



Greater Framingham Running Club

September 9th, 2017 – Bob Brown hosted the meeting in Wellesley.

Fun Run:

Attendees (Mileage in parentheses):

Helen Shik, Dev and Steve Galloway, Tim Conlin (5), Abby McCabe (5.25), Tom Abbott (5.25), Arnie Pollinger (5), Mary Bahl, Edw. S. Ginsberg (5k), Rong Hu, Chad MacDonald (7.25), Eric Jacobsen (12), Matt Vogel, Bob Brown, Jay Powell (5.25), Kate Schneider (18), Jeff Hattem (12), Joe Koziol (5), Ed Stoll, Deb Dauley, Marie Leigh, Susan Richardson

MONTHLY MEETING:

Voices Against Violence (Patricia Hohl, Director, Voices Against Violence/SMOC)

Patricia thanked us for having her. The Purple Passion race will be in Framingham on September 23rd and will be a Grand Prix race. The race starts at 8am and is a 5k. Patricia is asking club members to register and participate in this year's Purple Passion race because it is a race that supports a good cause. This is the only fund raiser that Voices Against Violence does during the year. They support domestic and sexual assault victims. 1.5 million people in the United States will be domestic violence victims this year. The Voices Against Violence organization works in 12 cities/towns in the Framingham area. They see over 600 victims every year, plus take quite a few support line calls. They work very closely with victims to help them stay safe in their homes. They also help them with court cases and going to the hospital. They are also there to help people find housing and jobs when they feel they can leave a violent situation. The Purple Passion 5k is the big fundraiser that helps support this mission. Please register for the race and ask others to register too.

Bob Cargill asked if there were any ways to help besides running. Patricia said people could volunteer. Patricia's e-mail is on the Voices Against Violence website in case you would like to reach out to her.

Patricia thanked Ed Stoll, saying he has been a great help in setting the race up.

President (Bob Cargill):

Bob thanked Bob Brown for hosting. Today is the annual election of officers. All our current officers are interested in continuing through the next year. Other members are welcome to step up and seek a currently filled position.

Bob is excited that members contributed enough money for the club to be an official sponsor of Devin's Dash.

Those who donated are:

- Mike Bower
- Edw. S. Ginsberg
- Eric Jacobsen
- Kendra Howard
- Jay and Esther Powell
- Arnie Pollinger
- Bill Fischer
- Peter Gould

- Michael Gannon
- Bob Cargill
- Susan Richardson
- Tim Conlin
- Kathy Covarrubias
- Cherry Baram
- Bree Cunningham
- Karin Oleski
- Chris Chesmore
- Diedra MacLeod-Richardson
- Kate Long Salley
- Tom Miller
- David Achenbach
- Joe Koziol
- Deb Dauley
- Jeff Hattem

Some people donated directly to Kendra Howard in the name of the Greater Framingham Running Club, others donated on the website as individuals.

The Busa Bushwhack is coming up. The race committee meets Saturdays at LifeTime Fitness. The e-mail to solicit volunteers will be going out shortly. Jen Feester will probably send out a sign-up genius soon. There are plenty of volunteer opportunities before the race so that people can volunteer and run the race.

Bob will meet Rich Busa at Callahan tomorrow for an interview that will be posted on our Facebook page. Jeff Hattem asked everyone to share the Bushwhack page on their timeline.

VP Report (Arnie Pollinger):

We had a very successful summer track season. Thanks to everyone who volunteered and we'll see everyone next year. We got some wonderful thank yous from parents and kids. Track workouts continue at Bowditch on Wednesdays until it snows.

The last track workout in October is our 16x400 relay. We'll pair up in teams of two, and each person will run 8 laps. We'll go to John Harvard's afterwards.

Secretary (Jay Powell):

Chrissy Goldin, one of the 2017 scholarship winners from Wayland sent the club a thank you letter.

Dear members of the GFRC,

I was very honored to receive the GFRC scholarship this spring. It will definitely help me to continue doing what I love most, which is running track. I am so grateful for this scholarship, and grateful for the opportunity to further improve my skills and be able to express my love for track at a college level.

Thank you very much!

Sincerely,

Chrissy Goldin

Treasurer (Marie Leigh):

Forty-three people have registered for the Busa Bushwhack. We have registrants from Iowa, Massachusetts, and New Hampshire representing 8 running clubs. Jeff Hatem said the Tri-Valley Front Runners have made the 10-miler a Grand Prix race.

Arnie Pollinger mentioned that Framingham State and Northeastern usually send runners to the Busa Bushwhack.

Marie asked officers to think about what should be part of the budget for next year. Next year's budget is typically announced in November. Members should let Marie know if they would like funds earmarked for anything.

Membership Director (Mike Gannon):

Total Members = 306

There haven't been any new members since the last meeting for my first time but a few people have been inquiring about us lately. We are down from last year in terms of new members, but our 2017 new runners total already equals 2015.

Grand Prix (Tom Abbott and Eric Jacobsen):

Completed Races

No report was given on completed races.

Upcoming Races

12 October 21, 2017 Wayside's 5K4Kids

October Any half marathon

14 November 12, 2017 Upton Trail 10K & Half Marathon

15 November 23, 2017 Thanksgiving Turkey Classic plus Any T-Day 5k

16 November 26, 2017 Tough Ten Miler

17 December 3, 2017 Jingle Bell Run

18 December 10, 2017 Walter's Run

The Wayside 5K4Kids is free to GFRC members. Any half marathon in October counts as a Grand Prix race. Please let Tom or Eric know if you run one. Any race on Thanksgiving Day counts as a Grand Prix race. Again, let Tom or Eric know if you run one that day. The Framingham Turkey Trot has not opened yet and tends to close out quickly.

Bob Cargill thinks the Grand Prix is one of our better programs. The commitment to races keeps him motivated. People may not realize that a lot of work goes on behind the scenes to make the Grand Prix program work.

Newsletter (Tom Miller):

The next newsletter is coming out soon. Bob Cargill said that Tom does an awesome job. People should always feel free to give Tom feedback or to contribute to the newsletter. Tom would like to know how to put photos in a collage (about 4 photos per page). Tom could also use help with the newsletter. Bob suggested it could be another officer position, or an auxiliary officer position. Please let us know if you would like to help.

Web (Steve Galloway):

The website is updated with new races. Steve tries to update the site once a week (usually Sunday nights, or whenever he can).

Uniforms (Mike Bower):

Bob says Mike is doing an awesome job.

- The jacket order is in. 20 jackets ordered by 17 club members. Distribution is under way at club events (trail pub runs, GP races and meet ups).
- An order for long sleeve club shirts will be assembled over the next two weeks. We have some demand for short sleeve shirts and singlets that will be included in this order. Expected delivery is mid-October.
- Grand Prix hoodies are in - see Eric Jacobsen.

Activities (Jeff Hattem):

Monthly Meetings

On October 7th, we meet at Bruce Hardy's house in Wellesley. Bob Cargill is hosting in Sudbury on Nov. 4th. The annual Boston Marathon lottery is on Dec. 2nd and hosted by Wendy and Mark Akeson in Ashland. Christine Kehler-Ross will host the meeting in January in Natick.

September

Our weekly pub run is back in Natick at Skybokx 109 at 6:30 on Thursdays. This will be the last month of the pub runs until May. The time has been moved up because it gets dark earlier. Jeff also suggested bringing a headlamp. We had a good turnout at our pub runs this year.

The next social night is Sept. 15th at John Harvard's at 6:30 pm.

October

The fall brew run is on Oct. 8th at Barleycorns in Natick. The bottle run will be three weeks later. Runs will be 3 or 10 miles before the brewing and bottling. You'll get to sample some of the beer and we'll brew our own beer for purchase (it is inexpensive). The event is a collaboration between us and TVFR. The sign-up sheet is live.

Jeff is looking for someone to host the 'Run your Turkey' off the Saturday after Thanksgiving. Jeff is sure Bruce Hardy would be happy to host, but he doesn't want to impose on Bruce as he is already hosting the October meeting. Jeff would like someone in Framingham or Natick to host if possible. Arnie Pollinger says that one year they did a BYO run at Brophy. They ran then hung out in the parking lot afterward.

Deb and Steve Galloway will host the champagne fun run.

Let Jeff know if you are interested in hosting future meetings.

Social Media Director (Kathy Covarrubias and Bob Cargill):

Leslie White-Harvey has expressed interest in being co-director with Bob Cargill. Anyone else who wants to step into the role is welcome.

Other Business:

Officer elections

Bob would like to continue as president. All other officers (aside from Kathy Covarrubias), have said they would like to continue. Bob asked if anyone present would like to be considered. He read off the current proposed slate of officers returning for the next year:

President – Bob Cargill

Vice President – Arnie Pollinger

Secretary – Jay Powell

Activities Directory – Jeff Hattem

Newsletter Editor – Tom Miller

Membership Director – Mike Gannon

Grand Prix Directors – Tom Abbott and Eric Jacobsen

Web Director – Steve Galloway

Uniform Director – Mike Bower

Social Media Director – Leslie White Harvey/Bob Cargill

Arnie Pollinger moved to approve the nomination. Tom Abbott approved. All present approved. The slate of officers was approved.

Bob said attendees should feel special because they contribute a lot to the club. We are all equals, and titles should be ignored.

Thanks to Bob Brown for hosting.

Meeting adjourned at 11:02am.

Jay Powell