

## GFRC Volunteering Opportunities (as of June, 2019)

Q. What is the purpose of this document?

A. Many members of the GFRC do not realize all of the volunteer opportunities available. Hopefully this document will help.

Q. Why would I want to volunteer? I'm a busy person.

A. For one thing, the GFRC has, in the past, received 10 bib numbers from the BAA for each year's Boston Marathon for those who cannot qualify. While there is no guarantee we will always receive ten in the future, we are cautiously optimistic. In order to be eligible for the GFRC's Boston Marathon lottery, you must have volunteered twice for the club in the preceding year.

But many club members with no desire to run the Boston Marathon (or who have already qualified) love to volunteer because volunteering is a fulfilling activity. It's a way to give something back to the club and to the community.

Q. So what are these volunteer activities?

A. I'm glad you asked. Some volunteer activities are only available for a specific event or a limited time. Others are year-round. They are presented below:

### **Year-round Opportunities:**

**Become an elected officer.** The Elected Officer positions in the GFRC are President, Vice President, Treasurer, Secretary, Grand Prix Director, Membership Director, Activities Director, Newsletter Editor, Web Director/Director of New Media, and Uniform Director.

The job descriptions for each of these is listed here: <http://gfrcrun.org/constitution/constitution.htm>

Some of these positions can have more than one elected officer. For example, there are usually two co-Grand Prix Directors

Q. How do I become an elected officer?

A. The club's annual elections are at the September monthly meeting. Anyone in the club is welcome to run for any position. Many people run for a position so that they have more reasons to meet other members and be part of the GFRC community, and outgoing officers are always happy to mentor incoming officers. Openings for elected officer positions occur frequently. In fact, the club will be looking for a new Uniform Director and Activities Director in September 2019. More positions may be available as well.

Note that Elected Officers receive two entries into the club's Boston Marathon Lottery.

**Become an auxiliary officer.** Auxiliary officers are appointed by elected officers. They essentially 'work for' the elected officer, doing very specific tasks. Examples of current auxiliary officer roles include

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posting race results for the Web Director and compiling Grand Prix standings for the Grand Prix Directors.

Elected officers frequently are asking for assistance; this comes up at monthly meetings (which you can read about in the monthly meeting minutes).

Note that Auxiliary Officers receive one entries into the club's Boston Marathon Lottery.

### **GFRC Track Coach**

The track coach sets the weekly workouts for the club's weekly track workouts and is happy to offer advice and training tips to anyone. This position has been filled by Arnie Pollinger for many years, but if someone wants to take over, please contact Arnie.

### **Ad-hoc meetings**

Occasionally there are Advisory Committee meetings to discuss improvements to the Boston Marathon lottery process. These meetings are always open to the entire club. The club has decided that no additional volunteer lottery credit is given for participation in such lottery discussion meetings.

**Monthly Volunteer Opportunities.** The following are periodic volunteer opportunities. (Unless it states otherwise, 'one volunteer credit' means 1/3 of an entry into the GFRC Marathon Lottery):

January –

- Host a monthly meeting – we are always looking for hosts for our monthly meetings. Contact the Activities Director if interested.
- Team Framingham Mentor program: Team Framingham consists of runners selected by City of Framingham to run BM while raising money for charity. Most participants have not run BM before. .

Mentors are GFRC volunteers who've run the Boston Marathon previously. Team Framingham Mentors receive one volunteer credit for each TF meeting attended as well as one volunteer credit for being specifically assigned to a mentee. Contact the Team Framingham Mentor Coordinator for more information (currently Vernon Turner)

- Team Framingham Mentor –Water stop for Team Framingham run - Anyone setting up and manning a Water stop for a TF long run receives a volunteer credit. Contact the person who has organized the specific fun run/long run to co-ordinate.
- Host a fun run – Any member can Host a fun run and receive volunteer credit. It's more than just sending an email or FB post asking if anyone wants to join you on a run. You need to have

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mapped out routes, and have the fun run scheduled in plenty of advance time to get it onto the GFRC calendar. Dates should not conflict with other scheduled GFRC activities if possible.

This can be done year round. Once you have determined a date and mapped out your routes, you can send an email to the entire GFRC (and post on FB). Notify the Web Director to get in onto the calendar. The host can send updates and reminders to the club as the date approaches. Food afterward is optional, however it will help participation. The club will reimburse for food provided after a hosted fun run.

Hosting/organizing a Team Framingham long run counts for this.

- GFRC Scholarship Committee – the January task is to update the application forms and cover letter, determine the local high schools eligible for this year, and send the materials to each school's scholarship coordinator
- Team Framingham Steering Committee (2020 only) – these people do tons of work organizing Team Framingham. Because it is only open to Framingham residents, and thus, 80% of the GFRC is disqualified, the GFRC voted to discontinue this for purposes of the GFRC marathon lottery after the 2020 lottery.

### February-

- Host a monthly meeting,
- Host a fun run,
- TF Mentor,
- Water stop for TF run
- TF Steering Committee

### March –

- Mural Mile planning – The club's Mural Mile race in May begins planning with Race Directors and the Town of Framingham
- C25K planning – The GFRCs C25K program begins planning for its April kickoff. A Director and Volunteer Coordinator are needed. Director of C2K receives one entry into the lottery
- Host a monthly meeting,
- Host a fun run,
- TF Mentor,
- Water stop for TF run,
- TF Steering Committee (2020 only)
- Organize the GFRC Volunteering Effort for the Corporate Challenge: The GFRC used to volunteer for this activity, however, we no longer do this. If the club wishes to volunteer, that can be done through Conventures, who manages the Boston event. Conventures begins recruitment of volunteers in early spring. Usually they pay the club from which the volunteers come, \$30 per head. This would require that someone from the club assume responsibility for the communications with Conventures and recruitment.

### April –

- Mural Mile planning,

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- C25K – mentors receive a volunteer credit for each run that they officially signed up for
- BAA Clockwatching – Lonny Townley asks club members to be clock-watchers for the Boston Marathon
- Banquet Committee – plan the annual banquet. Receive a volunteer credit for each meeting
- Host a monthly meeting,
- Host a fun run,
- Host Pasta Party,
- TF Mentor,
- Water stop for TF run,
- GFRC Scholarship Committee – the Committee meets to determine the winners of the scholarships. Those who present an award to a recipient at their high school receive an additional volunteer credit
- TF Steering Committee (2020 only)

### May –

- Mural Mile planning and race – many volunteer positions available for race day
- C25K
- Banquet Committee,
- Host a monthly meeting
- Host a fun run

### June –

- Summer track – Every Wednesday night. A lengthy separate email always goes out. We always need volunteers.
- C25K,
- Banquet Committee,
- Host a monthly meeting,
- Host a fun run

### July –

- Summer track,
- Host a monthly meeting,
- Host a fun run

### August –

- Summer track, including storing summer track materials for the winter
- Busa Bushwhack planning – the club's signature race. Planning begins in earnest. Race Directors receive one marathon entry, Team Captains receive 2/3 of an entry.
- Host a monthly meeting,
- Host a fun run

### September –

- Busa Bushwhack planning,

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- Host a monthly meeting,
- Host a fun run

### October –

- Busa Bushwhack planning and race – volunteer roles/tasks are determined by the Race Directors and Team Captains and a sign-up list is sent out by the volunteer co-ordinator. You must sign up online for specific tasks to receive volunteer credit. Volunteers receive one volunteer credit for each task, up to a maximum of six if you signed up for any of them prior to the volunteer deadline, or a maximum of three volunteer tasks otherwise.
- Host a monthly meeting,
- Host a fun run

### November –

- Host a monthly meeting,
- Host a fun run – including the ‘run your turkey off’ fun run, usually Saturday after Thanksgiving

### December –

- Host a monthly meeting,
- Host a fun run – including the Jingle Bell Run, a fun run sometime in mid-December.
- Xmas Carol run – this is the run around to different nursing homes in the area, where we sing Christmas Carols. All participants receive one volunteer credit. The organizer of this event receives one full entry into the lottery.
- New Year’s Eve Champagne Run – This is a fun run beginning and ending at the host/organizer’s house. Currently this is Steve and Deb Galloway. We toast the new year, then run to different club members houses along the route, where we stop inside for 5-10 minutes and toast the new year. The club provides champagne and snacks. The organizer(s) receive one full entry to the lottery; each stop on the route receives one volunteer credit