



## Greater Framingham Running Club

**October 7th, 2017 – Bruce Hardy** hosted the meeting in Wellesley.

### **Fun Run:**

#### *Attendees (Mileage in parentheses)*

Dan Tavoires, Tim Conlin (6), Ted and Mary Tyler, Ed Stoll (3 run, 10 swim), Rich Busa (4), Glenn Meister (3), Bruce Hardy, Edw. S. Ginsberg (2.75), Jeff Hattem (3.5), Bob Cargill (2.5), Tom Abbott, Rosanna Villani (6), Mary Bahl, Deb and Steve Galloway, Mike Bower, Mike Gannon (4), Jay Powell (14)

### **MONTHLY MEETING:**

#### **President (Bob Cargill):**

Bob thanked Bruce Hardy for hosting. Bob mentioned the book *Art of Asking* by Amanda Palmer. It was about how she relied on her fans to help her. She said you shouldn't be afraid to ask people for help. Bob said that we're all rock stars like Amanda and have the GFRC community to lean on and ask for help.

Ted Tyler asked for GFRC business cards. He suggested that people have a couple in their pocket when they run a race. Thanks to Kendra, we actually do have business cards. She bought some for the club a while ago. We just have to make sure we distribute them to everyone who wants them in the club

Allison Black is about to run her 50<sup>th</sup> state marathon in October. Bob would like to do something for her to celebrate her accomplishment. Rich Busa mentioned that her accomplishment was amazing.

The 14<sup>th</sup> annual Busa Bushwhack is on Oct. 29<sup>th</sup>. We will need a lot of volunteers. Jen Feaster and Kendra Howard will post a Sign-Up Genius link this weekend. Please sign up to volunteer if you are able. Jeff Hattem mentioned that there are plenty of opportunities to run and volunteer. We have about 170 participants registered for the race as of the meeting. We have a cap of about 300, which is mostly due to parking. We try to avoid same day sign-ups, but won't turn people away. Please share race details on Facebook. Bob also mentioned that he has a strong appreciation for Ed Finnegan's past work as race director.

#### **VP Report (Arnie Pollinger):**

Bob read Arnie's report. Track workouts continue every Wednesday until it snows. Workouts are listed on the calendar page of our website. The annual track relay will be on Oct. 25<sup>th</sup>. We divide into teams of two and each person runs eight 400s. We will head to John Harvard's afterwards to celebrate.

Applications for the GFRC's annual Boston Marathon Lottery will be made available on the website when the Bushwhack is over. No applications will be accepted before then.

Right now it is all about the Bushwhack.

**Secretary (Jay Powell):**

Nothing to report.

**Treasurer (Marie Leigh):**

No report.

**Membership Director (Mike Gannon):**

**October 2017 Membership Report**

**We Welcome:**

|           |           |              |
|-----------|-----------|--------------|
| DeFazio   | Peter     | Waltham      |
| Stroum    | Britney   | Framingham   |
| McDonnell | Andrew    | Framingham   |
| Bizzoco   | Jeanne    | Framingham   |
| Bizzoco   | Amy       | Framingham   |
| O'Leary   | Maryellen | Millis       |
| Merrihew  | Lincoln   | Southborough |

**We Thank:**

Andrew McDonnell for his donation.

**Membership Total = 315**

**Other:** Peter came to us via a friend. Britney saw us at Devin's Dash. Andrew was part of Team Framingham. Jeanne and Amy have seen us at races. Maryellen has attended some of our events. Lincoln found out about us from TVFR.

This is our 3<sup>rd</sup> biggest years in terms of new enrollment (over 90 new members).

**Grand Prix (Tom Abbott):**

*Completed Races*

We have had three Grand Prix races since our last meeting. The Voices Against Violence race had fifty finishers with five-year age groups. The club received a record number of medals. Those present at the meeting who also ran (and won medals) include Jay Powell, Bob Cargill, and Ed Stoll.

A week later we had the Larry Olsen 10k in Hopedale, which was a hilly course. Steve Galloway ran that race a week after the Berlin Marathon. Mary and Ted Tyler took photos at the 5-mile mark. Nine club members ran the race.

The next day we had the Flutie 5k in Natick, attended by eleven members. Ted Tyler won his age group and Abby McCabe was the second female. John Joyce also won his age group.

The Wayside 5k4Kids is later this month and free for club members. Tom recommends that club members make donations. That race sucked a lot of people out of the Flutie race.

## *Upcoming Races*

|                    |  |
|--------------------|--|
| October 15, 2017   | Groton Town Forest Trail Race - Groton, MA                         |
| October 21, 2017   | Wayside's 5K4Kids - Framingham, MA                                 |
| Anytime in October | Any Half Marathon in October                                       |
| November 12, 2017  | Upton Trail 10K & Half Marathon                                    |
| November 23, 2017  | Thanksgiving Turkey Classic plus Any Thanksgiving Day 5k or longer |
| November 26, 2017  | Tough Ten Miler - Marlboro, MA                                     |
| December 3, 2017   | Jingle Bell Run - Natick, MA                                       |
| December 10, 2017  | Walter's Run 5k  |

You can also use a marathon in lieu of a half. Please notify Tom and Eric as soon as possible. They will publish a notification cutoff.

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

The newsletter went out on October 6<sup>th</sup>. Tom recently ran a half marathon and won his age group.

### **Web (Steve Galloway):**

Steve realized a lot of new members don't know that they can send in race results from non-Grand Prix races. If you would like your results to be posted on the club webpage, please send an e-mail to [raceresults@gfrcrun.org](mailto:raceresults@gfrcrun.org).

Steve is running Ghost Train, a 30-hour event, on October 21st. Steve would love it if people would pace him during the night. Melissa Arnold is also running the event.

### **Uniforms (Mike Bower):**

Mike spent the month of September promoting club jackets. In September seventeen people purchased twenty pieces of apparel, most of which have been distributed. Mike will meet with those who are still waiting. He has heard that everything fits very well size wise.

Mike will be soliciting requests for winter apparel soon. He will try to replenish the short-sleeve shirt inventory as well. Mike wants to replenish the long-sleeve/short-sleeve stock before Thanksgiving so people can wear club gear to Thanksgiving races. We are currently out of men's large and women's medium shirts. Please let Mike know if you have a preferred size or need, so that he can include it in the order. He doesn't plan on doing another order until the spring, depending on demand.

### **Activities (Jeff Hattem):**

Jeff is looking for a parking captain for the Busa Bushwhack. Keith Tulley was the captain last year. There are plenty of volunteer opportunities that will allow you to run the race, including parking and marking trails on Saturday. In an e-mail, Marie Leigh said that there is a special need for helpers at the finish line and with timing. We need help to make sure everyone crosses the finish line and gets recorded. We also need help recording age group categories so that Arnie can announce them.

## *Monthly Meetings*

Bob Cargill is hosting in Sudbury on November 11<sup>th</sup> (please note the date change). The annual Boston Marathon lottery is on December 2<sup>nd</sup> and hosted by Wendy and Mark Akeson in Ashland. Christine Kehler-Ross will host the meeting in January in Natick (tentative date is the 6<sup>th</sup>).

### *October*

We have a Brew run tomorrow at Barleycorn's. Please consider signing up – we are light on signups. We will run first then brew beer. Homemade soup will also be served.

The next social night is on Oct. 20<sup>th</sup> at John Harvard's at 6:30 pm.

### *November*

We will have a bottle run on November 5<sup>th</sup> at Barleycorn's. The annual *Run Your Turkey Off* will be on Nov. 25<sup>th</sup> and hosted by Abby McCabe.

### *December*

The annual GFRC shopper's night will be on Dec. 7<sup>th</sup> at Marathon Sports in Wellesley. The store will be closed to the public from 6:30-9:00 pm, but open to GFRC members. They serve refreshments and there will be 20% off all purchases except for electronics and strollers.

Dec. 31<sup>st</sup> is the champagne fun run. Steve and Deb Galloway are hosting again this year. We will start around 4 or 4:30 pm and should be done by 7pm. We have a 5-mile course with stops about every mile to drink champagne and eat snacks.

### **Social Media Director (Leslie White-Harvey and Bob Cargill):**

Nothing new to report. Bob needs to meet with Leslie to discuss strategy. Feel free to post to the club's Facebook or Twitter accounts.

### **Other Business:**

Ed Stoll mentioned the bench dedicated to Rich Chesmore near Farm Pond. Ed also complimented Steve Galloway for running the Berlin Marathon. Steve has run four of the six major marathons in the world.

Bob Cargill thanked everyone who helped with Devin's Dash. Devin is currently undergoing radiation treatment in Boston. Kendra Howard, Mike Bower, and Jen Feaster were on the race director committee. The Reach the Beach team gave the extra team medal to Devin (as well as the arm band).

Rich Busa suggested that we have featured bios in the newsletter. Bob said it was a great idea, and that we would need someone to write up the bios. Mike Gannon said we had trouble getting volunteers in the past (it was tried for about 5 months). Members could also submit their own profiles. Mary Tyler mentioned that Tri-Valley started publishing them this year. They send them out every Friday, and it is managed by the membership director. We might start out with one a month. Bruce suggested that it could be a web survey that people could fill out at their leisure. Mike Gannon suggested we avoid Facebook as posts may get buried. Bob suggested we try to implement this after the Bushwhack.

Meeting adjourned at 11:08.

*Jay Powell*