



Greater Framingham Running Club

June 12, 2021 – Susin Carlson hosted the meeting via Zoom.

Attendees

Susin Carlson, Mike Carlson, Cindy Moore, Bob Moore, Tom Miller, Ted Tyler, Mary Tyler, Carol Leiter, Kevin Greene, David Achenbach, Wendy Akeson, Wendy Reider, Arnie Pollinger, Rich Busa, Tom Abbott, Mike Gannon, Jeff Hattem, Trevor Singleton, Chuks Ezedi, Lisa Burgess, Marie Leigh, Tim Conlin.

MONTHLY MEETING:

President (Susin Carlson):

Susin welcomed and said good morning to everyone. “Things are starting to open up and I’m optimistic we’ll have an in-person meeting this Summer.”

Vice President (Cindy Moore):

Cindy said hello everyone. “Not much to report . We have the final Couch-to-5k coming up next weekend starting 7a.m. Saturday, the day before Fathers Day. I look forward to seeing people in person.”

Secretary (Tim Conlin):

No report.

Membership Director (Mike Gannon):

A lot of activity this month.

We Welcome :

Richman Hannah Framingham
Richman Brendan Framingham
Nussbaum Jared Framingham
Deluski-
Walter Christine Ashland
Barios Diaz Sara Westborough
Collier Stephanie Framingham
Fayter Patricia Framingham
Guevara-
Viana Anderson Framingham
Lobo Giuliana Ashland
Lobo Mark Ashland

Lobo Hannya Framingham
Preziosi Carianne Framingham
Ritter-
Meserve Chantal Hudson
Ruiz Lopez Virginia Ashland
Thater Edward Shrewsbury
Vega Aaliyah Framingham

Total Members = 251

Hannah and Brendan are new to Framingham. Hannah is running Boston. Jared found us via some members and Framingham High School. The rest of the new members have been part of the c25k group. If the runners made a \$25 donation, they became members of our club also.

The renewal process is over and 58% have renewed! Thanks to everyone who renewed, and hopefully more will return in the future. Every renewal was processed electronically for the first time in my experience as Membership Director

Grand Prix (Tom Abbott, Jeff Hattem):

Trail Races (Jeff Hattem)

“We can run live events if you are interested, June, July and August. Woodland trail series in Uxbridge, is a 3 race series, on Thursday nights. I don’t want to make them Grand Prix if only one or two people are going to show up. The races are June 24th, July 29th, and Aug 26th. The distances vary depending on the race but they are approximately 5 miles each, very runnable and not too technical. Great courses that the Tri-Valley Front Runners put on every year. It’s limited to 125. It’s only \$10 to enter each race, \$25 to enter all 3. Races start at 6:30pm. You have to pre-register.” Wendy suggested to Jeff that he send it out for people to consider who can’t make the meetings. Jeff said if you want to check out the courses we are running it next Saturday at 9am. Judy said it could conflict with pub runs. Jeff said pub runs could be scheduled on different dates. Jeff said at the August race they have a barbecue after the race. Jeff will put all 3 races up.

“There is the Wachusett Mountain trail race on August 8th. It’s open for consideration.

For September I don’t see anything yet.

For October we have the Merrimack River Trail Race which is October 2nd. The Groton Town Forest Race is October 24th. Upton Forest 10K and Half-Marathon is November 14th.”

The new grand prix season starts this month.

Jeff says we’ll be having a meeting sometime today regarding the Busa Bushwack.

Road Races (Tom Abbott)

“With live events starting up I can now get a schedule going for live Grand Prix races. The first one will be the 200m x 1 mile at Bowditch Field. The event will run two days, June 24th and June 25th, so if people can’t make it one day they can go the other.”

“For July we’ll have the Hot to Trot in Uxbridge the end of the month. For 4th of July races there’s one in Needham, another in Sudbury, among others. People like the Sudbury one, it’s 3 3/4 miles, is

hilly and starts at 9 a.m. Mary asked if we can open up all 4th of July weekend races to be eligible Grand Prix Races since there are a lot of them. Tom said we can talk about it, but why not?...let's do that."

"The Somerville running club is having A Marathon Mile Relay in July- we'll look at that."

Newsletter (Tom Miller):

Tom sent out another great newsletter to the GFRC community this morning.

Tom is looking to have the calendar updated, and would like to include it in the newsletter. Arnie noted that the calendar is updated on the GFRC website for Summer Track and the track workouts.

Tom would like members to take pictures and send them to Tom. Susin said it will get better, as things are opened up, more members will be apt to take and send pictures.

Tom asked to send him articles for submission at least a few days before he sends out the newsletter.

Tom said he'd like to recognize a couple friends at the meeting today: Chuks Ezedi and Trevor Singleton.

Web (Rachel Sortino):

Nothing new to report.

Social Media Director (Susin Carlson):

Susin continues to maintain GFRC presence on social media.

Uniforms (Wendy Rieder):

Wendy Rieder apologized for not being around the last few months. "My father was very sick and just passed away. I had to be away from running but now I'm back and my father would want to see me back." Susin said she was so sorry to hear that and offered her condolences.

Wendy offered her thoughts and is looking for ways to get uniforms out there. "Now with new Couch to 5k members its a good opportunity to get some uniforms out . So we're looking at some alternate colors, working with Jackie Judd. I'm looking for ideas as we have some opportunity." Arnie suggested Summer Track is a good venue. It starts at 5:30p.m. 5:30 to 6 would be a good time to put out samples and some flyers for uniforms at the registration table; 5:30 is better before it gets too busy. Marie thinks the website is a good place to start with uniform information.

Wendy says the vendor has a 10-piece minimum order. " I think in the next week or two Jackie and I can put a flyer together." Cindy recommended connecting with Mike Bower or Mark Goldschmidt. They're connected with Team Framingham and Couch to 5k participants. Also, new members get \$10 off their first purchase so that could entice them to purchase uniforms.

Activities (vacant):

GFRC still needs an activities director. Susin said it's up for grabs if anyone is interested.

Other Business:

Summer Track (Arnie Pollinger, Wendy Akeson)

Wendy Akeson hopes a lot of us can show up at summer track. "Come when you can. It's really fun. It's a great way to get points for the Boston Marathon lottery." Susin asked about setting up a volunteer sign up. Wendy thinks people tend not to like the sign up; they sign up or hesitate to commit if something comes up and they can't show up. Arnie said we've tried it in the past and it doesn't really work. Arnie noted the only change right now from past years is we are allowing parents and kids to stand on the football side of the track strip between track and football field, during the 50 and 100m races. In the past they had to stay on the bleacher side only. Wendy, noted they'll be no sign up genius, hopefully people can just make it. Judy asked if whether the City of Framingham is promoting Summer Track or not and if we should. Arnie said the city does their own promotion via their website. They list all their programs. Arnie is not sure if they have contacted the Source. Wendy noted that this year Framingham Parks & Rec is not providing any volunteers this year so we'll need help. Judy said we can post it on Facebook and send it out there. Arnie said there is good information on Summer Track on the GFRC website that can be used for posting information on Facebook. Judy added, if you show up to Summer Track, it helps if you wear your GFRC apparel, so people know that you are a volunteer/member.

Pub Runs

Susin is thinking to start pub runs at Exhibit A. We're thinking of 6:30 pm start on June 17th. Meet and run for an hour, or just socialize. Hope for good weather and people show up.

GFRC Rich and Chris Chesmore Scholarship (Arnie Pollinger)

Regarding the scholarship, we mentioned Abby Burgess at the last meeting. Lisa Burgess was there on Abby's behalf to accept the scholarship award, since Abby's school will not hold an awards ceremony. The second award went to Samuel Moffat of Framingham. Lisa noted that Samuel is a great kid. Arnie said we were very happy with all the candidates, it was a very competitive scholarship field. Arnie said he just wanted to single out Samuel Moffat and give him recognition also. Samuel's name was purposely not mentioned at the last meeting as the scholarship committee wanted to try to keep it a secret until the FHS awards ceremony.

Tim Conlin - Secretary