



Greater Framingham Running Club

February 1st, 2020 – Arnie Pollinger and Robin Perlow hosted the meeting in Holliston.

Attendees

Arnie Pollinger, Ted Tyler, Mary Tyler, Rachael Sortino, Carol Leiter, Joe Koziol, Tom Miller, Tim Conlin, Tom Abbott, Jeff Hattem, Edw S Ginsberg, Mary Bahl, Michael Peloso, Julie Cameron, Jackie Judd, Michelle Schatz, Drew Giovannini, Bob Cargill, Marie Leigh, Karin Oleski, Courtney Thraen, Susin Taylor Carlson, Mike Carlson

Fun Run

Rachael Sortio, Tim Conlin, Susin Taylor Carlson, Mike Carlson, Jeff Hattem

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Arnie and Robin for hosting. The newsletter was sent out this morning. In the newsletter Bob talks about the three lessons he learned in cross country. One of the lessons was that you should take a turn in the lead. He frequently ran with another runner in cross country, and they would take turns in the lead to help each other. He thinks people should apply this philosophy to other parts of life as well – help each other out, and make sure the team wins.

Bob thanked Arnie for leading the advisory committee meeting earlier this month.

VP Report (Arnie Pollinger):

The 26x1 mile relay will be June 13th. It is usually in Medford and is hosted by the Sommerville Road Runners. We ask that people run a sub-9 minute if they wish to participate. Arnie will be sending out invitations to the club.

Summer track begins June 5th and will go through the middle of August.

Arnie would like to discuss the first recommendation of the advisory committee later in the meeting. We will not vote on the proposal today but will discuss it further. We may move to a participation point based system, where the definition of participation point will need to be flushed out. If the lottery system changes, we may need to add an auxiliary office to help track participation points.

Secretary (Jay Powell):

No report.

Treasurer (Marie Leigh):

Membership Director (Mike Gannon):

We welcome:

Grabau	Meghan	Framingham
Grabau	Alex	Framingham

Forman	Amy	Holliston
Smith	Vivian	Framingham
Lee	Emily	Framingham
Dunbrack	Linda	Framingham

Total Members = **343**

Not only did Linda come back, but she signed up for 5 years. Meghan and Alex have run the Busa Race a number of times and live in that area. Amy and Vivian found us on the internet.

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

Completed Races

Sixteen members ran the Resolution Run. Those who ran and are at the meeting include Tim Conlin, Joe Koziol, Carol Leiter (3rd in her age group), Ted Tyler, Edw S Ginsberg, and Karin Oleski (1st walker). There was a great selection of food at the post-race party.

We had the Mt Tom Snowshoe scramble in the trail series. It ended up being a trail race. Three club members ran – John Joyce, Steve, and Deb Galloway all ran the 5k.

Upcoming Races

February 9, 2020 Paddy Kelly's 5 Miler - 11:00 am Sunday, Brockton

February 16, 2020 Old Fashioned Ten Miler - 10:00 am Sunday, Foxborough

February 29, 2020 Lowry Pub Run - 11:00 am Saturday at Cushing Memorial Park 3 Miler (counts as March GP) Backup snow date is Sunday, March 1

March 15, 2020 New Bedford Half Marathon

March 22, 2020 To Hale and Back Trail Race (5k and 6 Hour) - 9:00 am Sunday, Hale Reservation, Westwood

April 11, 2020 Merrimack River Trail Race (10 mile)

April 25, 2020 TARC Spring Classic (10k, half marathon, marathon, 50k)

You can get one free beer at the Paddy Kelly race. The Grand Prix directors are still trying to decide on some March races.

There are only fifteen spots left at the To Hale and Back Trail Race.

This may be the last year the Merrimack River Trail race is hosted. Registration for this race is mail-in or day-of only – no online registration. Registration is also open for the TARC Spring Classic.

The Busa Bushwhack is scheduled for November 1st, 2020.

Newsletter (Tom Miller):

A forty-page newsletter was sent out this morning.

Web (Michael Peloso and Abby McCabe):

The website is being updated with the 2020 Boston Marathon charity runners. Please let Michael know if you are running for a charity and would like your information listed on the club webpage. The link will go live soon.

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

Please keep posting to social media.

Uniforms (Michelle Schatz and Jackie Judd):

Jackie and Michelle met with Marie Leigh last Saturday to look at the finances of the uniforms. We may be losing about \$2 per item. Jackie and Michelle want to add new apparel items to the club website as well. They had a request for changing shirt colors and received a complaint about the windbreakers getting sweaty then cold as the sweat freezes.

They have hats and gloves with them in case anyone is interested. Michelle and Jackie are also planning on showing up to some events with apparel to sell.

Jackie made some nice-looking flyers to advertise the club.

There was a vigorous debate over the use of yellow for our club shirts.

Activities (Mary Bahl):

Eric Jacobsen will host the March 7th meeting. Bob and Cindy Moore will host the April 4th meeting.

The next social night is on February 21st at 6:30 at John Harvard's.

The pub runs will start up again in May, depending on the weather.

Mary will be stepping down as activities director. Susin Taylor Carlson and Drew Giovannini have volunteered to take over. Susin and Drew were nominated to be co-directors for Activities. The motion was seconded and approved.

Other Business:

Mural Mile (Courtney Thraen)

Courtney is helping us with the 2020 Mural Mile race. This year will be the fourth running of the race. Courtney's group is planning on holding a 5k on May 3rd this year, at the same time we'd normally run the Mural Mile. We are considering running the Mural Mile a week later this year. Bob will not be a race director this year. Leslie White Harvey and Carleigh-Ann Harvey would like to be race directors.

Jeff Hattem thinks we have had too many race directors in the past. It's a short race with a small number of runners. Jeff thinks being a race director for the Mural Mile is too much for him to handle because he'd like to focus on the Busa Bushwhack. He'd like to focus on bringing the Busa registration numbers back up. He thinks there are too few people doing too many things.

Courtney was a race director the first year the Mural Mile was run. Now she helps coordinate logistics with the city. She would like to do something for the post-race party at Framingham Station, which should be open by May. The race will also be part of Framingham Art Week. She'd like the post-race party to participate in that as well. She suggests we run the race on May 9th. Courtney can help with marketing and coordinating logistics with the city again.

The kid's dash will not be included this year because there were no participants in 2019.

Bob Cargill agrees that the fewer directors the better, if the race directors can build a great team. Bob also thinks we should clearly define what the role of race director is.

Jeff thinks the Mural Mile should be a Grand Prix. Susin Taylor Carlson and Bob Cargill agree. It would also help if we can get C25k participants to join again this year.

Advisory Committee Recommendations (Arnie Pollinger)

Arnie wanted to discuss the advisory committee's first proposal at the end of the meeting. A link to the advisory meeting minutes can be found on the club [webpage](#)¹.

Proposal

The AC recommends that the Invitational Entry Lottery change from its current system (weighted by volunteer credits) to a new system whereby all entrants receive one (1) chance in the lottery. Lottery eligibility would be 10 participation credits. This proposal was reached by an overwhelming consensus. The exact makeup of what constitutes participation credits is tbd. The July 1 membership date requirement (to be eligible for that December's lottery) was not discussed and is presumed to be unchanged.

Discussion

Arnie thinks the volunteer-based lottery system worked well for about ten years. In recent years we've had complaints that it seemed like the same people are receiving entries. There has also been a lot of tension, competition, and politicking for numbers. Arnie thinks that we killed the golden goose, and that it's time for change. He hopes that we'll still be able to get volunteers for our activities.

Marie Leigh said that this is also done in the context of the BAA's cutback on bib numbers. This year we received eight bibs instead of ten. We also don't know if the BAA will cut back our bib numbers again in the future.

Susin Taylor Carlson proposed requiring five volunteer credits and five participation credits. We still need to figure out what a credit is. Mike Carlson said that the idea behind participation credits is to get people to run together more.

With regard to concern about volunteering being reduced in the wake of these lottery changes, Susin and Mike Carlson mentioned that they had proposed that 5 of the 10 participation credits be for volunteering. Arnie questioned how the 5 would be determined. For example, does someone who shows up at summer track for 15 minutes to hand out stickers get the same 1 participation credit that Bob gets for being President for an entire year? This would all need to be flushed out if we have a minimum volunteer requirement

Arnie said that he'll need an auxiliary officer to help track participation. Susin thinks that the person who counts the volunteer/participation points shouldn't put in for the marathon, to avoid a conflict of interest.

Jeff proposes we do away with the pre-meeting fun runs. He thinks we should have a different type of fun run. Rachael Sortino, a new member, said she joined a running club to run with people. She also runs with the Natick runners because they run together, and she knows that people will show up to runs. She's nervous about showing up at our fun runs because she never knows if anyone will show up, and what their paces will be. Karin Oleski says that people used to know each other's e-mail, so they could discuss when they would

¹ http://gfrcrun.org/minutes/2020/Jan_Advisory_Committee_Mtg.pdf

have a chance to run. Julie Cameron asked if people could volunteer to host fun runs, then create a sign-up to attract other runners.

Joe Koziol said that having a sign-up could help formalize the process. Tim Conlin likes the idea and pointed out that Rachael already identified with a Facebook-based system and suggested that we use that.

The meeting ran out of time before the group was able to conclude the discussion of the advisory committee's first proposal.

Jay Powell