



## *Greater Framingham Running Club*

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

### *Attendees*

Susin Carlson, Mike Carlson, Jeanne Bizzoco, Amy Bizzoco, Eric Jacobsen, Rich Busa, Wendy Akeson, Susan Richardson, Kevin Greene, Tom Abbott, Lisa Burgess, Amy Pearl, Anita Yip, Judy Levine, Mike Bower, Carol Leiter, Marie Leigh, Wendy Rieder, Rachel Sortino, Mary & Ted Tyler, Tim Conlin.

### **MONTHLY MEETING:**

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

Susin said good morning to all and hopes everyone is healthy, happy, and safe. Cindy is not here today, she is out in the Berkshires. Tom Miller is attending a memorial service. Jeff is up north snow shoeing.

Susin looked up the Massachusetts website this morning and notes we're in Phase 3 Step 2 with respect to the covid pandemic. Running clubs fall under moderate risk on the state website. We are able to do level 1, level 2 and level 3 activities. Level 1 is individual workouts socially distanced, level 2 is competitive practices, level 3 is competition, but you also have to be masked. When running you have to be staggered 6 at least feet apart. There are no road races until we get to Phase 4. The Framingham website references the state guidelines. The group discussed possibly starting track workouts. Framingham is in currently in the "Yellow" zone.

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

No report.

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

The Rich and Chris Chesmore GFRC Scholarship applications were sent out in January. No applications have been received to date. Typically they arrive the last week of March. The deadline is March 31st. It was discussed to possibly extend the deadline if necessary, as was done last year. Arnie noted last year we extended the deadline almost two months, but no additional applications were received during that period. We can always try it again. Marie asked if we should follow up with the contacts at the schools. Arnie said we could, but these are the same contacts we've used for years, and several were highly enthusiastic when we talked to them earlier this year. The lack of applications is likely pandemic related with less in person activity going on. We'll see how it looks towards the end of the month and make a more informed decision to extend or not from there.

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

No report.

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

### *Trail Races (Jeff Hattem)*

Tom Abbott filled in for Jeff in his absence.

There will be a virtual trail race on March 20th and 21st (Lucky Trails Virtual 5 mile Trail Race). This race will have a St. Patrick's Day theme so where your green!

Tom reports 21 people participated in trail race a couple weekends ago and Jeff is very happy with that.

### *Road Races (Tom Abbott)*

Another Grand Prix series virtual race will be March 13th and 14th (May The Wind Be at Your Back Virtual Road Race). This race will have a St. Patrick's Day theme also, so sport some green and post a photo. Tom switched it up a bit making it a 3 mile road race instead of 5K. After all, it will make your time look better. Tom thought of having a zoom social after the race in the spirit of the Lowry Pub Run traditionally held around this time of year.

Tom's thinking of different ideas for the April virtual race, such as a different distance and running methods, such as the "Galloway" walk/run method. Stay tuned.

Mike Bower noted Team Framingham is organizing a virtual 5K for Patriots Day weekend. It's going to be a Team Framingham event but it's open to all runners. It's to keep the Team Framingham and Boston Marathon spirit going. It will run Saturday the 17th, Sunday the 18th, and Monday the 19th, Patriots Day. Once Mike gets the details he'll pass them along but the event will encourage taking pictures and posting them to share the spirit. If GRFC wants to piggy back on the event, we are welcome.

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

Tom sent out the newsletter to the GFRC community last night. Thanks Tom!

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

Rachel offered to delete old emails in [gfrf.org](http://gfrf.org) that are more than a year old so that GFRC emails don't get blocked up, as seems to be happening to Marie. Susin agreed they should be deleted and there were no objections so Rachel will go ahead with this. Rachel resolved the problem with the backed up GFRC emails during the meeting.

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

Susin continues to maintain GFRC presence on social media.

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

No new news on uniforms.

## **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 (Arnie Pollinger)*

Arnie has been in contact with Elaine Prue who replaced Trisha Powell who retired last year from Framingham Parks and Recreation, and always helped us with Summer Track. Arnie explained the difference between Summer Track and the WeeklyTrack Workouts, for the benefit of the new club members. These activities are completely separate. The only thing they have in common is they are both at Bowditch. The Weekly Track Workouts, when there's no pandemic, are for GFRC members where we do running work outs on the track once a week in the evening. Summer Track are real track races geared for all, but the majority of participants are kids. Adults and GFRC members also participate. There was no Summer Track last year due to the pandemic. Normally with Summer Track we get 100 to 200 kids showing up and running races, from 50 meters to 1 mile, a relay, the broad jump, and softball throw. It's not clear whether or not we are going to have kids track this year. That decision is up to Framingham Park and Recreation, our partner for the event, not GFRC. GFRC provides volunteers for the event and runs/organizes the activities. Volunteers help with registration, organize runners at the starting line, hand out ribbons and stickers at the finish line, record times, and help with the broad jump and softball throw. There are usually over a dozen volunteers. This year, Summer Track, if it happens, will start on June 9th and continue all the way through August 18th. We take 1 week off for the week of July 4th Holiday.

Arnie has been the Director of Summer Track for 10 years or so. Arnie said the Director is mostly a figurehead but there are two main tasks. One is to cajole people and encourage volunteers. The other task is to decide whether or not to cancel the event when there is a threat of inclement weather. Try to do that by 4 p.m. since the meet starts at 6 p.m. That way the word gets out to the volunteers and Framingham Park and Recreation, who post the cancellation on their website. Arnie will get calls from usually a half dozen parents on the days of inclement weather, who want to know if there is a cancellation. If it's light rain the meets are still on, but any threat of thunder or lightning and the meet is cancelled. Arnie said he and his wife bought a house up in Maine and he's not sure he'll be around much this Summer so he needs an assistant to serve as Co-Director for Summer Track.

Marie added that Summer Track is like a huge festival. Its been going on for 40 years. It involves generations. People who ran as kids bring their children or grandchildren. It's a marvelous time. It takes some work but it's a lot of fun. Susin also said its a great program and it also ties in with our diversity initiative.

### *Boston Marathon*

Susin Carlson noted the Boston Marathon is scheduled to happen (October 11, 2021) along with the virtual Boston Marathon. They are planning on allowing up to 70,000 entries for the virtual Boston Marathon. The actual road race is still subject to the Massachusetts reopening plan. Susin said she has not received any update from a contact at the BAA.

Mike Bower says Team Framingham is still waiting to hear. Team Framingham receives 22 host entry's each year. Mike is hopeful BAA will still offer the 22 entry's this year and as soon as he hears he'll communicate that with GFRC.

GFRC received 8 bibs last year, it used to be 10. GFRC hopes to receive the 8 this year.

Arnie asked Mary Tyler if she has heard anything from the BAA. Mary said it's been several years since she's been involved with the BAA. Mary suggested contact Lonny Townley who stays in contact with BAA.

### *Reach the Beach (Eric Jacobsen)*

Reach the beach is a 200 mile-ish relay 12 person team running across the state of NH. We run continuously for 32 hours. It's whole lot of fun and my favorite race of the year. Mike Bower is my co-support on this. It was cancelled in 2020, so our entry has been carried over to 2021. The relay is scheduled for September 17th and 18th 2021. The 9 participants from 2020 are carried over to 2021. Whether or not they still plan to participate is yet to be determined. We still have at least 3 slots open if anyone is interested. At the moment Ragnar is moving full steam ahead and plan on doing the race. Eric is looking for a few more people. You need to be able to run a half marathon. The longest leg of the race is 10 miles, but you do 3 of them so you need to be in half marathon shape. It's a tremendous amount of fun.

Susin aspires to run Reach the Beach this year.

Judy Levine was wondering if the Couch to 5k program is still scheduled to happen. Susin thinks it will be virtual. Susin has been in contact with Mark Goldschmidt but it's been a moving target with the pandemic. Maybe it starts out virtual and ends with actual if things go well.

Kevin Greene said he heard from Falmouth Road Race folks and it looks like the race is on for 2021 but the option is there to defer your entry to 2022. Lisa said she received that email too and it looks like the race is on but it's a much smaller field size, so they are giving people the option to defer. Wendy praised Kevin for his dedication to logging in to the meetings from where ever he is, such as today in St. Thomas (beautiful scenery in background), and she's very jealous.

*Tim Conlin - Secretary*