the people training for Boston, including the invitational entry recipients, charity runners, and Team Framingham runners.

Bob would like more people to get involved with the club. We need more people to volunteer, to step up, and to become members of the advisory committee. We'll need a new activities director next fall. Bob encourages all officers to have a succession plan and have someone to share duties with. If you'd like to become involved, reach out to Bob or Arnie Pollinger. There are plenty of volunteer opportunities with the club.

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

Summer track will start Wednesday, June 5<sup>th</sup> and will run until the middle of August. We need to vote on a proposed amendment to the bylaws to clarify the duties of the membership director, treasurer, and uniform director. The full amendment was included in the most recent newsletter. Modifications to the duties are as follows

## **Membership director**

Remove

c) To provide a set of mailing labels and e-mailing address' for purposes of mailing and emailing the club newsletter and other club correspondence.

Add

f). Update/maintain FAQs for new member email and website

g) Own and respond to emails for [info@gfrcrun.org](mailto:info@gfrcrun.org)

h) Tabulate member referral points in years for which there is a Give Back program

i) Send out membership list to all club members

## **Treasurer**

Add

i) Allocate Give Back points in years for which there is a Give Back program

## **Uniform director**

Add

e). Oversee the distribution of purchased running apparel to club members. Distribution methods include: member pick-up at club events or at an agreed upon location, pick-up by member, drop-off by the Uniform Director or via US mail for those members residing outside the Metrowest area.

f). All other duties that one would normally associate with club uniform and paraphernalia procurement, sale and distribution.

A motion to change the bylaws was approved.

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

I am waiting for scholarship applications to arrive.

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

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

No new members this month

Total Members = 340

We have had no new members since January 5th unfortunately. It has been slow regarding new members since July but we had 3 good years in a row.

Soon I will be sending reminders to members who are up for renewal. This year there are 178 members or 114 memberships, including families. This is 52% of our membership.

There will be no C25k this year, and no Team Framingham members have signed up this year, so membership will be down a little. Kendra Howard is unable to do the C25k this year as she's busy with other projects.

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

## *Completed Races*

We had the Paddy Kelly 5-miler on February 10<sup>th</sup>. Abby McCabe and Darlene Deardon ran it for the first time. We had 13 members run. Abby (in the 5 miler) and Mary Tyler (in the 5k) won trophies.

The Old Fashioned 10-miler was a week later with 12 members running. Of those at the meeting today, Bob Cargill and Eric ran race. Bob also did that day's Bad Ass half marathon (which was running the 5K right before the half to equal 13.1 miles), along with these additional four: Scott Pettingell, Lincoln Merrihew, Katya Divari, and Michelle Schatz. They all ran both the 5K and the 10 miler to be part of the "BADASS HALF".

The Worcester 5k was postponed for two weeks and the Black Cat race is taking place today.

## *Upcoming Races*

### **Road Series**

- March 17, 2019      New Bedford Half Marathon, New Bedford, MA - Sunday 11 am
- March 24, 2019      Celtic 5K, Worcester, 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 TARC To Hale and Back is already closed. The JB Blastoff is a fast course with beer at the end.

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

No report. The newsletter was sent out last week.

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

Abby says she updates the home page occasionally. The track is still closed.

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

Please keep posting to the club's Facebook page.

### **Uniforms (Mike Bower):**

Bob read Mike's report.

This week we will be starting an inventory replenishment order, mainly for warm weather stock (singlets and short sleeve shirts).

Please respond to our Facebook posts and/or email if you are interested in having us include a shirt in the order for you. We need a minimum 12 pieces to place our order. We will need the style (SS, Singlet, LS), gender (M or F) and Size (XS to 2XL).

The winter replenishment order had only one item request so the order was not placed, however the piece will be included in the order we do this spring if the individual still wants the long sleeve shirt. I will reach out to them this week.

And just a reminder. Any club runner who wants to join the Team Framingham and GFRC runners for a 16 to 21 mile run along the Boston Marathon course on Saturday March 23rd, please let me know so we can reserve a spot on our team bus for you. We have 10 seats still available on the bus. Runners will park and meet at BC at 7 am and be bused to Hopkinton. We will do drop offs at various mile marks up to La Cantina (mile 5.5) so those wanting to run less than 21 miles can be accommodated.

If you are interested please let me know via the Team Framingham post on the GFRC FB group or by email. I will then reach out to you with all the details.

See you all at the April meeting!!

#### **Activities (Jeff Hattem):**

The April 6<sup>th</sup> meeting will be at LifeTime Fitness and hosted by Ali Hall and Breno Melo. There will also be a Hoka shoe demo that day. Our May meeting will be on the 11<sup>th</sup> because of the Mural Mile. It might be hosted by Sofa Café. We need volunteers to host meetings later in the year.

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.

Our next social night is March 15<sup>th</sup> at John Harvard's at 6:30 pm.

Our annual pasta party will be on April 13<sup>th</sup> and will be hosted by Ted and Mary Tyler.

We still need somebody to host the Boston marathon runner and volunteer party. Jeff was thinking we could combine that with the Mural Mile volunteer party.

We also need volunteers to form a banquet committee. Arnie Pollinger suggested sending out an e-mail.

We have 5 entries for the Mural Mile so far. We need to step up advertising. There is no C25k this year, which will hurt our numbers. Jeff would like the Mural Mile to be a Grand Prix race. Tom Abbott suggested giving Grand Prix points to anyone who ran the Mural Mile and the Run Like a Maverick 5k in Medfield the next day. Leslie White Harvey thinks we should be promoting the club's race. Mike Gannon will see if he can drop Mural Mile applications off at the JB Blastoff race. Jeff says that when you google the Mural Mile the 2018 race still shows up.

#### **Other Business:**

*Jay Powell*