



## *Greater Framingham Running Club*

July 10, 2021 – Cindy Moore hosted the meeting via Zoom.

### *Attendees*

Susin Carlson, Mike Carlson, Cindy Moore, Bob Moore, Tom Miller, Ted Tyler, Mary Tyler, Jeff Hattem, Glen Meister, Kevin Greene, Edw. S. Ginsburg, Lisa Burgess, Rich Busa, Marie Leigh, Tom Abbott, Jeanne Bizzoco, Tim Conlin.

### **MONTHLY MEETING:**

#### **President (Susin Carlson):**

Susin welcomed and said good morning to everyone from her training run and turned the meeting over to Cindy Moore.

#### **Vice President (Cindy Moore):**

Cindy greeted everyone, promised to try to be as efficient as Susin, and jumped right into the agenda.

#### **Secretary (Tim Conlin):**

No report.

#### **Membership Director (Mike Gannon):**

No report.

#### **Grand Prix (Tom Abbott, Jeff Hattem):**

##### *Trail Races (Jeff Hattem)*

The next trail Grand Prix Race is July 29th. It's the second leg of the West Hill Dam trail running series in Uxbridge. That's a Thursday night at 6:30pm. It's only \$10 to run. There is a pre-run on Thursday July 15th at 6:30 p.m. if you want to check out the course before the race. The 3rd leg of the race is on Thursday, August 26th at 6:30 p.m. These races are free if you are over 70.

The Merrimack River Trail Race is on Saturday, October 2nd. It's a 10 mile race. It's a very runnable course. Jeff highly recommends this race.

On October 24th we have the Groton Town Forest Trail Races. There are two options. The short race is approximately 3 miles and the long race is approximately 10 miles.

Jeff did not see any races going on in September so he thinks the Merrimack River Trail Race on October 2nd will be counted as a September Grand Prix race.

There is also the Upton State Forest Trail Half Marathon and a 10K version on Sunday morning, November 14th.

For the first leg of the West Hill Dam race in June, the bad news is we only had 3 people who ran. The good news was that everyone won an age group award. Participants were Jeff Hattem, John Joyce, and Joe Kozio. Jeff said he is always grateful when people run trails, but more participants are needed if we want to keep the trail races going.

Susin asked if the Busa Bushwack could be made a Grand Prix. This topic was discussed and left open for future discussion.

### *Road Races (Tom Abbott)*

For June we had 17 show up for the mile and 200 meter. Photos are on the Facebook page. We had 10 or 11 for 4th July races, in various towns. Upcoming races include Hot to Trot 5K at end of July at 8am. In August we have the Somerville Mile 26 mile on the Track Challenge, at Hormel Park in Medford. Arnie is working on getting people signed up for that. There could be another race for August, they are still developing. In mid-September there is Voices Against Violence which runs in Framingham including over Dennison hill. Tom thinks the Flutie Foundation has a race going on in September also. Races are still developing for the rest of the Fall. We'll have to stay tuned. Tom asked if people feel we should have any virtual races in July or August to count towards Grand Prix points.

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

Tom sent out another great newsletter to the GFRC community this morning, including a revised one where Tom added some captions provided by the GFRC community.

### **Web (Rachel Sortino):**

Nothing new to report.

### **Social Media Director (Susin Carlson):**

Susin continues to maintain GFRC presence on social media. Susin posted some of the pub run photos on social media.

### **Uniforms (Wendy Rieder):**

No Report.

**Activities (vacant):**

GFRC still needs an activities director. Susin said it's up for grabs if anyone is interested.

**Other Business:***Summer Track (Arnie Pollinger, Wendy Akeson)*

Cindy shared some words provided by Wendy. Wendy thanks everyone volunteering and participating in Summer Track. Wendy invites more volunteers to participate in this fun event each week.

*Pub Runs*

Susin said the next pub run is on July 22nd, probably at Jack's Abby. We'll do two in August.

*GFRC Rich and Chris Chesmore Scholarship (Arnie Pollinger)*

Cindy read very nice thank you letters provided by the scholarship winners, Sam Moffat and Abby Burgess.

*Tim Conlin - Secretary*