



Greater Framingham Running Club

June 6th, 2020 – Bob Cargill hosted the meeting via Zoom.

Attendees

Bob Cargill, Arnie Pollinger, Ted Tyler, Mary Tyler, Edw S. Ginsberg, Jeanne Bizzoco, Amy Bizzoco, Anita Yip, Abby McCabe, Joe Koziol, Michelle Schatz, Jackie Judd, Susin Taylor Carlson, Mike Carlson, Sharon Martin, Scott Pettingell, Lisa Burgess, Vivian Smith, Kevin Greene, Jeff Hattem, Tim Conlin, Marie Leigh, John Joyce, Mike Gannon, Tom Miller, Judy Levine, Glen Meister, Carol Leiter, Mike Bower, Susan Richardson, Tom Abbott, Jay Powell

MONTHLY MEETING:

Guest Speakers (Kelly McCausland and Dave Kittredge)

Kelly is the executive director of the Addiction Referral Center in Marlborough¹. They serve people and families with substance abuse disorders in the MetroWest area. They provide referral services to detoxes, residential treatments, housing, connections to employment agencies, foodbanks, and other wraparound services that individuals or families in crisis might need.

The organization's goal is to help people and families lead a better life and prevent addiction related relapses. If you'd like more information you can fill out a form on their website (<https://www.theaddictionreferralcenter.org/>).

Dave is the vice president of the Highland City Striders², a running club in the Hudson/Marlborough area. The Highland City Striders had a fund-raising event for the Addiction Referral Center last year that he would like to share with us. His running club has several scheduled runs on weekends and weekdays. They realized that they were seeing a lot of trash on the roadsides during their runs. They decided to have a challenge where members could pledge a \$1 for every Fireball nip picked up on the running route. They were able to raise about \$1600 for the Addiction Referral Center. They are thinking of hosting a virtual edition of the same event this year.

Kelly said that the Addiction Referral Center is having a fund-raising challenge for local running clubs to see who can pick up the most Fireball nips from the roadside. Bob Cargill said we will talk offline about how we can get involved in this event and make it a club activity.

President (Bob Cargill):

Kelly McCausland from the Addiction Referral Center in Marlborough and Dave Kittredge from Highland City Striders will be today's guest speakers. We will have a vote on a new rule for the Boston Marathon Lottery.

¹ <https://www.theaddictionreferralcenter.org/about/>

² <https://www.highlandcitystriders.org/>

Bob suggested a virtual 5k on Facebook in solidarity with the Black Lives Matter movement sometime this weekend. He encouraged people to make donations as well.

Bob wants everyone to know he's thinking of them during the pandemic and hopes they stay healthy.

VP Report (Arnie Pollinger):

The scholarship committee awarded two scholarships to Kirsten Harrod of Framingham High and Genevieve Girard of Natick High. Both winners were female. Kirsten is Chris Chesmore's granddaughter. The winners were the only two who submitted complete applications. The scholarship committee decided that in the future they will award scholarships to the two best applicants, regardless of gender.

Thirty-eight people have signed up for the 26x1 relay. The fastest 26 will be part of the team total, but everyone is eligible for the age-group awards. You can run your mile starting Monday the 8th through Sunday the 14th. Everyone is encouraged to run. You can sign up for the relay until Sunday morning, June 14th.

Judy Levine asked if the mile relay will count as a Grand Prix race. Next year's Grand Prix races haven't been decided, and the decision to make it a Grand Prix race is up to Tom Abbott and Jeff Hattem. Running a mile for the 26x1 relay will count towards participation points for the Boston Marathon lottery. Arnie reminded everyone that any team race counts towards the lottery participation points under the new lottery rules.

Summer track is probably cancelled for the year. It has officially been cancelled through June. Arnie thinks it is unlikely we'll have it this year.

Secretary (Jay Powell):

No report.

Membership Director (Mike Gannon):

We welcome:

Laprel	Sophia Framingham
Laprel	Fiona Framingham
Murdock	Susan Needham
Schindel	Caren Framingham

Total Members = 275

Sophia and Fiona were added when their dad Bob renewed. Susan and Caren are friends of Judy Levine.

Other: Thanks again to Judy Levine for helping with getting the word out on renewals plus referring new members!! Thanks also to both anonymous members who offered membership grants to the club.

Thanks to all the members who have renewed so far!! The renewal process is over after 2 ½ months which is the longest it has taken. Out of 178 members up for renewal, less than half have renewed so far. The norm is normally closer to 55% which we should get closer to that after the purge.

Treasurer (Marie Leigh):

There has been very little activity except for memberships.

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

Jeff thanked everyone who ran the virtual races that we've had the last few weeks. Jeff thanked Susin Taylor Carlson for helping and Mark Akeson for posting the results quickly. Jeff thinks around 25 people finished a combined 11 races between the trail and road series. They will receive a special gift presented by Jeff and Tom. The virtual races were not scored, so Grand Prix standings were frozen in March.

Jeff was thinking about having the Busa Bushwhack 5.3 mile course as a virtual race in June. He would be able to score the race because everyone would be running on the same course. Scoring can't be done fairly if people are running separate courses (some may be mostly downhill, some mostly uphill, etc).

Jeff doesn't know how much longer we'll be doing virtual races.

Judy wanted people to know that not everyone is doing the virtual races for the scores, as with the traditional Grand Prix races. She finds the virtual races are a great motivation for getting out and running. The virtual races are also a great way for people to connect. It is especially helpful because the virtual races are free during difficult times.

Joe Koziol suggested specifying a route in Framingham for a virtual 5k, so that we can fairly score a race while everyone runs the same course. Jeff and Tom thought it was a good idea.

Amy Bizzoco suggested using the Ashland State park as a trail race. The trails there are much easier to follow than the trails in Callahan.

Jeff says that every race in the Grand Tree trail race series has either been cancelled or postponed through the end of June. For the Busa Bushwhack, Jeff suggested opening registration this summer, then refunding fees if the race is cancelled. Marie Leigh doesn't think it's right to take people's money if we don't know what will happen. She suggested waiting until September to open registration, then lower our expectations on participation numbers. Jeff thought it was fine to wait to open registration. Susan Richardson suggested posting a note on the club website explaining that we're waiting until the fall to decide about the race.

Newsletter (Tom Miller):

The newsletter was sent out last night. He thanked everyone for submitting their articles on time. Tom asked people to send in running related pictures. Normally he would add pictures from Grand Prix races. He would also love to have more people submit articles.

Web (Michael Peloso and Abby McCabe):

All is well with the website and the e-mail issues that we had coming into last month are resolved.

Mike Gannon provided the updated membership roll this week and if the club is in agreement with the decision to purge I'll move to clean up e-mail distribution list.

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

Susin thanked everyone who has been posting virtual race results to the Facebook page.

Uniforms (Michelle Schatz and Jackie Judd):

A damaged shirt was replaced. Please reach out to Michelle or Jackie if you'd like a shirt this summer. They have limited inventory (especially women's apparel). They are also happy to add anyone to the next bulk order that they place.

Activities (Susin Taylor-Carlson and Drew Giovannini):

We have a virtual social night on June 19th at 6:30pm. Susin is thinking of scheduling virtual runs every

weekend if people are interested. She said we may be able to do social distancing events at outdoor beer gardens later in the summer.

Other Business:

Marathon Lottery (Arnie Pollinger)

In January the advisory committee recommended that any club member with a marathon number from another source is prohibited from entering the GFRC's lottery. This was recommended because we have a limited number of bib numbers that we would like to distribute fairly to members. If someone has already received a number from another source, then they should free up a GFRC bib number for another person. Susan Richardson wanted to know what should happen if a person applies to the GFRC and another organization simultaneously and are awarded bib numbers first by the GFRC then the other organization. Arnie said you should turn your GFRC number back in if you haven't already submitted your entry to the BAA.

Marie seconded the motion. The recommendation was put to a vote and passed by acclamation.

Suggestions from Anita Yip

Anita sent bob an e-mail with some very thoughtful ideas.

- Complete a virtual 5k at any time on the first weekend of the month (substituting for the meeting fun runs).
- Highlight a cause (or set of causes) that club members are passionate about. People can choose to donate to the highlighted causes.

Susin Taylor Carlson said people should feel free to donate money to a cause when doing the virtual 5ks.

Anita's original proposal

1.) Regularly holding a virtual fun run/5k that members can complete anytime on the first weekend of the month when the monthly meeting happens.

This is not a grand prix event. This does not involve participation points. The drive behind the idea is creating a sense of community and connection. For members who can't attend the monthly meeting, it's something we can all do together and post the group to share our (running) wins.

We have virtual 5K's, but there isn't one that happens regularly on the weekend of the meeting. People can think of this as extending the fun run so that everyone can participate. It doesn't even have to be a 5K. Maybe just post your walk/run for the weekend. Stating it's a 5K at least gives some people a goal. In light of that, this could be branded as virtual fun run whereby we challenge members to do 5K. But again, the point is not the distance or making it into something with participation points. It's just something optional we can all do together as a community, whether or not we're physically together.

2.) Highlighting a cause (or even a set of causes, as the times call) quarterly or monthly that members bring up because they are passionate about it, with the virtual 5k being a specific event/reminder; donation never required.

Donation is optional and only done in private. No one is being asked to be in charge of collecting donations because the idea is not about funneling donations or tracking them through GFRC. To reiterate, no one should feel obligated to donate anything for participating in idea #1. Importantly, raising money is not the point of attaching a cause to idea #1 of having a regular 5K that everyone can join in on.

The drive for this idea is to learn about causes other GFRC members care about with the goal of building a sense of connection and community. GFRC members are active in their communities and have causes they care about, but how else would another member hear about them? Someone responded that the new newsletter member feature helps, and I agree. This would be another way.

This idea is the same as Bob saying earlier this month, I'm running a 5K this weekend, who wants to join me? And another member commenting, for those of you who can, here are some worthy causes to donate/dedicate your 5K to. The idea and cause(s) have been put out there, people may now be more aware of the cause that said member cares about, and no action is expected. On the flip side, not taking action should not be a statement in itself either.

When this idea was conceived, the Club voting on what cause to highlight was not part of the plan. One vision was that members could bring up an organization to highlight via Google form asking for organization name, mission, and why the member brought it up, for example. If more than one cause is brought up, then queue it up the next for highlighting at the next 5K. And if no cause was brought up, there are plenty of causes to highlight - from those who are brought in to speak at meetings to the grand prix races that usually support a cause like Voices Against Violence for the Purple Passion 5K. Yes, it requires work to promote it, but hopefully designing the process (e.g. a Google form) so that it's up to members do the leg work and write everything up makes it easier for people promoting the idea to simply copy and paste and so that leeway can be given to whoever promoting to decline promoting if the written copy was minimal/not ready.

GFRC would be a vehicle for promoting what members are interested in and for fostering a sense of connection and community both with the Club and in the broader context outside of the Club. GFRC would not be a vehicle for donating in this context.

Jay Powell