



Greater Framingham Running Club

October 2, 2020 – Susin Carlson hosted the meeting via Zoom.

Attendees

Susin Carlson, Mike Carlson, Tom Miller, Jeanne Bizzoco, Amy Bizzoco, Mary Tyler, Ted Tyler, Mike Paloso, Arnie Pollinger, Susan Richardson, Wendy Rieder, Rich Busa, Judy Levine, Cindy Moore, Bob Moore, Joe Koziol, Jeff Hattem, Anita Yip, Edw. S. Ginsberg, Tom Abbott, Carol Leiter.

Fun Run

No group fun runs this morning as the COVID pandemic continues.

MONTHLY MEETING:

President (Susin Carlson):

Susin started off the meeting looking for a cow bell to ring and was bailed out by Jeanne ringing a bell. Susin welcomed the veteran and new directors to the meeting and noted the position for Activity Director remains open. With COVID on going the focus has been on virtual races. We don't know yet what is going on with the Framingham Turkey Trot (a.k.a. Turkey Classic) this year. Susin shared this quote with us that she came across recently: "Do not wait until the condition is perfect to begin. The beginning makes the conditions perfect".

VP Report (Cindy Moore):

Cindy wished everyone good morning and thanked everyone. Cindy is very excited about a meeting with the Director of Community Resource Development scheduled for Wednesday. The idea is to reach out to the diverse student population in the area and connect them to the Greater Framingham Running Club. Cindy also mentioned ideas of posting mindfulness tips for the benefit of the students, such as healthy eating, running tips, etc.

Secretary (Tim Conlin):

Tim thanked Jay Powell for supporting the effort to transfer secretarial duties.

Membership Director (Mike Gannon):

Mike reported (via email) no new members this month. Total members remains at 275.

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

Trail Races

Jeff said participation for virtual trail races has far exceeded his expectations, with 17 or 18 GFRC participants on the last one. Jeff would like to see this kind of turnout when the races get back to real. Another 5k trail race is scheduled, Halloween themed, the same weekend the Busa Bushwhack would have been. Details will be coming out soon. Jeff does not see any real trail race events coming to Massachusetts until the State gets to Phase 4 (for COVID). Jeff would like to see informal group trail runs return, such as running the trails at Callahan State Park on Sunday mornings which used to be very popular. This would also be a good way to get beginner trail runners comfortable with running trails. Other trails could include the nearby Sudbury Reservoir trail.

Road Races

Tom Abbott and Mary Tyler reported on Road Races. Two 5k's are scheduled for October 10 -17, Jack Abby's and the Wayside. Any other 5k race can be run just post it to Facebook with your picture and time. Tom noted the idea is to encourage people to get out there and run and if you can also donate to a charity that's great.

Judy asked for clarification in terms of virtual races counting towards Grand Prix points. Susan Richardson thinks there are currently two types of races 1.) Any race (no registration or fee), and 2) a registered race. The question is do they both count towards Grand Prix points? Susin Carlson said we'll set-up a virtual GFRC road race the weekend of October 24th that you don't have to pay for and make it an "official" race (counts toward Grand Prix points).

Grand Prix Awards

Judy asked with no GFRC Banquet this year will there be any Grand Prix Awards? Jeff said the scoring is completed up through March 2019 (due to COVID) and awards can be given hopefully before the end of the year. Jeff noted the Grand Prix Season runs from June 1st through May 31st each year. Susin Carlson said she'll converse with Jeff to sort out how to distribute awards. Judy thinks the awards are a great motivator and good for marketing to attract new members.

Newsletter (Tom Miller):

Tom mailed out the newsletter last night. Tom thanked Mike Bower for his contribution to Reach the Beach article. Pictures are included in the front and back of the newsletter. Tom encouraged us to send him any unusual pictures of where we run. Tom thanked Tom Abbott for his contribution to the newsletter, and thanked Rich Busa for his contribution to the Hard Rock Trail Race article. Rich said the Ultra Running Magazine should be credited for the article.

Web (Michael Peloso):

Michael said nothing new to the website. Michael is adding virtual races.

Social Media Director (Susin Carlson):

Susin noted there is nothing new but continues to maintain GFRC presence on social media.

Uniforms (Wendy Rieder):

Nothing to report on uniforms.

Activities (Susin Carlson):

Mike Bower noted the virtual Ragnar Relay started at 8 a.m. last Saturday and finished with Bob Cargill on the last leg on Sunday, for a total of 200.9 miles. It was not the same as the real race but still a blast says Mike. Susan Richardson thinks it was a wonderful experience and nice to connect to everyone along the way. Susin Carlson said it was her first, doesn't know what the real one is like but it was still awesome.

Susin Carlson will post information for club members regarding the Fireball Challenge, a fundraiser for the Addiction Referral Center where folks get sponsored by friends/family to pick up nip bottles for a chosen amount of miles.

Carol said she signed up for and is excited to run her first post-COVID race, the Scarecrow race in Lincoln, which is mostly road with some trail.

Other Business:

Judy asked if the club would consider changing the monthly meetings from Saturday mornings to another time. Speaking outside the context of the COVID pandemic, Jeff said he always looked forward to the Saturday morning fun run, breakfast, then the meeting. Jeff and Arnie said fun runs and breakfast used to be more popular, then people would hang around for the meeting. Arnie said there is a lot more competition now on Saturday mornings, such as Lifetime Athletic holding runs on Saturday morning. Susin Carlson is open to other or mixing up the meeting dates, if it means more people will be able to attend. Jeff says another club does their meetings on Thursday nights at 6 p.m. No running, just a meeting in a restaurant. Judy thought Thursday night may work better for others with kids or attract others who can't do Saturdays. Cindy thought if someone brought a computer to the restaurant meeting, others who could not attend in person could attend virtually. Susin Carlson said we'll discuss this topic further.

Tim Conlin