



Greater Framingham Running Club

November 2nd, 2019 – Sofa Cafe hosted the meeting in Framingham.

MONTHLY MEETING:

President (Bob Cargill): Thank you to Leslie White-Harvey and Sofa Café for arranging to host the meeting on short notice. Congratulations to the team for the Busa Bushwack. Tom Miller has provided the newsletter.

Theme from Bob - "I wasn't going to wait!" – Mark Bradford.

VP Report (Arnie Pollinger):

It was 26 degrees the other night, which killed the mosquitos and the EEE threat. Bowditch is now open and as of November 12th, the lights are back on. The application for 2020 Boston Marathon is out - two already received. As of November 16, nine have been received. The deadline is noon on December 6, the day before the lottery.

Secretary (Jay Powell):

Thanks to Michael Peloso for taking the minutes

Treasurer (Marie Leigh): Balance

Membership Director (Mike Gannon):

We Welcome:

Franquiz Andrew Framingham

Total Members = 331

Andrew ran the Busa race and joined soon after.

Grand Prix (Tom Abbott, Jeff Hattem, Mary Tyler, and Bob Moore):

Completed Races

Upcoming Races

October 2019 Any Half Marathon in October (Send results to grandprix@gfrcrun.org before end of October for GP points)

November 10, 2019 Upton Trail Race - 9:00 am Sunday, 10K & Half Marathon, Upton State Forest

November 17, 2019 BIG Steps Needham 5K - 9:00 am Sunday, Needham

November 17, 2019 Li'l Rohdy Runaround 4 or 10 mi. Trail Race - 10:00 am Sunday, Burlingame State Park, Charlestown, RI (USATF Trail Championship) – Have to wear orange (MIDDLE OF HUNTING SEASON!)

November 28, 2019 Framingham Turkey Classic - 8:00 am Thursday, Thanksgiving Day

November 28, 2019 Any Thanksgiving Race. Send results to grandprix@gfrcrun.org

December 1, 2019 Tough Ten Mile Turkey Trot - 9:00 am, Marlborough

December 8, 2019 2 Mile Jingle Bell Run - 10:00 am Sunday, Natick

January 1, 2019 Needham Race

Resoulution Run (5k) – TBD

Trail 1/25 – Mt. Tom Snowshoe Scramble 5K / 10K (team competition – 4 fastest, register under GFRC)

February Cushing

Old Fashion Ten Miler

Paddy Kelly Five Miler

Newsletter (Tom Miller):

The newsletter was sent out last night.

Web (Michael Peloso and Abby McCabe):

Social Media Director (Leslie White-Harvey and Susin Taylor Carlson):

Please keep sharing on social media. Thanks to the Busa Bushwack team for volunteering. Thanks provided to Tesoros, Unos, and to be extended to Anastasias. Notes that we should add an insert for the goodie bag regarding GFRC. Please respond to participant and volunteer survey. Schedule discussion for Mural Mile / Couch-to-5k in the future. Marie to provide Susin with contact information for runners for e-mail contact. Based on feedback to debrief at some point in the future. Jay and Esther will host volunteer thank you party next Saturday 11/9 at 5:00pm – 7:00pm.

Uniforms (Michelle Schatz and Jackie Judd):

Winter order has gone in as of October 17th. Expected delivery in the near future, targeting for delivery for Thanksgiving races.

Activities (Mary Bahl via Jeff Hattem):

Wendy and Mark Akeson will host the December 7th meeting in Ashland. Carol Leiter will host in January (1/4/19). Arnie Pollinger and Robin Perlow will host the February (2/1) meeting. Eric Jacobsen volunteered to host the March (3/7) meeting. Cindy and Bob Moore will host the April (4/4) meeting.

LifeTime hosts fun runs every Saturday morning at 8am. You can run between two and eight 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.

Hoka / Lifetime trail run – Saturday December 21st

The next social night is November 15th at John Harvard's (may relocate) at 6:30pm. <<<CHECK WITH MARY>>>

Abby McCabe will host the run your turkey off event on November 30th (time TBD).

The New Year's Eve Champagne Fun Run – 12/31st will be at 4:30pm and hosted by Deb and Steve Galloway.

There will also be a Marathon Sports shoppers night on December 5th from 6-8 pm as well (20% off all purchases except electronics and strollers). All GFRC members are encouraged to attend!

Mary is seeking a volunteer to coordinate the Christmas carol run – December 14th (tentative). Jamie Burgoyne-Halbert has volunteered to host the after party.

Other Business:

1. Ragnar Running for Charity - Chad is running twelve (12!) Ragnar relay races for charity Hole in the Wall – for disabled children to attend camp. Looking for support from members in GFRC (Reach the Beach, Cape Cod) and the running community at large. Four local trail races (NJ, Richmond, VA; WV) To post to Facebook frequently over the course of the year.
2. Team Framingham – Mentorship program within GFRC to help runners drawn from City of Framingham bibs (22 bibs – for residents / city employees) provided by BAA. Eight training runs over the training cycle – some starting from Cushing, some from Newton, etc.

Busa Bushwhack

Ninety people ran the 5.3 mile course, and Ninety-one people ran the 10 mile course.

Michael Peloso