



## *Greater Framingham Running Club*

**December 12, 2020 – Susin Carlson** hosted the meeting via Zoom.

### *Attendees*

Susin Carlson, Cindy Moore, Bob Moore, Edw. S. Ginsberg, Ted Tyler, Mary Tyler, Wendy Akeson, Arnie Pollinger, Tom Abbott, Joe Koziol, Rachel Sortino, Anita Yip, Jeff Hattem, Mike Gannon, Mike Peloso, Mike , Wendy Reider, Judy Levine, Kevin Greene, Jeanne Bizzoco, Lisa Burgess, Tim Conlin, Mike Peloso, Debra Galloway, Rich Busa, Carol Leiter, Susan Richardson, Amy Foreman.

### **MONTHLY MEETING:**

#### **President (Susin Carlson):**

Susin welcomed everyone to the meeting and shared the following quote with us: “There are two ways of spreading light; To be the candle, or the mirror that reflects it.” - Edith Wharton

Susin thanked everyone for participating in the virtual races. There is a virtual 5K road race this weekend and a virtual trail race next weekend.

GFRC won the 900 challenge. Susin has not heard anything yet on Beat the State but will keep us posted.

No news yet on the Boston Marathon and Team Framingham. A marathon date has not been set. Once a date is set we'll plan to do the lottery about 4 months beforehand.

GFRC started a diversity initiative. GFRC is looking for ways to make the club more diverse. Information will be posted as the initiative develops.

Susin received email this morning on the Yeti Challenge by Marathon Sports, where you have to walk or run outside at least mile every day in January. It's a virtual race with no fee. It's a fun winter race that we've done before. If there's interest we could set up our own version of it for January.

#### **VP Report (Cindy Moore):**

There is a Holiday Market Place on the GFRC Facebook page. Please check it out. It showcases GFRC shirts, hats, jackets, etc. as well as advertisements for businesses GFRC members are involved with. Cindy welcomes more participation by GFRC members and their families to advertise, participate, and make purchases in an effort to help out the GFRC community during this Holiday Season. Susin noted she reviews content before it is posted so if participants are wondering why things are not posted right away that is the reason.

**Secretary (Tim Conlin):**

No report.

**Membership Director (Mike Gannon):**

This month we welcome back Robert Young from Framingham and he also added the rest of his family, Samiha, Autumn, and Patrick. Our total membership is at 280.

**Treasurer (Marie Leigh):**

No report.

**Grand Prix (Tom Abbott, Jeff Hattem):**

*Trail Races (Jeff Hattem)*

We are just about done handing out awards and appreciation gifts. There are only a few left. The vacuum sealed stainless steel water bottles went over very well and were well received. Jeff noted these need to be hand washed, don't put them in a dishwasher or microwave, follow instructions on the bottom of the bottle. Grand Prix trophies have also been handed out.

We had a great turnout for the last virtual trail race. Our next virtual trail race is next weekend. It's the Run Run Rudolph Virtual 5K.

December, January, February, and probably March virtual trail races will be limited to 5K. With leaf cover Jeff does not want anyone getting injured just for a virtual race. The trail race season normally ends in December and then switches over to snow shoe racing. If there is snow on the ground you can hike, put on traction devices, or if there is at least 6 inches of snow and you have running snow shoes you can run it as a snow shoe race. Jeff was planning to schedule snow shoe races this Winter but obviously (with Covid) that's not going to happen.

Weston ski track rents x-country skis and snow shoes and they actually make snow for their track. REI may rent or sell snow shoes. Jeff said he has extra pairs of snow shoes he can lend out if anyone wants to try snow shoe running.

To Hail & Back trail race which is usually in late March, is normally a grand prix race, probably won't happen with COVID.

*Road Races (Tom Abbott)*

There is a road race called the Good Times Series based in Lowell. This year it's virtual. It's \$45 for 10 virtual races. Each race is Sunday through Wednesday of each week. Usually the distance is 5K but they have them down to 1 mile. Tom proposed that GFRC could create a similar virtual series race for January and February, since it's getting late to sign up for Lowell. They are theme based races. Any ideas on themes can be sent to Tom or Susin.

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

Tom sent out the newsletter on Friday.

### **Web (Michael Peloso):**

Mike is working with Rachel to transition the website duties. Mike will use the December newsletter and meeting minutes, once they are available, to teach Rachel how to post the newsletter and minutes to the website.

Arnie asked if there will be a vote next month for the new web director. Susin thought this was voted on already but will check the meeting minutes. If it wasn't voted on she'll make sure that it happens.

### **Social Media Director (Susin Carlson):**

Susin continues to maintain GFRC presence on social media.

### **Uniforms (Wendy Rieder):**

Wendy sent out email in November to remind everyone that fall and winter gear is available for purchase. There is still quite a bit of inventory. Wendy would like to see more purchases to reduce inventory and is open to ideas. Susin has posted a link to the website for purchasing. We are working with a new vendor in Framingham. New ideas for garments were mentioned including running tights.

### **Activities (vacant):**

Susin reminded us GFRC still needs an activities director. This position can be shared. It does not need to be one person.

### **Other Business:**

Susan Richardson talked about the Holiday Card Drive. So far 84 cards have been received out of 300 that people said they could do. The deadline is Wednesday December 16th. Susan posted her address on Facebook. Susan will also send out her address via email so that everyone can mail their cards. Wendy Akesson said she has finished 40 cards and she'll drop them off for Susan.

Carol Leiter mentioned her daughter arranged a 5 K road race last week. It was socially distanced. They met in a parking lot. Nine people participated. They ran, came back, and tailgated, following guidelines for COVID. Carol said it was fun and was wondering if GFRC could do something like that in a small group. Susin said although it sounds great we need to hold off given the recent uptick in COVID and since Framingham is currently a COVID RED Zone.

Judy said great job to Susin and Cindy and others for keeping GFRC going during COVID.

*Tim Conlin*