



## *Greater Framingham Running Club*

**February 6, 2021 – Susin Carlson** hosted the meeting via Zoom.

### *Attendees*

Susin Carlson, Ted & Mary Tyler, Tom Miller, Marie Leigh, Mike Gannon, Jeanne Bizzoco, Wendy Rieder, Debra Galloway, Brian Spinks, Judy Levine, Mike Gannon, Cindy Moore, Bob Moore, Kevin Greene, Edw. S. Ginsberg, Rachel Sortino, Susan Richardson, Jeff Hattem, Tom Abbott, Carol Leiter, Lisa Burgess, Mark Goldschmidt, Tim Conlin.

### **MONTHLY MEETING:**

#### **President (Susin Carlson):**

Susin said good morning to all. As usual there is not tons to report as we are still in the midst of the pandemic. Boston Marathon is tentatively scheduled for Oct 11th so we'll stay tuned. We look forward to Summer Olympics happening, hopefully. Ragnar is on going and there's been a lot of participation. Keep moving. We'll keep posting virtual events and post your participation. I'll keep the meeting quick as I just had my second covid shot and am not feeling so well.

#### **Vice President (Cindy Moore):**

Cindy said hi to all. Cushing has been open except for the end not being plowed but it's been good enough to run on, so get out there!

#### **Secretary (Tim Conlin):**

The GFRC Scholarship applications have been sent out. So far none have been returned but that's no surprise. Arnie has informed me GFRC typically gets most of the applications during the last week before the deadline, March 31st.

#### **Membership Director (Mike Gannon):**

We welcome our first new member of the year, Brian Spinks from Nashua! Brian lives in Nashua but his grandparents live in Framingham.

Right now we are at 281 members.

## **Grand Prix (Tom Abbott, Jeff Hattem):**

### *Trail Races (Jeff Hattem)*

Glad to report we had another great turnout for the last trail grand prix race at Assabet National Wildlife Refuge. Keep it up everyone! Get on the trails. Next trail race is President's Day weekend. Another 5 K. If we have snow out there like we have today get out there and run, cross country ski, hike, etc. I have extra snowshoes if anyone wants to try it out. We can't have a real Grand Prix snowshoe race with covid this year. With the snow we have right now it's a great time to get out there on the trails. For virtual trail races there will always be a shorter distance option, such as 5K. Please take a photo of your watch and take a picture of the distance advertised and post it to show participation. Races are currently advertised via email and Facebook. Remember if you run a combination of 11 races, either Grand Prix or Trail, at the end of the season you get a special gift from Tom and I.

### *Road Races (Tom Abbott)*

Tom is looking to set up a virtual Lowry Pub Run in February or March, among other virtual race events. Keep an eye out for event postings.

## **Newsletter (Tom Miller):**

Tom sent out the newsletter yesterday. It features articles on Black History Month. Tom thanked Tom Abbott for his help in putting the newsletter together.

## **Web (Rachel Sortino):**

Rachel is in the process of updating the GFRC website. Susin said she'll send scheduled virtual race events along to Rachel as she receives them from Jeff & Tom.

## **Social Media Director (Susin Carlson):**

Susin continues to maintain GFRC presence on social media.

## **Uniforms (Wendy Rieder):**

We now have the process in place for working with our new vendor, Four Seasons in Framingham. They are doing a good job and I spoke to the owner for possibly adding a few new items. They sent a catalog that we can look at. Maybe a quarter zip shirt or hooded sweatshirt, etc. I'll send out a flyer to see what people may be interested in. We'll need to order at least 3 of any item. Tom Miller said he can add the flyer information in the news letter. Other colors were discussed for the GFRC colors. Not everyone likes the yellow and there was some interest in showing more blue. Offering looser fitting shirts was also discussed. Send Wendy an email if you are interested in specific things. If there is a lot of interest in a particular item it could be added to the GFRC running gear selection.

## **Activities (vacant):**

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

## **Other Business:**

### *Mark Goldschmidt - Charge Running App*

Mark talked about the Charge Running App. Mark says it's the closest thing to real live race. The race Mark ran with it included a fund raiser. It involves an app with a live DJ, a pre-race national anthem, and while you run the DJ calls out runners names, such as when you reach mile markers etc, and more. Until tomorrow they have a package deal, a weekend race for \$2,000 or a weekday race for \$1,000, for up to 100 runners. After 100 runners it's \$6 per additional runner. We could charge 10 to 20 dollars to participate. The current package deal is only good until February 8th, but there will probably be more. We could schedule a race for May or June. The club would need to fund the difference if we don't get enough runners to sign up. The race can be put on demand if you can't make it the day of the race. You'd hear the recording while running and everyone's name gets called off. They also have a virtual training part of the app with Jeff Galloway, a renown runner. The individual app is \$30/mo. but discounts are offered for groups. Mark is thinking it could be a race for GFRC as a whole but also another race could be offered for the Couch to 5K program. Mark's thinking he could also include kids from the program he's involved with at the high school. We could call it the "last virtual race"...hopefully. We could even tie-in some new t-shirts to the event. We could also invite other running clubs to participate or just keep it GFRC. When you register for the race they send you a link and it takes you to the app. Mike Gannon said when we put a package together for the virtual race he can present it to his running group in Waltham as well. Judy suggests charging a little more and use the extra funds for a charity.

### *Debra Galloway*

Steve & I are doing the big Appalachian Trail from end of March to End of July. If anyone wants to rent a house or take care of our cat let us know!

### *Bob Moore*

I'm just getting back into running after 5 months. I went to Spaulding National Running Center in Cambridge, and got rid of my knee tendonitis, and achilles tendonitis in just six visits. Bob highly recommends this running center.

*Tim Conlin - Secretary*