



Greater Framingham Running Club

May 1, 2021 – Susin Carlson hosted the meeting via Zoom.

Attendees

Susin Carlson, Mike Carlson, Cindy Moore, Bob Moore, Tom Miller, Ted Tyler, Mary Tyler, Lisa Burgess, Glenn Meister, Joshua Richardson, Susan Richardson, Kevin Greene, Edw S. Ginsberg, David Achenbach, Jeff Hattem, Tom Abbott, Marie Leigh, Chuks Ezedi, Arnie Pollinger, Mike Gannon, Tim Conlin.

MONTHLY MEETING:

President (Susin Carlson):

Susin welcomed and said good morning to everyone. As of May 10th we may start seeing live races with staggered starts; we'll see as things continue to evolve. GFRC will have a virtual trail run end of this month and we'll see what Tom has for virtual road races.

A handful of us ran together earlier this month, staggered and social distanced. We started from LifeTime Fitness, but it was not a LifeTime sponsored run. The normal is returning slowly but surely, but we still have to be careful and diligent. I'm hopeful things return back to normal soon with more people getting vaccinated.

Vice President (Cindy Moore):

The Couch to 5k program is running really well. Mark Goldschmidt is doing a great job as well as all the mentors involved. Some of Mark's students are participating. One even walked quite a long distance to attend, so let's help him out with transportation. We could use a couple more mentors for next weekend so if anyone is interested, please sign up on the Couch to 5k Facebook page. At the 8 a.m. hour we currently have 10 participants and we are still open if anyone else wants to sign up via Facebook.

Secretary (Tim Conlin):

Regarding the Rich and Chris Chesmore GFRC Scholarship, four applications were received and sent anonymously to the scholarship committee. The scholarship committee selected two winners. Arnie will comment more on this later in the meeting.

Membership Director (Mike Gannon):

We Welcome :

Nick Michaels of E.Hartford CT

Edward Crowley, Max Carter, and HC Rhim of Framingham and John Zhang of Ashland.

Total Members = TBD (will start listing again in June after renewal purge)

We have been waiting for future star Max to join for months now! He is the 6 year old grandson of Tom Miller. Nick found us via Vivian. Yunyu added John to her family membership. HC is from Korea and recently moved to Framingham.

The Couch to 5k group started recently and we are still gathering all their info. This year it has an optional donation aspect. A donation includes a GFRC membership.

Regarding everyone's favorite topic renewals, I will be sending out more reminders soon. So far 43% have renewed, and it will be over in 15 days. Please renew today if you plan on doing so.

Grand Prix (Tom Abbott, Jeff Hattem):

Trail Races (Jeff Hattem)

Our last Trail Race in April was a Grand Prix and we had 8 people who ran. I like to think participation was somewhat down because it was very busy weekend with other events and not so much because it was muddy. April is usually muddy. It worked out perfectly that the week leading up to the weekend trail race it rained, and the conditions were muddy, and that's what trail running is all about this time of year.

We are scheduling a Grand Prix virtual trail race for May 23&24th. We have not finalized a name for the race yet. Susin said she'll do that today. That will be another 5 miler.

Now that things are starting to open up, I was looking for a trail race that is actually scheduled, but there really is nothing yet we can schedule for an actual Grand Prix for May. May is the end of the Grand Prix season and the last race will be virtual.

The new Grand Prix season starts in June and I think we'll be able to schedule some actual events. I'm looking at one late in June that we had a couple years ago, it's the Wolf Den Dash. It's on the Grand Prix schedule, but it's not finalized yet. The Merrimack River Trail Race is rescheduled for October 2nd. That is a race that I always have as a Grand Prix. The Groton Town Forest Race is scheduled for October 24th. This would be a Grand Prix as well. These two in October look to be definite from what I can tell for now. Then I have to monitor this whole covid thing and see what I can schedule for June, July, August, and September. Hopefully we can get these scheduled events confirmed. If there is a month where there's a gap, we can plug in a virtual race if we have to. That's the way things stand now. It's great to see everyone out running on the trails and I hope that we can confirm scheduled actual events soon.

With the other events scheduled in October, that leaves Sunday October 31st for the Busa Bushwhack and Saturday October 30th to mark out the trail. We'll need to see if we can get a permit. We need to start working on it now, hopefully get it scheduled, and start promoting it.

Road Races (Tom Abbott)

No report. Tom is having trouble connecting to the Zoom meeting.

Susin noted there is a virtual Grand Prix road race for the 3rd weekend in May; she'll get the information from Tom and post it.

Newsletter (Tom Miller):

Tom sent out another great newsletter to the GFRC community last night.

Tom would like to recognize Chuks Ezedi who is attending this meeting. He's a good runner and thinking about joining the club. Tom asked Chuks if he would like to say a few words.

Chuks said he is excited to be here and hang out (virtually) with other runners. Chuks said lately he's been running and biking, and welcomes any tips to deal with soar, sensitive knees.

Arnie mentioned many members use Performance Health Center in Natick, with Dr. Weiss. Arnie recommended Chuks look into "ART", active release technique, with Dr. Weiss.

Bob Moore recommended Spaulding Rehab in Cambridge, it's a national running center. Bob said they took care of his achilles tendonitis, planter fasciitis, and currently working on his knee, but it's mostly healed; all without surgery.

Tom encouraged members to send him pictures while they're on their runs. Last month he received a bunch and would like to see this continue.

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. Susin said it's up for grabs if anyone is interested.

Other Business:

Summer Track (Arnie Pollinger)

Summer track is on hold right now. We are cautiously optimistic but it's up to Framingham Park & Recreation. They are talking about having pre-registration on-line; no more in person registration. Park & Rec will not be providing volunteers this year so all the volunteers will have to be by GFRC.

Wendy is the co-director, doing most of the coordination as I will be up in Maine for much of the Summer. It's up in the air in terms of what Summer Track will look like so we'll have to stay tuned.

Susin asked Arnie if he could speak about Track Workouts. Arnie explained for the new members that Track Work Outs are different than Summer Track. Summer Track is sometimes called kids track since the majority of participants are kids, but adults and GFRC members participate too. It's geared more towards kids where we hand out ribbons and stickers at the end of each race.

The Track Workouts are for GFRC members, also held at the Bowditch Field track. In normal times we would have Track Workouts every Wednesday night, except in the Summer we switch to Tuesdays when there is Summer Track. Arnie called the Framingham Park & Rec on Friday and they said if you're running with a group at the track then you need to wear a mask. If you're running alone and not near others then you don't need to wear a mask while running at the track. Arnie noted the Track Workouts, unlike jogging, are hard workouts and it's difficult to wear a mask when you're running hard then gasping for air to recover. For this reason, we're holding off on official GFRC Track Workouts right now.

Mike Gannon finds that a surgical mask works better than other masks when running or on the tread mill. The surgical mask has more of a pocket for air and is not as tight to the face as other masks.

GFRC Rich and Chris Chesmore Scholarship (Arnie Pollinger)

As Tim mentioned, four applications were received, made anonymous by Tim and sent to the scholarship committee members. The six scholarship committee members are myself, Marie Leigh, Karin Oleski, Kathy Covarrubias, Abby McCabe, and Anita Yip. We met recently and elected the winners. We try to keep the winners a secret so that it's a surprise, hopefully, to the recipients at their schools awards ceremony. In normal years, we actually go out to the school where they have the ceremony, and make the presentation live in person. This year and last year everything is virtual. For the first winner, their school is doing a virtual presentation, so we'll keep that one secret. For the second winner, we were told their school does not do public presentations of scholarship awards and they suggested to us we make the presentation internally. So we'll make the presentation for the second winner now. The winner is not here but her Mom is here. On behalf of the GFRC, Abby Burgess is the recipient of the GFRC scholarship award! Lisa Burgess said thank you very much and that Abby will be very pleased. Arnie then read the GFRC Rich and Chris Chesmore Scholarship award letter. Marie noted it was a very competitive group of applicants, so it was a tough choice, but the two chosen stood out.

Other

Lisa Burgess mentioned in person races have started already in RI. Lisa is participating in a race 5K race tomorrow with another GFRC member.

Tim Conlin - Secretary