



Greater Framingham Running Club

September 7th, 2019 – Esther and Jay Powell hosted the meeting in Framingham.

Fun Run:

Attendees (Mileage in parentheses)

Tom Miller, Mary Tyler, Ted Tyler, Bob Cargill, Bob Moore (7), Rachel Sortino (5), Esther Powell (20), Jay Powell, Karin Oleski, Joe Koziol (3), Tim Conlin (6), Jeff Hattem (5), Phyllis Lowry (4), Melissa Arnold (15), Judy Levine (4), Michelle Schatz, Cindy Moore, Tom Abbott, Abby McCabe, Arnie Pollinger, Mark Goldschmidt (6), Amy Pearl (3), Eric Jacobsen, Mary Bahl, Mike Bower, Michael Peloso (15), Deb Galloway, Steve Galloway, Mike Gannon (4), Carol Leiter, Rong Hu, Susan Richardson (7), Rosanna Villani (7), Edw S Ginsberg

MONTHLY MEETING:

Guest Speaker (Malia Wambolt)

Malia is a nutritional therapy practitioner and personal trainer at [Evolve Fitness](#)¹. When it comes to running and nutrition we normally try to fuel for performance, endurance, and energy. People try to make sure they have carbs and protein before a race. You need to have sugar stores (carbs) so that you have energy to train again. Protein helps with repairing muscles and helping with performance. Athletes should have another fueling philosophy – fueling for recovery.

Fueling for recovery will help increase performance and longevity. As athletes and runners, people like to focus on the positive benefits of exercise, but often ignore the negatives, such as injury or oxidation stress. Oxidation stress happens as we exercise and is an imbalance between free radicals and antioxidants in the body². Oxidation stress can cause fatigue, inflammation, illness, or injury.

Antioxidants are important for mitigating oxidative stress. In order to get enough antioxidants, it is recommended that we have 7-13 servings of fruits and vegetables each day, while athletes should try to have 15 servings a day. They should come from a variety of colors, which provide a wider range of nutrients (e.g., bananas, yellow peppers, tomatoes, etc.). Malia said that this can be challenging, and she doesn't always have enough servings a day herself. She recommends a product called Juice Plus³ to get the recommended number of servings each day.

President (Bob Cargill):

Bob thanked Esther and Jay for hosting. Today we elect a new slate of officers. Bob is glad we have new people seeking officer positions. It's great to get new ideas. Please feel free to become an auxiliary officer as well. Feel free to send new ideas to the officers too. Bob thanked Arnie Pollinger, Dan Silverman, Marie Leigh,

¹ <https://evolvefitnessinc.com/team-members/malia-wambolt/>

² <https://www.healthline.com/health/oxidative-stress>

³ <https://www.juiceplus.com/us/en>

and everyone else who helped with summer track. Summer track went well this year. It's one of our most visible public events.

We mourn the loss of Kathy Covarubbias' father, as well as John Shane. John did a lot for the club. Karin Oleski has collected some notes about him for his wife, and spoke briefly about his impact on his friends and the club.

The Busa Bushwhack is coming up on October 27th and Reach the Beach is next week.

VP Report (Arnie Pollinger):

Track workouts continue every Wednesday until Bowditch is closed. There was a request to do track workouts on a different night. Arnie has decided to stick with Wednesday's until Bowditch closes for the season. We will not redo the last hill repeat workout.

Secretary (Jay Powell):

No report.

Treasurer (Marie Leigh):

Bob read Marie's report.

Busa registrations are gathering speed, thanks to outreach efforts, an expense for the award plates on the log trophies will be incurred, Police parade permit and Brophy School permit have been received, and donations have been made from the Sunshine Fund in honor of John Shane to the Appalachian Mountain Club and in honor of Kathy Covarrubias' father, George Anbinder, to the Jewish Family Services of Metrowest.

I plan to present a proposed budget at the October meeting. Also, I encourage everyone to participate in the Busa Bushwhack, as a runner, volunteer, promoter, or spectator, or in several roles. Thanks to everyone who has volunteered, plans to volunteer, has registered, or plans to register.

Membership Director (Mike Gannon):

We welcome :

Sortino, Rachel Natick

Total Members = 322

Other : Rachel found us on the internet. Rachel found us on the internet, and came to her first meeting
Unfortunately only 1 person has joined us since the last meeting, although we keep getting a bunch of requests to join the Facebook group. When that happens we ask 2 questions, are you a member and what are you looking for in a running club? Everyone gets a brief thanks for your interest and intro (whether they answer the questions or not). I then address their basic points. I do try to stress that your membership expires April 1, 2020 whether you join today or next month, and that cost is as little as \$25. Some of those folks will eventually join, but memberships have been declining over the last 15 months except for C25K.

Bob Cargill asked if it would make sense to open the club Facebook page to everyone. It is discouraged to prevent trolls and unwelcome solicitors, though Mike makes the occasional exception for charities.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

Twenty-one club members ran the 1-mile and 200-meter challenge (including three who ran on the rain date). There were eleven men and ten women. We had great weather for both evenings. There was also the Labor Day race which included a 5k and 10k. Nine members ran that day (six ran the 10k and three ran the 5k). They have a great raffle at the end.

Three people ran the last trail race.

Upcoming Races

September 21, 2019 Purple Passion 5K - 8:00 am Saturday, Framingham

September 28, 2019 TARC Fall Classic - Any Distance (10K, Half, 50K) 8:00 am Saturday, Carlisle

September 29, 2019 Flutie 5K for Autism - 11 am Sunday, Natick

October 2019 Any Half Marathon in October

October 6, 2019 Houghton's Pond Trail Race - 9:00 am Sunday, Milton Blue Hills (3.7 & 7 mi.)

October 12, 2019 Jack's Abby United Way 5K - 10 am Saturday, Framingham

October 20, 2019 Groton Trail Race - 12:30 pm Sunday, Groton Town Forest

You must let the Grand Prix directors know if you ran a half in October. You need to notify them in October too.

Next week is Reach the Beach. We should have a twelve-person team. It is a 200ish mile race from Bretton Woods down to Hampton Beach. Follow the team's progress on Facebook.

Newsletter (Tom Miller):

The newsletter was sent out this morning. Joe Koziol and Mary Tyler wrote articles.

Tom is running the Chicago marathon for charity. Bob encouraged folks to donate to Tom's fundraising efforts.

Web (Steve Galloway and Abby McCabe):

The website is updated regularly. Steve is stepping away as web director; he can no longer keep it up by himself. He said that maintaining the website is a two-person job and encouraged someone to help Abby. Bob thanked Steve for all of his work.

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

Leslie has secured food for the Busa Bushwhack and is working to get more items.

Uniforms (Mike Bower):

Mike is stepping down from the uniform director position. Michelle Schatz and Jackie Judd will take over for him.

We're in the middle of organizing our jacket order. We need to reach twelve pre-orders before we contact the vendor, but currently have five. Mike recently sent an e-mail listing all the items being sold.

We have a couple of requests for shirts but again need twelve orders before contacting the vendor.

Bob thanked Mike for all his work.

Activities (Jeff Hattem):

Jeff is stepping down from the activities director position. Mary Bahl will be taking over for him.

Bob Cargill will host the October meeting in Sudbury. Jumana Saleh will host on November 2nd in Framingham. Wendy and Mark Akesson will host the December 7th meeting in Ashland. Carol Leiter will host in January. Arnie Pollinger and Robin Perlow can host the February meeting. Eric Jacobsen volunteered to host the March meeting. Cindy and Bob Moore will host the April 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. Next pub run will be on the 19th (location TBD).

The next social night is the 20th at John Harvard's at 6:30pm.

Other Business:

Busa Bushwhack (Jeff Hattem)

The Busa Bushwhack is coming up on October 27th. We have a 5.3-mile course and a 10-mile course. Jeff encourages everyone to volunteer and/or run. There are plenty of opportunities to both volunteer and run. There won't be any beer mugs this year; instead we will give out winter running knit hats courtesy of Performance Health Center in honor of Rich's 90th birthday. The race committee may not order enough hats for all volunteers because the hats are expensive. In order to be guaranteed a hat please run the race. Jeff would be happy to show people the 5.3-mile course some weekend.

Officer elections (Arnie Pollinger)

Arnie encourages all officers (and candidates) to read the bylaws. They outline the duties of each officer position.

We send out a list of proposed officers to avoid a contentious election. We can appoint auxiliary officers at any point in the year if someone is interested.

The proposed slate of officers is:

President - Bob Cargill

Vice President - Arnie Pollinger

Secretary - Jay Powell

Treasurer - Marie Leigh

Membership Director - Mike Gannon

Grand Prix Directors - Tom Abbott & Jeff Hattem (Bob Moore, Mary Tyler, and Mark Akesson will be auxiliary officers)

Newsletter Editor - Tom Miller

Web Director – Michael Peloso (Abby McCabe will be the auxiliary officer)

Social Media Directors – Leslie White Harvey, Susin Taylor-Carlson (Julie Cameron will be the auxiliary officer)

Uniform Director - Michelle Schatz, Jackie Judd

Activities Director - Mary Bahl

Arnie moved that we approve the proposed slate. The motion was seconded then approved by all present.

Jay Powell