



Greater Framingham Running Club

August 7, 2021 – Cindy Moore hosted the meeting via Zoom.

Attendees

Cindy Moore, Bob Moore, Tom Miller, Kevin Greene, Mary Tyler, Ted Tyler, Jeff Hattem.

MONTHLY MEETING:

President (Susin Carlson):

Susin was cooking it on her 16-mile Team Framingham run this morning!

Vice President (Cindy Moore):

The meeting began at 10:00 AM, zoom cut us off at 10:40, and we tried to continue another zoom session at 11:00. Officers not in attendance were asked to submit their reports to be included here.

Secretary (Tim Conlin):

No report.

Membership Director (Mike Gannon):

Mike is unable to make the meeting today, but kindly emailed the following report: There are no new members since the last meeting. There's an increase of folks who are interested in our Facebook page, but they haven't joined.

So total members stand at 252.

Grand Prix (Tom Abbott, Jeff Hattem):

Trail Races (Jeff Hattem)

Jeff has the West Hill Damn race results and will get them out to us soon. Five GFRC members ran this race: Jeff, Susin and Mike Carlson, Stephen Galloway, and John Joyce.

Jeff, Susin and John all received Age Group awards. GoGFRC!!

The August Grand Prix race will be the 3rd leg of the West Hill Damn series, on 8/26. It starts at 6:00 PM (please note the earlier start time due to shorter daylight hours). Jeff assures us that it's a very "runable" trail race, even for inexperienced trail runners. It only costs \$10 and is free if you are over 70 years old. There will be a BBQ after the race.

Although there are no Grand Prix Trail Races on the books for September at this point, we will have two races in October. The first is on 10/2 - Merrimack River Trail Race. This will most likely be the last year for this race (year 26!) so if you've never done it, Jeff highly recommends it. This is a 10 mile race (no shorter distance option offered here), but is not technical. This will count for the September race.

October 24th is the Groton Town Forest Trail Race (our October Grand Prix Race). There are 2 distances to choose from: 3+ miles or 9.3 miles. The course is not too technical, but Jeff did warn that there is "a lot of climbing and descending" on this course.

Looking ahead, plan for November 14th Upton Trail Half Marathon and 10K. Jeff has not chosen a December race yet.

Busa Bushwack news: This race will be on 10/31. We received the permit for Callahan State Park but are still waiting for the permit for Brophy School. Jeff will add this race information to the GFRC Calendar and the website.

The Grand Prix page has not been able to display current race results as it needs to be updated (still displaying the 2019 calendar). The webmaster will fix this for us so Jeff can add current race results.

Road Races (Tom Abbott, report given by Mary Tyler)

In the past we have had a 100m and 1 mile race after the last Kid's Track. Tom has proposed that this year we have an 800m on Thursday, August 19th as an additional Grand Prix Road option.

Saturday 8/28 is Medway Reach Out and Run 5K. This is also a TVFR Grand Prix event.

September Road Grand Prix choices are:

Flutie 5K for Autism on 9/12 (this year it is at Belkin Family Lookout Farm in Natick) and: Purple Passtion 5k to support Voices Against Violence, right here in Framingham on 9/18.

Jeff was wondering about the Boston Tune-Up as part of the Grand Prix series, but Mary let us know that last time only 2 GFRC people attended, so that is most likely why it is not included this year.

October's GP selection will be the Jack's Abby 5K on 10/16. Unfortunately that's the same day as the Boston 10K for Women. Mary will be running this race for the 45th year!

There is also a Wayside 5K for kids in Framingham (although that will be virtual this year, between 10/16-10/23), as well as the (live) Worcester Firefighter's 6K on 10/24. This race traditionally has bands and a cookout at the event. Should we consider either of these as a 2nd October choice?

Mary has race results for Hot To Trot and those will be posted asap.

Newsletter (Tom Miller):

Tom mailed the newsletter at 9:00 last night. He is having a hard time finding enough material and would like more submissions from GFRC members. Currently he is filling the newsletter with good articles that he finds online (this month includes articles about Steve Prefontaine and Alberto Salazar, and pictures that members have posted). Tom would appreciate more member submissions. He is not a fan of Facebook, so suggests that if members are posting race reports and pictures on FB that we email a copy to him for the newsletter.

Web (Rachel Sortino):

No report.

Social Media Director (Susin Carlson):

Susin continues to maintain GFRC presence on social media.

Uniforms (Wendy Rieder):

No Report.

Activities (vacant):

GFRC still needs an activities director.

Cindy Moore - *Vice President*