



Greater Framingham Running Club

October 5th, 2019 – Bob Cargill hosted the meeting in Sudbury.

Fun Run:

Attendees

Bob Cargill (5.5), Edw S. Ginsburg, Jamie Burgoyne-Halbert (5.5), Melissa Arnold (5.5), Tim Conlin (5.5), Susan Richardson (5.5), Michael Peloso, Ted Tyler, Mary Tyler, Deb Galloway, Michelle Schatz, Jeff Hattem (3), Chad MacDonald, Arnie Pollinger, Carol Leiter, Leslie White Harvey, Marie Leigh, Cindy Moore, Bob Moore, Tom Abbott, Abby McCabe, Susin Taylor Carlson, Jackie Judd

MONTHLY MEETING:

President (Bob Cargill):

The run this morning was awesome. Jamie, Melissa, Susan, Tim, and Jeff ran about 5.5 miles with Bob. Bob wanted to thank Eric Jacobsen for leading Reach the Beach last month, and Mike Bower for being one of the van captains. Everyone worked well together as a team. It's a great experience in case anyone is on the fence about signing up.

There are a lot of things going on today, including the LifeTime Fitness run and group run at Cushing park. Bob mentioned that it's hard to get people out to activities, partially because there is so much going on.

Bob congratulated Mark Goldschmidt for winning a Hero's Among Us award.

The Busa Bushwhack race is in a few weeks. Please volunteer and/or run the race.

VP Report (Arnie Pollinger):

Track workouts continue every Wednesday. They are currently at the Framingham State track because the town of Framingham closes Bowditch at 6pm due to EEE concerns.

Before the Bushwhack, on October 28, we'll have our annual track relay where we divide into teams, run a friendly relay, then head over to John Harvard's to celebrate.

No marathon lottery forms will be available until after the Bushwhack has completed. Arnie wants to emphasize that he doesn't create the volunteer criteria for the lottery – those are determined by vote at club meetings. Arnie was recently asked how much credit is assigned to Team Framingham mentors. Someone wanted to know what happens if you mentor more than one person. Is credit allocated for each mentee? It was proposed that a mentor should not be given extra credit for mentoring multiple people. After a brief discussion, the club voted to keep the allotment at 1/3 credit for mentoring.

Another question was how much credit should we give to the Team Framingham mentor coordinators? It was determined that one must be on the steering committee to coordinate the mentor program, which is limited

to Framingham residents. It was proposed that no extra credit be awarded for coordinating mentors because it is limited to Framingham residents, a minority of the club.

The issue was put to a vote and members voted not to award credit for coordinating mentors.

Secretary (Jay Powell):

No report

Treasurer (Marie Leigh):

Please encourage people to sign up for the Busa Bushwhack. We have 62 people registered so far. We should also get 15 runners from Hampshire College. Marie got confirmation that we can set up at the school on Saturday.

Membership Director (Mike Gannon):

Jay read Mike's report.

We welcome:

Singh	Ritu	Framingham
Singh	Rajeeva	Framingham
Singh	Arnav	Framingham
Singh	Charuvi	Framingham
Singh	Amogh	Framingham
Eliszewski	Kelsae	Framingham
Downey	Shauna	Framingham

Total Members = 329

Other: Shauna saw us at the Purple Passion 5k and joined soon after.

Spotting us at races used to be the #1 reason for joining. Hopefully this occurs more often and please keep talking us up to anyone interested, especially if they are on the fence.

Jeff Hattem raised an issue that Mike mentioned at the last meeting. Some people want to join the club Facebook page without joining the club first. Jeff said that some Facebook communities are starting to bill themselves as running clubs, though they are informal running groups. Jeff thinks it would be good to educate people about the difference between clubs (which are organized and have membership dues) and informal running groups (which are not organized and have no dues). Anyone can read the Facebook page, but only paying members can post. Susin Taylor Carlson said that when she gets requests from people to join, she can only say yes or no, and that she can't give any additional feedback, like club policies and a suggestion to join.

Postscript from Mike

In regards to the Facebook page, I contact each person who asks to join with info on the club, (so I am informing them) and answer any questions they have such as what they are looking for in a club. Some don't answer either question but still get a response from me.

Occasionally they follow up and we maintain a dialogue. When that happens I offer them a chance to check us out via attending 1 of the events then decide on joining later.

I would disagree with letting all of them join the FB group unless we can exclude them from posting. Some have things to promote which is what brought them to find GFRC. I do respond to all requests (unless they live outside the country)

However, we decide, please let me be the only one who accepts Facebook requests. I do check them daily. If the request is a week+ old, it's intentional in case they join the club soon after.

Grand Prix (Tom Abbott, Jeff Hattem, Mary Tyler, and Bob Moore):

Completed Races

We had a good turnout for the TARC fall classic. Jeff, Deb Galloway, Abby McCabe, and Melissa Arnold are at the meeting and were at the race.

Sixteen members ran the Purple Passion 5k race in Framingham. We had twenty-one members run the Flutie 5k in Natick, including several C25k participants. Abby McCabe was 3rd woman overall. Ted Tyler, Jackie Judd, Jay Powell, and Susan Richardson are at the meeting and also ran the Flutie race.

Upcoming Races

October 2019 Any Half Marathon in October (Send results to grandprix@gfrcrun.org before end of October for GP points)

October 12, 2019 Jack's Abby United Way 5K - 10 am Saturday, Framingham

October 20, 2019 Groton Trail Race - 12:30 pm Sunday, Groton Town Forest

November 10, 2019 18 Upton Trail Race - 9:00 am Sunday, 10K & Half Marathon, Upton State Forest

November 17, 2019 BIG Steps Needham 5K - 9:00 am Sunday, Needham

November 17, 2019 Li'l Rohdy Runaround 10 mi. Trail Race - 10:00 Sunday, Burlingame State Park, Charlestown, RI

November 28, 2019 Framingham Turkey Classic - 8:00 am Thursday, Thanksgiving Day

November 28, 2019 Any Thanksgiving Race. Send results to grandprix@gfrcrun.org

December 1, 2019 Tough Ten Mile Turkey Trot - 9:00 am, Marlborough

December 8, 2019 2 Mile Jingle Bell Run - 10:00 am Sunday, Natick

When possible, Jeff will try to book two trail races a month to make up for the lack of races in the winter.

Half marathon results for October must be posted to the club website in order to receive Grand Prix credit. The Framingham Turkey classic sells out early, so be sure to sign up soon. Any race on Thanksgiving Day also counts for Grand Prix credit.

The Tough 10-miler counts as a December race this year.

Bob Moore suggested having Devin's Dash as a Grand Prix next year. Jeff mentioned that there are a ton of 5k races in Framingham. Arnie and Jeff said that we're the Greater Framingham Running Club, so we should also support races in neighboring towns.

Newsletter (Tom Miller):

The newsletter was sent out last night.

Web (Michael Peloso and Abby McCabe):

We are currently transitioning duties between Steve Galloway and Michael. The site is mostly up to date. The domain name will need to be renewed next year.

Social Media Director (Leslie White-Harvey and Susin Taylor Carlson):

Leslie has been securing food for the Busa Bushwhack. Apparently, the Downtown Framingham, Inc. Committee wants to start putting on a 5k around the same time as the Mural Mile. We will explore this further at another meeting.

Please keep sharing on social media. We are promoting the Busa Bushwhack on social media.

Uniforms (Michelle Schatz and Jackie Judd):

We are in the middle of our winter order. We have 10 pre-orders but need two more before placing an order with the vendor. The goal is to place an order with the vendor on October 15th. See Facebook for details on apparel.

Activities (Mary Bahl):

Jeff gave the activities report.

Jumana Saleh will host on November 2nd in Framingham. Wendy and Mark Akeson will host the December 7th meeting in Ashland. Carol Leiter will host in January. Arnie Pollinger and Robin Perlow will host the February meeting. Eric Jacobsen volunteered to host the March meeting. Cindy and Bob Moore will host the April meeting.

LifeTime hosts fun runs every Saturday morning at 8am. You can run between two and eight 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.

The next social night is October 18th at John Harvard's at 6:30pm.

Abby McCabe will host the run your turkey off event on November 30th (time TBD).

The New Year's Eve Champagne Fun Run will be at 4:30pm and hosted by Deb and Steve Galloway.

There will also be a Marathon Sports shoppers night on December 5th from 6-8 pm as well (20% off all purchases except electronics and strollers).

We may do another pub run if there's a hard frost this fall.

Mary is seeking a volunteer to coordinate the Christmas carol run. Jamie Burgoyne-Halbert has volunteered to host the after party.

Bob and Cindy Moore are hosting a wine tasting on Thursday at 7pm as a fundraiser for the Marine Corp marathon.

Other Business:

Busa Bushwhack

The Busa Bushwhack is coming up. There are plenty of opportunities to run and volunteer (it would be great if people could do both). Our biggest volunteer need is for course marshals. We currently need eleven more. There will be a course preview next week; Eric Jacobsen will lead the 10-mile route preview and Jeff Hattem will lead the 5-mile run-through. It will be at 9am at Brophy school.

We are behind in registrations this year. Someone asked if we could allow same day registrations. Same day registrations are hard because there are limited parking spots at Brophy. We've never officially allowed it, but unofficially have let people sign up day-of. Maybe we could advertise same day registrations the week of the race if we're not close to our 300-entry cap.

We have 300 club members – people asked if there is anyway to get everyone involved with the Bushwhack, either as volunteers or runners. Each year we struggle to fulfill all our volunteer needs.

Jay Powell