



## Greater Framingham Running Club

**December 1st, 2018 – Wendy and Mark Akeson** hosted the meeting in Ashland.

### **Fun Run:**

#### *Attendees*

*Abby McCabe, Esther Powell (3.4), Mary Bahl, Susan Richardson (5), Bob Moore, Rich Busa, Steve Galloway (5), Mary Tyler, Jamie Burgoyne, Mike Bower, Tom Miller, Ted Tyler, Edw. S. Ginsberg, Deb Galloway (3), Leslie White Harvey, Jeff Hattem, Joe Koziol, Glenn Meister (3.4), Bob Brown (5), Rebecca White (5), Wendy Akeson, Mark Akeson, Susin Carlson, Mike Carlson, Vernon Turner, Bob Cargill, Sue Erickson, Rebecca White, Ed Stoll, Michelle Schatz, Karin Oleski, Arnie Pollinger (5), Marie Leigh, Mike Gannon, Scott Pettingell, Jay Powell*

### **MONTHLY MEETING:**

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

Bob thanked Wendy and Mark Akeson for hosting. Bob thinks there are a lot of people in the room who have run the Boston Marathon. A quick poll showed that about  $\frac{3}{4}$  of attendees have run at least once, that most have run multiple times, and that some have run it more than 10 times. Wendy Akeson has run it 20 times while Joe Koziol has run it 17 times. Edw. S. Ginsberg has watched the clock 25 times.

Cradles-to-Crayons is a non-profit organization in the area that has available Boston Marathon bib numbers. See Bob for details. Bob suggested looking for local non-profits with bib numbers if you would like to run the marathon.

We still have plenty of Busa Bushwhack mugs left. Anyone is free to grab one.

Bob also asked that we cheer for everyone at the Grand Prix races.

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

Track workouts continue at Bowditch every Wednesday. We'll play it by ear to and see how long the track is open. Vernon Turner said that Team Framingham members may show up this Wednesday.

It's time to start thinking about the scholarship again. Marie Leigh, Karin Oleski, Kathy Covarrubias, Abby McCabe, Ed Stoll, and Arnie are on the committee this year. We still need to figure out the amount to award. Applications will be sent to seven area public high schools (Holliston, Natick, Framingham, Keefe Tech, Lincoln-Sudbury, Wayland, and Ashland). We will start the scholarship process in January.

#### **Secretary (Jay Powell):**

Bob thanked the Esther and Jay for hosting the Busa Bushwhack volunteer appreciation party.

#### **Treasurer (Marie Leigh):**

Marie doesn't have a complete report this month. She has paid for all the expenses for the Busa Bushwhack and will be able to give a full race report next month.

**Membership Director (Mike Gannon):**

We Welcome :

**Yoo            Steven      Ashland**  
**Scafidi      Jeff        Ashland**  
**Sullivan     Mary      Ashland**

Membership Total = **331**

Steven found us via Lifetime. Katie renewed at the lower rate plus added her husband and mom.

As mentioned previously the new price changes (year 1 only) are reflected below. This is the first price increase since at least the 90's. There are no immediate plans to change the multi-year membership prices.

3 years is obviously a better deal @ \$18 per individual. An even more incredible deal is \$15 per year for an individual who renews for 5 years!

**Revised Fees:**

Years	Individual	Family
1	\$25	\$30
3	\$54	\$69
5	\$75	\$100

**Grand Prix (Tom Abbott and Eric Jacobsen):**

*Completed Races*

Around 77 people ran the Thanksgiving Turkey Classic in Framingham, which was a toasty warm 14 degrees this year. Tom thinks a lot of people may have overdressed for this year's race. It was hard for runners to get points this year because of the number of participants. Tom had thought about doubling points for the first few runners but didn't do it this year. Tom said he couldn't find everyone in Ted Tyler's photos.

The Tough 10-miler was a few days later. There was a mile and a half long hill starting around mile 7, and canned goods constituted the entry fee. Susan Richardson and Joe Koziol ran the Tough 10-miler and are present at the meeting.

*Upcoming Races*

- December 2, 2018      Natick's 9th Annual Jingle Bell Run
- December 9, 2018      Walter's 5K Run - 11:00 am West Roxbury, MA
- January 1, 2019                      New Year's Day 5k - 11:00 am Needham, MA
- January 26, 2019      Resolution Run - Lexington, MA

January 27, 2019      Boston Prep 16 Miler - Derry, NH

February      Cushing-Lowry Pub Race (TBD)

There are still openings for the Jingle Bell Run in Natick, though it looks like it will be a wet race. Walter's Run has a big hill starting around mile 2 with good food afterwards. Eric was wondering if the next Cushing-Lowry Pub Run could be a trail race.

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

Tom sent out the newsletter last night. Bob enjoyed Tom Abbott's throwback photo. Bob mentioned that a lot of work goes into putting the newsletter together. Tom thinks Priscilla Souza's biography was very inspiring.

#### **Web (Steve Galloway and Abby McCabe):**

The front-page slide show was updated for the first time in a year. Feel free to submit other pictures to [pictures@gfrcrun.org](mailto:pictures@gfrcrun.org). Steve currently gets most of his pictures from Facebook. The charity links will be added to the website soon. Deb and Steve are hosting the New Year's Eve run this year, which will feature a new course that will be about 5 miles. You can drink champagne during the run. Steve has posted a map on the website.

#### **Social Media Director (Leslie White-Harvey and Julie Cameron):**

Leslie thanked everyone who took pictures for the Busa Bushwhack. She encouraged people to share and post to Facebook. We also have Twitter and Instagram accounts.

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

Mike sent an e-mail soliciting for an apparel pre-order and has heard back from two people. He's also posted the inventory levels of our shirt stock. Reach out to Mike first if you would like to purchase a shirt. He would hate to have people pay for something that isn't in stock. We're currently giving heavy discounts on rarely purchased sizes that we have a lot of stock in. We're trying to get rid of those sizes from our stock, so reach out to Mike for details. We need to get a minimum order of 12 to get a price break when we place our next order.

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

This is our busiest time of the year. We have hosts for our next two meetings: Scott Pettingell in January, and Arnie Pollinger in February. We need hosts for March and beyond. Please let Jeff know if you'd like to host.

LifeTime hosts fun runs every Saturday morning at 8am. You can run between 2 and 8 miles; all paces are welcome. LifeTime also hosts fun runs Tuesdays at 6:30 pm. All GFRC members are welcome to attend, even if they are not a LifeTime Athletic member.

December 13<sup>th</sup> is the annual GFRC shoppers night at Marathon Sports in Wellesley between 5:00 and 7:30 pm. They offer 20% off all purchases except for electronics and strollers. There will also be refreshments. Last year we had a terrible turnout. They are big supporters of the Busa Bushwhack and other events, so it's good to support them in return. Jeff has also opened the event to Team Framingham members LifeTime Fitness runners as well.

Saturday, December 15<sup>th</sup> is the annual Christmas Carol fun run. It starts at 11am at Heritage with stops St Patrick's Manor and Carmel Terrace. Jeff is also hoping to add another stop. Julie and Bob are also helping to organize the event. Jeff wants to add another stop. Jeff said we'll need someone to lead the singing. The post-run party will be hosted by Mary and Ted Tyler this year. We had over 30 people show up last year.

December 31<sup>st</sup> is the Champagne Fun Run hosted by Deb and Steve Galloway.

Our next social night is Dec. 21<sup>st</sup> at John Harvard's.

Bob Cargill asked if anyone wanted to help Jeff with organizing activities, as he will be stepping down from the role next year.

### **Other Business:**

#### *Marathon Lottery (Arnie Pollinger)*

Bob Cargill thanked Arnie for organizing the lottery and mentioned that it's a difficult and contentious job.

Arnie emphasized that we don't know if we'll get 10 invitational entries this year. We are cautiously optimistic that we'll get 10, but we don't have the entries yet. Arnie said that he gave every application extra scrutiny to verify the volunteer activities. Arnie mentioned that every volunteer activity that counts toward the lottery should be on the form. Arnie wants to put every volunteer activity that was claimed this year before the club to see if it should be listed on next year's application form. The club should be making the marathon lottery volunteer policy. The list of activities will be proposed at the next advisory meeting. Invitations will be sent out beforehand.

Ed Stoll would also like to revisit the credit awarded for every activity. He also wants to develop a contingency plan in case we only get 5 numbers some years.

Leslie White Harvey said she and her daughter received numbers via Team Framingham this year. Leslie also put her name in for the club lottery and wants people to know that she worked very hard for the club number. She and her daughter both need to raise 2-4k this year and will be drawing from the same pool of donors. She feels bad about entering the club lottery after getting a number through Team Framingham and will be withdrawing her name from the club lottery. She would like people to support her and her daughter's fundraising efforts.

Arnie said the official policy is that those who receive numbers from another source are encouraged, but not required, to withdraw from the club lottery, but we can revisit that to see if it still is what the club wants to have as a policy.

There are 19 people in the club lottery. The top three volunteers get automatic entries.

#### *Invitational Entry Winners*

1. Mike Bower
2. Susan Richardson
3. Bob Cargill
4. Vernon Turner
5. Scott Pettingell
6. Erin McArdle
7. Mark Akeson
8. Susin Carlson

9. Mike Gannon

10. Bob Moore

*Alternates*

1. Jumana Saleh

2. Michelle Schatz

3. Wendy Akeson

4. Mary Bahl

5. Rebecca White

6. April Brunelle

7. Steve Galloway

8. Deb Galloway

9. Jon Kalus

*Jay Powell*