



Greater Framingham Running Club

April 3, 2021 – Susin Carlson hosted the meeting via Zoom.

Attendees

Susin Carlson, Mike Carlson, Ted Tyler, Mary Tyler, Edw S. Ginsberg, Tom Miller, Anita Yip, Mark Goldschmidt, Cindy Moore, Bob Moore, Wendy Akeson, Jeff Hattem, Kevin Greene, Chuks Ezedi, Carol Leiter, Marie Leigh, Tom Abbott, Susan Richardson, Judy Levine, Tim Conlin

MONTHLY MEETING:

President (Susin Carlson):

Susin welcomed everyone. There's a race by the New England Center for Children, the NECC 5K Walk/Run for Autism, on May 1st at 10:00 a.m. They are using the Charge App. Susin will send out the link after the meeting. It's not a Grand Prix race. It's a fun race that Susin has done a number of times.

Vice President (Cindy Moore):

Cindy says howdy ! to all and wishes everyone well.

Secretary (Tim Conlin):

Three applications for the Rich and Chris Chesmore GFRC Scholarship have been received. At least one more is expected via snail mail. Once they are all received, they will be anonymized and emailed out to the GFRC Scholarship Committee.

Membership Director (Mike Gannon):

This month we welcome Yunyu and Ling Zhang from Ashland.

Total Membership = TBD (as I exclude it during the renewal period)

127 memberships expired on April 1st. I sent out email reminders and 17 either renewed or let me know their status so I thank them all for their quick responses. I apologize in advance for the future reminders including 1 on Facebook soon.

The gender part of the renewal form and possible ways to modify it were discussed.

Treasurer (Marie Leigh)

There's not much to report. Once the membership renewal process is over I'll have an updated report next month.

Grand Prix (Tom Abbott, Jeff Hattem):

Trail Races (Jeff Hattem)

We had a very impressive showing for last month's virtual trail run, 21 people participated. This could be a record. Jeff hopes once we get back to actual events at least half those numbers show up. There are trail events going off in New Hampshire, Rhode Island, and Connecticut. In Connecticut, they give you a window of opportunity to run the race. It's run virtually but it has to be on the actual course. Jeff ran a snow shoe race earlier in March in Cumberland Rhode Island, which is right over the border. Jeff doesn't think Massachusetts will schedule a trail race until we're in full Phase 4.

There will be a Grand Prix Trail Race from April trail 17th to 18th, "The GFRC Mud Bath 5 mile Trail Race". Going forward, Jeff asks please record/post the time for the distance advertised. Some are running further which is great but when posting, please post the distance advertised.

Edw asked if Battle Road at Minute Man National Park in Concord can be considered a trail. Jeff said not really since it's more of a gravel road than a trail.

Road Races (Tom Abbott)

Tom likes the Patriots Day weekend race coming up being spearheaded by Mike Bower and company of Team Framingham. You can run whatever distance you want. It's open to all runners. It will go Saturday the 17th, Sunday the 18th, and Monday the 19th, Patriots Day.

Tom's adding a twist by encouraging participants to report their own age graded time, and says checkout the GFRC website which describes how to calculate age graded time and says it's really simple. Susin noted she has an event page for the GFRC races at GFRC Facebook.

Newsletter (Tom Miller):

Tom sent out the newsletter to the GFRC community last night. There are two great articles and some great pictures of the club.

Web (Rachel Sortino):

No report.

Social Media Director (Susin Carlson):

Susin continues to maintain GFRC presence on social media.

Uniforms (Wendy Rieder):

No report.

Activities (vacant):

GFRC still needs an activities director. This position can be shared. It does not need to be one person. Activities Director and Social Media Director play similar roles and could be combined into the same job.

Other Business:

Summer Track (Wendy)

Wendy is the co-director for Summer Track. Wendy said she volunteered for the role because nobody else wanted to, and even offered the role up if anyone wants to claim it, but no one did. Many of us know Wendy's been a long time regular Summer Tracker and is very well suited for the job. Currently it remains uncertain if Summer Track will happen but the Framingham Parks & Rec will post the start date on their website if it's a go. The word is that registration will be on-line through the Parks & Rec. There will be no registering in person at Bowditch Field. Parks & Rec have already informed us that they will have very few volunteers.

Diversity Initiative

Tom Miller mentioned the names of members involved with the diversity initiative. Mark is reaching out to the community and getting the word out about the club, and encourages the rest of us to do the same. Mark has connected with some individuals, including soccer players of various ethnic groups, and local churches to let them know about GFRC. Mark noted that the ESL (English as a Second Language) program is big in Framingham. The great thing about the club is that not only will these individuals learn to run better but they'll also develop their English language skills. Mark noted that, selfishly, he wants to learn more Spanish and Portuguese, so he'd benefit too!

The idea of having a virtual social on a Friday night to promote the social aspect of the club and to provide an opportunity to connect with prospective club members was mentioned.

Couch to 5k (Mark Goldschmidt)

Mark is hoping to start the Couch to 5K the 3rd week in April. Mark shared, on the screen, a detailed COVID protocol that participants will need to follow during the Couch to 5K. Carol mentioned she has a contact at Framingham State College, involved with the ESL program, that may be interested in sharing the Couch to 5K information with students. Mark will send the Couch to 5K information to Susin. Susin will send it out to all club members so that we can all spread the word.