



Greater Framingham Running Club

May 11th, 2018 – Leslie White Harvey hosted the meeting in Framingham at Sofa Cafe.

Fun Run:

Attendees (Mileage in parentheses)

Abby McCabe, Steve Galloway, Deb Galloway, Eric Jacobsen (9), Leslie White Harvey, Marie Leigh, Bob Cargill, Jeff Hattem (4), Rich Busa (2), Julie Cameron, Jackie Judd, Tim Conlin (4), Mary Bahl, Mark Goldschmidt, Susin Carlson, Tom Miller, Tom Abbott, Jay Powell (4), Sam LeHardy (3), Tom Miller (7), Mike Gannon, Heather Vivieros (4), Billy Fisher (4), Glenn Meister (4), Judy Levine (2)

MONTHLY MEETING:

Guest Speaker: Heather Vivieros (Give2Those Founder)

Heather Vivieros is the founder of [Give2Those \(give2those.org\)](http://give2those.org). The organizations goal is to raise awareness about first responders and military personnel among civilians. Heather came today to raise awareness about veteran's issues, such as homelessness and suicide. She wants to engage civilians to be appreciative of first responders and military members and their sacrifices. She created the Stride & Ride Relay to help raise awareness. During the 8-day relay, members travel from Logan Airport (where the 9/11 attack started), to the site in Pennsylvania where another 9/11 flight crashed, finishing in Washington D.C. at the Pentagon. Relay participants typically, walk, run, ride bicycles or motorcycles. Heather is looking for local running clubs to engage with to raise awareness and funds.

President (Bob Cargill):

Bob thanked Leslie White Harvey and Sofa Café for hosting. In the latest newsletter, Bob talks about putting a happy song in your head to change your state of mind.

There is a 5k in honor of Trooper Thomas Clarby (killed in the line of duty), on June 9th in Hudson, MA, hosted by the Highland City Striders. There is also a Run to School 5k in Concord on June 2nd.

Bob congratulated all of the Boston Marathon runners - several people at the meeting ran the marathon.

Bob is always looking for new people to get involved and help with things in the club. The annual celebration (formerly known as the banquet) is coming up in June.

VP Report (Arnie Pollinger):

1. Rich and Chris Chesmore Scholarship Committee - the Scholarship Committee has decided on this year's two \$500 winners.

2. GFRC Summer Track! - our weekly Wednesday night track meets begin Wednesday June 5. This is sometimes referred to as kids track although adults, including GFRC members, frequently run. Volunteers are always needed. I will put out an email to the club and on FB in a few weeks for this.

3. Our weekly track workouts will move to Tuesdays for the summer when summer track begins.
4. The 26 x 1 mile relay will be Saturday June 22. If you can run a mile in < 9 minutes and want to participate in this fun event, please email me and let me know!

Secretary (Jay Powell):

I revealed the winners of the scholarship to Arnie Pollinger.

Treasurer (Marie Leigh):

Membership Director (Mike Gannon):

We Welcome :

Jacobsen	Jennifer	Hopkinton
Jacobsen	Kendra	Hopkinton
Elefson	Sivan	Framingham
Chase	Kristin	Natick
Moore	Ian	Framingham
Ainscow	Mark	Framingham
Bellantuoni	Julie	Ashland
Berman	Melanie	Framingham
Bones	Diana	Milford
Burke	Jaya	
Canney	Kari	Framingham
Courchesne	Ali	Framingham
Desimone	Sue	Framingham
Friedlander	Karen	Ashland
Friedlander	Greg	Ashland
Garvey	Cara	Framingham
Giovannini	Andrew	Framingham
Gupta	Jaya	Hopkinton
Johnson	Kristi	Framingham
Judd	Jackie	Framingham
Killgoar	Jared	
Kimmeistiel	Dana	Framingham
Kurzman	Adina	Framingham
Lesser-		
Hagopian	Ro	Ashland
Levinson	Dawn	Framingham
Lord	Hannya	Framingham
Maria	Jarel	Milford
McNeil	Lauren	Framingham
Miretsky	Eddie	Natick
Miretsky	Lauren	Natick
Noto	Kristen	
Quinn	Bonnie	Framingham
Schuler	Susan	Hopkinton
Stefanini	Celia	Framingham
Stefanini	John	Framingham

Tosi	Michelle	Framingham
Tranquada	Fiona	Framingham
Young	Sam	Framingham
Weltman	Roy	Sudbury
Weltman	Henry	Sudbury
Young	Rob	Framingham
Tonelli	Shannon	Framingham
Tuck	Eric	Hudson

Other : First I want to thank Judy Levine for helping me out with the renewal process!

Regarding new members, Jennifer and Kendra were added when Eric renewed. Others who came to us via renewals were Kristin Chase (Sharon Martin), Ian Moore (Cindy), Roy and Henry (Helen Shik).

Sivan joined herself, and was added to Steve's membership. Rob Young became our 2nd Team Framingham member to sign up. Shannon found us on the internet, and Jeff Hattem referred Eric.

The rest came to us via the hard work of Mark Goldschmidt and c25k! On short notice he brought it back, and 33 new runners signed up. In addition a number of past c25k runners also signed up for 2019.

Renewals: The 2+ month long renewal process will be over on Sunday, when I purge the folks who have dropped or chosen not to renew yet. 178 members were up for renewal and 52% have renewed so far. The norm is closer to 55% which we are 5 away from so I expect to see that happen.

302 members as of today, though that may change tomorrow.

Discussion:

Mark thanked Kendra Howard for starting the C25k program.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

Ten members ran the James Joyce Ramble (we used to have 20 in the past). It is a fun course.

We tried an experiment last weekend with two races one weekend (the Mural Mile and Run Like a Maverick 5k). We had five people run the 5k. About 20 or so club members finished the Mural Mile, plus all of the people in the C25k program.

The Grand Prix standings have been posted on Facebook.

Upcoming Races

May 18, 2019 Goat Hill Uxbridge, MA - Saturday, Any Distance 7:00 am - 10:15 am (Trail Series)

May 19, 2019 Great Bear Run 5K - Sunday, 10:30 am Needham

May 25, 2019 Wachusett Mountain 10K, Princeton, MA - Saturday 9:30 am (Trail Series)

There are multiple distances at the Goat Hill race. Feel free to run any of the distances.

Grand Prix discussion

Tom would like to open a discussion about the Grand Prix series. Tom would like to get more people to attend races during the 2019-2020 series. Tom posed several questions:

- Should they do different races for the series?
- Should races be scored differently?
- Is having fewer races the best way to do this?

The directors would like to encourage people to wear club apparel at races this year (maybe award an extra point for wearing a shirt again). Judy Levine says she doesn't see races advertised as much anymore. Abby McCabe thinks we need to identify races earlier. Jeff Hattem thinks race info should go on Facebook. Bob Cargill suggested setting up the races as events on Facebook. Susin Taylor-Carlson said the travel time to races is also a factor. Mike Gannon thinks people will travel to races that are fun, like the Sharon Timlin 5k. Tom thinks it would be good to pick races where people can get awards. He thinks that awards will motivate people and encourage them to attend. Leslie White Harvey thinks we should include the Mural Mile and Busa Bushwhack as Grand Prix races because we should promote our own races. Eric says that in the past, we haven't put the Busa Bushwhack in because we want people to volunteer. Some volunteer positions allow you to help and run, but there are some positions that don't let people run, and those are critical to fill. Bob encouraged people to get involved with the Grand Prix series. Tom said auxiliary officers are welcome and needed.

Newsletter (Tom Miller):

The newsletter was sent out last night. Tom Abbott suggested that we include info about the summer track meets in the newsletter. Leslie White Harvey said she could help with the summer track portion of the newsletter.

Web (Steve Galloway and Abby McCabe):

The e-mail distribution list is out of date. Steve would like to add the C25k people to the list. E-mail webmaster@gfrcrun.org if you would like to be removed from the distribution list. People who don't renew memberships will be removed soon. The annual celebration sign-up was added to the web page last night.

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

Leslie thanked the City of Framingham, Tim Conlin, the Framingham Police Department, Susan Richardson, and the other Mural Mile volunteers.

She would also like to post meetings to the club's Facebook page as events. Leslie thinks we should post requests for volunteers on Facebook, e-mails, and the newsletter.

Posting pictures on social media is always appreciated.

Uniforms (Mike Bower):

No report.

Bob Cargill mentioned that Mike would like to place a uniform order on May 12th. We'll be looking for a new uniform director in September. Please let Bob know if you're interested in helping.

Activities (Jeff Hattem):

Our June 1st meeting will be hosted by Ginger Howell. The July meeting will be hosted by Mike Bower on the

13th. The August 3rd 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. Jeff will see if Wendy and Mark Akesson will be willing to host the December meeting.

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 Friday, May 17th at John Harvard's at 6:30 pm.

Pub runs may start again in June. Jeff isn't sure if they should be once a week or once a month. Jeff is looking for volunteers to coordinate the runs this year. Contact Jeff if you are interested. He thinks they should be once a month but welcomes feedback.

We haven't committed to a volunteer party for the Boston Marathon and Mural Mile yet. It could be on May 23rd if there is enough interest. Jumana said she could host it. Jeff will be happy to make the event official if there is enough interest.

The annual celebration is on June 23rd at the Ashland VFW. Marie Leigh is heading up the celebration committee. The next meeting will be this Thursday at the Panera on Rt 30. Everyone is welcome. Signup is live; please sign up so that we have a good turnout this year. Judy Levine suggested trying to get some of the C25k people to go. Bob Cargill will be the emcee this year.

Planning for the Busa Bushwhack will start soon.

Other Business:

Mural Mile (Leslie White Harvey)

Leslie thanked the C25k participants for running the race. They were the largest group of participants. Leslie also thanked everyone who showed up to run, and thanked all the volunteers who helped with the race. Leslie also thanked Courtney Thraen for helping coordinate with the city as well. Leslie, Jeff Hattem, and Bob Cargill were the race directors this year.

Other

Bose reached out to Bob Cargill about testing some prototype ear buds. They have 15 prototype units that people can beta test. Contact Bob if interested.

Mark Goldschmidt thinks the meeting times prohibit people with kids from attending. He thinks the time should be changed if we want people from that demographic to attend. Bob said we could also Facebook Live these meetings. Mark also thinks it is awkward for shy people to show up to a random person's house for a meeting when they don't know anyone. Judy Levine pointed out that we assume that everyone knows everyone else. It would foster a sense of community to have people introduce themselves at the start of a meeting. Mike Gannon said that before group runs in the Waltham group, they introduce themselves. Bob wants to make sure people feel comfortable speaking up at meetings too. Julie Cameron wanted to thank club members for being friendly when she first moved here a couple of years ago.

Jay Powell