



Greater Framingham Running Club

March 7th, 2020 – Eric Jacobsen hosted the meeting in Hopkinton.

Attendees (Mileage in parentheses)

Eric Jacobsen, Michael Peloso, Vivian Smith, Bob Cargill, Marie Leigh, Tom Abbott, Tim Conlin, Jeff Hattem, Edw S Ginsberg, Joe Koziol, Rich Busa (4), Deb Galloway, Susin Taylor-Carlson, Chad MacDonald (10), Rachael Sortino, Arnie Pollinger, Michelle Schatz, Jackie Judd, Mary Tyler (3), Ted Tyler, Julie Cameron, Mike Gannon

Fun Run (Mileage in parentheses)

Jeff Hattem (4), Vivian Smith (4), Tim Conlin (3 walk)

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Eric Jacobsen for hosting. Today's agenda items include Reach the Beach, the Mural Mile, the Couch to 5k program, Team Framingham, the Busa Bushwhack, and the Boston Marathon.

Bob extended condolences to Mike Bower for the death of his sister. Bob also extended condolences to Lonny Townley for the death of his wife Fran Marchankevicz.

VP Report (Arnie Pollinger):

Track workouts have restarted at Bowditch and can be found on the calendar on the club web page. Workouts take place every Wednesday at 6:15 pm. The 26x1 relay will be June 13th. Arnie will send out an invite to the club later this month.

We will vote on a new lottery format at the May meeting. The proposed rules say you are eligible for the lottery if you participate in club activities at least ten times during the year (at least 2 have to be as a volunteer). The nuances of the proposal will be discussed further in May. Arnie has a proposed list of activities to run past the club, including

- Attending the monthly meeting
- Attending the monthly meeting fun run
- Attending a lifetime fun run
- Attending a track workout
- Attending Team Framingham long runs
- Running a Grand Prix race
- Attending a social night
- Attending a Pub Run
- All current volunteer activities

Please let Arnie know if you can think of another event that should be added. Rachael Sortino and her roommate created a spreadsheet to help people track the events that they have attended. It will be posted to

the club page later. Bob said that people should update the spreadsheet throughout the year, rather than right before the lottery drawing at the December meeting.

Tom Abbott suggested that posting something running related to the club's Facebook page should count as a participation point (maximum of one post). Bob and Susin Taylor Carlson like the spirit of the idea but think it might be overkill. Deb Galloway suggested that Bob remind people to update the participation spreadsheet whenever he sends out the monthly meeting reminder.

Joe Koziol asked if there's anything to be gained by changing the lottery format. People argued that the changes are meant to encourage people to get more involved with the club.

Mike Bower (via e-mail) suggested adding Reach the Beach and non-Grand Prix road races that have GFRC teams running the race.

The club reiterated that attendance at the Advisory Committee meeting does not count toward participation and volunteering in accordance with long-standing club policy

Secretary (Jay Powell):

We have received one scholarship application. I will process the others as they arrive.

Treasurer (Marie Leigh):

Membership Director (Mike Gannon):

We welcome:

Gomez	Mike	Framingham
Aherne	Sean	Natick

Total Members = **345**

Mike is a member at Lifetime, and Sean found us on the internet.

Within the next week I will be sending reminders to the 170+ members up for renewal. Membership for 1 year is still priced at \$25 for individuals, and \$30 for family but much cheaper on average if you opt for 3 or 5 years. We purposely made it that way to encourage multi-years. (see below)

Years	Individual	Family
1	\$25	\$30
3	\$54	\$69
5	\$75	\$100

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

Completed Races

Nine members ran the Paddy Kelly 5 miler. We used to get about twenty-five members running that race in past years. Bob Cargill and Joe Koziol are present at the meeting and ran the race.

Seventeen members ran the Old Fashioned Ten Miler in Foxborough. Eric Jacobsen and Joe Koziol are present at the meeting and ran the race.

Twenty-one members ran the Lowry/Cushing pub run. A couple of people did long runs before the race, including Deb Galloway and Jeff Hattem. Jay Powell, Jeff Hattem, Deb Galloway, Ted Tyler, Mary Tyler, and Susin Taylor Carlson are at the meeting and ran the race.

Upcoming Races

March 15, 2020 New Bedford Half Marathon - 11:00 am Sunday, New Bedford

March 22, 2020 To Hale and Back Trail Race (5 K and 6 Hour) - 8:00 am Sunday, Hale Reservation, Westwood

April 5th, 2020 Boston Tune-Up (15k) – Upton

April 11, 2020 Merrimack River Trail Race (10 miles) - 9:00 am Saturday, Andover

April 25, 2020 TARC Spring Classic Trail Race (10K, Half, Marathon, or 50K) - 8:00 am Saturday, Weston

April 25, 2020 JB Blastoff 5K - Saturday, 10:30 am, Waltham

May 16, 2020 Wallum Lake Trail Run (Half Marathon & 10K) Saturday, 9:00 am, Douglas

The To Hale and Back Trail race in March has sold out. Seven club members signed up for the race. This might be the last year for the Merrimack River Trail race. Jeff is still deciding on the second May trail series race.

Jeff reminded everyone that anyone who runs 11 GP races (road and trail combined) will get a special gift at the annual banquet.

Newsletter (Tom Miller):

The newsletter was sent out this morning.

Web (Michael Peloso and Abby McCabe):

We are still posting links to Team Framingham charities. Abby has updated the track workouts on the calendar.

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

Please keep posting to social media. Susin has been trying to post to Twitter and Instagram and encourages others to check out those platforms.

Uniforms (Michelle Schatz and Jackie Judd):

We finished our cost analysis, which included credit card fees. We have been losing money on credit card transactions. A couple of items will need to have their prices raised after the analysis. Jackie and Michelle will discuss this with Marie after the meeting then forward the info to Michael Peloso to post to the website.

Activities (Susin Taylor-Carlson and Drew Giovannini):

Bob and Cindy Moore will host the April 4th meeting. We are booked up except for November. Please let Susin know if you would like to host the November meeting.

The next social night will be on March 20th, probably at Springdale. Susin would like to do a meet and greet beforehand and open it up to the public at large so that they can learn more about the club. Jackie Judd suggested promoting the event at Alta Union house since it is so close.

The pasta party will be on April 18th and is open to anyone in the club and Team Framingham. Clock watching volunteers will receive their jackets at the pasta party.

Mike Gannon suggested sending out all social activity info in weekly emails. Susin will start to do that going forward.

Susin and Drew will create an activities mission statement.

The pub runs will start up again in May, depending on the weather. Susin and Drew will consider having pub runs at Lookout Farm in Natick (they brew their own cider). Susin and Drew are also considering Hard-Shoe Brewery in Marlborough, as well as a yoga event. Bob suggested Medusa Brewery and Ground Effect Brewery in Hudson near the Hudson Rail Trail.

Other Business:

Team Framingham Scheduling Conflicts

Per the club charter, GFRC supports Team Framingham. Arnie Pollinger and Mike Gannon think Team Framingham should support the club in return. There are currently conflicts between Team Framingham long runs and club meetings. Bob Cargill was wondering if we need to change meeting times to avoid conflicts between Team Framingham long runs and club monthly meetings.

Arnie thinks Team Framingham should be cognizant of the club meeting schedule when they schedule their long runs. They only need to take one Saturday a month into account during training season. Perhaps Team Framingham could schedule their long run for a Sunday for that one day a month when there is a potential conflict. Marie thinks this should be a conversation with Team Framingham leaders in the fall before training starts for the 2021 Boston Marathon.

Mike Bower (via e-mail) said that the Team Framingham steering committee has never requested the club change its meetings, and the steering committee believes the club should schedule as it sees fit. Mike thinks the club should alternate meeting days to accommodate diverse schedules (work, family conflicts, religious services, etc).

Jeff Hattem doesn't think Team Framingham should post about long runs on the GFRC Facebook page that conflict with club meetings. He thinks the focus of the club Facebook page should be on club activities, not activities for other groups.

Jackie Judd asked if it's a big deal if people miss meetings for a few months. A meeting every month can be a lot, and it's hard to make all of them. Bob said that it's a six-month conflict, and that we lose some strong leaders to Team Framingham events. We also need to defer votes and important decisions until after the Team Framingham season finishes, so that more people can voice their opinions. Several people at the meeting feel that the club is taking a back seat to Team Framingham activities and find this frustrating.

Joe Koziol suggested that both parties should compromise (each move a meeting/long run to accommodate the other group).

Jay Powell