



Greater Framingham Running Club

December 11, 2021 – Susin Carlson hosted the meeting via Zoom.

Attendees

Susin Carlson, Mike Carlson, Cindy Moore, Bob Moore, Judy Levine, Mike Bower, Ted Tyler, Mary Tyler, Edw. S. Ginsberg, Tom Miller, Deb Galloway, Steve Galloway, Tom Abbott, Jeff Hattem, John Joyce, Susan Richardson, Glenn Meister, John Joyce, Marie Leigh, Tim Conlin.

MONTHLY MEETING:

President (Susin Carlson):

Susin said good morning to everyone and hopes everyone is doing well, and nice to see everyone.

This is Marathon Sports weekend when GFRC members can get 20% off. Amy called Marathon Sports to remind them of the 20% off discount so everything should be all set.

Walter's Run starts tomorrow at 11a.m. Tom Abbott described the course in great detail, especially the hill at about mile 2, followed by the gradual downhill towards the end where you can really finish strong.

Susin noted we have 5 bibs for the Boston Marathon lottery. There are 9 applicants. Mike Bower said he has not heard anything from the BAA for Team Framingham regarding bibs. Mike thinks he'll be hearing within a week, and is very optimistic BAA will provide bibs for Team Framingham.

The GFRC website was discussed with regards to the process of getting race results up to date and accessible to see.

Susin said we still don't have a Uniform Director so if anyone who wants to volunteer for the role it's up for grabs!

Susin noted Lisa Burgess's son, Sam, is running today competing in cross country Nationals. A number of us plan to watch on tv, and thinks Lisa has the link to the televised site on her facebook page.

Mary asked if the GFRC January New Year's Eve Champagne Fun Run is still on. So far the Tylers, Richardson, and Galloway homesteads are on the loop. It will be held primarily outside due to COVID concerns. It normally starts around 4:30 and ends around 7:30, with some people leaving earlier whenever they need to. Susin noted Meghan is donating 2 bottles of champagne for the event - thank you Meghan!

Vice President (Cindy Moore):

Cindy said "howdy!" to all. Cindy said the (Boston Marathon) lottery pool is current with all the names on the "wheel" and is ready to go. Cindy and Bob talked about their recent beneficial

experiences with training programs that focus on running form, and how it's helped their running. Cindy provided information and encourages anyone interested to give it a try. The course is ChiRunning (like T'ai Chi, for running posture). Here's the website for anyone interested:
<https://www.chirunning.com/>

Secretary (Tim Conlin):

No report.

Membership Director (Mike Gannon):

Mike reports no new members since last meeting. Total members 260.

Grand Prix (Tom Abbott, Jeff Hattem):

Trail Races (Jeff Hattem)

Jeff said this is more of a public health announcement. If you are running trails, please make sure you check for ticks after the run, even this time of year. Jeff said he recently contracted lyme disease, lyme arthritis, and is currently on antibiotics. It's not something you want to go through. Jeff said he is otherwise doing okay and is still running.

The last 3 races we had somewhat encouraging turnouts.

The Upton Trail Race 10 people showed up. Age group wins for Matt, Jeff, and John finished 2nd place in his age group.

Last week, the Cumberland, 6 people showed up. I want to say any of these fit challenge races, they are beginner friendly, they are beautiful races around the monastery. Rob McCoy puts on these amazing events. Jeff loves the rolling start. The race is so well run including the great stuff Rob gives out. If you ran 2 races in that race last week, Jeff & Susin, ran 2 races, Jeff will use the best result for the age grading, and both will count for the Grand Prix gift at the end of the year.

Jeff has trail races scheduled through March.

In January there's the Mt. Tom Snow Shoe Scramble 5K, on Saturday January 29th at Mt. Tom in Holyoke. If you don't have snow shoes for running, you can reserve and rent a pair for \$5.

The running snow shoes are narrow and short, so there is not much of a learning curve.

Jeff does not think there will be anything in February unless Jeff can find something within reach.

For February and March, Jeff will have 2 races in March, 1 will count for February.

There will be to Hale and Back in Westwood on March 26th. You have to move fast on this because registration will close out. You can run a 5k or a 6 hour. Steve thinks the 6 hour is sold out.

If you run the 6 hours Jeff will take your best 5K split for the age grading.

Right not scheduled for March 20th, another fit challenge, the Fit Rock Trail Race. Same concept at last one, 5K, 5 mile or combo of the 2, or a multi loop. If you run the multiloop, Jeff will take your best 5K time and use that for age grading, same with the combo.

We are pretty much good through March with scheduled trail races.

Road Races (Tom Abbott)

There were 65 to 70 GFRC participants at the Framingham Turkey Classic. Results are on the website now. Age group winners from our club were Scott Pettingell, Bob Mayer, Ed Crowley, Andrea Leonard, Amy Pearl, and Carol Leiter". Scott also did very well with a 76 WAVA%. At the Devens Dash, GFRC had quite of few participants. The Tough 10 mile Turkey Trot took place in Marlborough. A brutal course with a tough 1.5 uphill stretch. There were 8 GFRC participants, mostly woman, except for Bob Cargill and Vernon Turner, the only men of the 8. Rong Hu had the best time for club members. The other women runners were Katya Divari, Jen Feaster, Lisa Burgess, Amy Feaster, and Susan Richardson. All receive Grand Prix points.

Tomorrow is Walter's Run. Starts out flat then slight upgrade, then an uphill at the 2 mile mark, and a gradual downhill at the end, so you can really sprint it in.

For New Year's Day race in Needham, Tom is hoping the race will be open; registration is currently open. It's a \$30 registration, and there's free pizza and beer after the race at a nearby restaurant.

Tom regrettably said he didn't know this until two years ago.

Tom hopes the Resolution Run in Lexington will happen towards the end of January, but so far Tom has not heard anything on the race.

Newsletter (vacant):

No report.

Web (Rachel Sortino):

No report.

Social Media Director (Susin Carlson):

Susin continues to maintain a GFRC presence on social media.

Uniforms (vacant):

No Report.

Activities (Amy Carrier):

No report.

Other Topics:

Judy asked if the club is still doing the Grand Prix Prizes for 2020 to 2021 ? Tom said they working on it.

Susan Richardson said Team Framingham is looking for mentors for new entries running the marathon for Team Framingham. There will be a survey sent out via email regarding the mentor program. You don't have to have run a marathon to be a mentor, and filling out the survey does not commit anyone to the program.

Mike Bower noted it's a new group of runners this year, 10 of which have not run a marathon. Everyone is invited to run on the Team Framingham training runs. This year there will be some weekly training runs, but then it will be every other week once they exceed 10 miles. The current plan has a run next Saturday at 8 a.m. then on January 2nd. Mike posts the information on the GFRC facebook group.

Susin noted you get volunteer credits for being a mentor and participation credit for showing up for a training run.

Jeff said he does not have the link yet for the Mt. Tom Snow Shoe Scramble, as soon as he gets it he'll post it on facebook. Jeff really wants emphasize to Hale and Back, sign up asap if you want to run it.

Susin mentioned the lottery (for the Boston Marathon bibs) will be on Monday night and she'll send out a zoom link. Cindy will actually do the lottery since she and Bob are not in the lottery. The lottery entrants are the Steve and Deb Galloway, Susin and Mike Carlson and their son, Amy Forman, Lisa Burgess, Mike Bower, and Jared Nussbaum. 9 entries and 5 bibs. Steve asked Susin what happens if she gets picked and her husband Mike doesn't....Susin said they've had many discussions about this...it could get ugly. :)

Tim Conlin - Secretary