



## *Greater Framingham Running Club*

November 13, 2021 – Susin Carlson hosted the meeting via Zoom.

### *Attendees*

Susin Carlson, Cindy Moore, Bob Moore, Ted Tyler, Mary Tyler, Amy Carrier, Mike Gannon, Tom Miller, Glenn Meister, Edw S. Ginsberg, Tom Abbott, Rich Busa, Jeff Hattem, Marie Leigh, David Achenbach, Arnie Pollinger, Susan Richardson, Wendy Akeson, Tim Conlin.

### **MONTHLY MEETING:**

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

Susin thanked everyone for attending. Susin has not heard from the BAA yet regarding how many bibs GFRC will receive for the Boston Marathon lottery. Cindy said so far she has received one applicant from GFRC. Susin believes applications are due from GFRC on December 4th. GFRC won Beat the Baystate again! It looks like the prize is beer again! We don't know how much beer there will be but there were 72 participants!

Susin thanked the Galloways for sending her an email volunteering to be the home base host for traditional New Year's Eve champagne fun run. This event was cancelled last year due to COVID. Susin would like to resume it this year since we can be primarily outside. Susin explained the event for the new members of the club.

The traditional Holiday caroling and fun run at the local nursing homes will not happen this year due to COVID.

Susin mentioned she would like to have a meeting within the next couple of weeks with the club officers to discuss what we'd like to see for the upcoming year.

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

Cindy said it was really fun to see everyone last week at the Busa Bushwhack.

Cindy shared with us that she and Bob recently took a course called Chi Running which helps with running form and avoiding injury. Cindy and Bob highly recommend the course, located in Brookline, if anyone is interested.

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

No report.

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

We welcome:

November 2021 Membership Report

We Welcome :

Mathew Link

Nathaniel Joslin

Elizabeth Holtz

Natasha Rausch

Jessica Posega

Total Members = 260

Obviously it has been a tough 18 months+ for adding new members. We didn't add anyone in September, but all 5 joined in October. Matthew found us on the internet. Nathaniel, Elizabeth, and Natasha joined together and found us via friends. Jessica is new to the area, and saw us at a race. Hopefully more find us at our Thanksgiving race.

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

### *Trail Races (Jeff Hattem)*

Jeff recapped the last two races. Jeff said unfortunately he could not run the last two races since he was injured. Jeff was surprised only two GFRC showed up for the Merrimack River Trail Race, considering it was the last running of it. Jeff said he was really bummed he could not run it since it was one of his favorite races. We did a little bit better at Groton, where 6 or 7 GFRC runners showed up for that. Tomorrow is the Upton Forest Trail Half-Marathon and 10K. The last time we ran that was in 2019 with an amazing amount of people that showed up. Jeff said he'll be there tomorrow, making his come back, and likely will be more hiking than running for him. Jeff expects the course will be a mess (wet and muddy sections) with the all the recent rain, but that usually does not deter anyone, it's such a great race and course.

Jeff posted the December race this morning. It will be the fitness challenge December 5th in Cumberland Rhode Island. "Don't let that scare you away, it's not too far, just over the border, at a monastery." Jeff said it's a beautiful course. You can run 5K, 5 miles, or multiple 5 mile laps. If you are running the multi-lap, Jeff noted, as he normally does and plans to do, they will only count your fastest 5 mile time for age grading. Jeff said if you are wondering about a Patriots Game that day, don't worry, they are not playing that day, they play Monday night. Jeff hopes to see some of us there.

Jeff said there was a discussion on Facebook about reviving the Sunday morning Callahan runs that we had many years ago. Jeff is thinking it could be something to consider starting this Spring.

### *Road Races (Tom Abbott)*

Tom noted for the Devins Run, a Grand Prix race, we had 22 members run; Scott and Abby both placed 2nd in their groups, and Edith PR'd. Tom encouraged everyone to wear club uniforms at local

races, especially at the Thanksgiving day race, to attract new members. Tom proposed that anyone wearing a GFRC shirt or jacket at a Grand Prix race receive an extra Grand Prix point.

For December there is Walter's Run in West Roxbury. Tom will make that a Grand Prix.

Also, in Marlboro there's a 5 K race at same location as the Tough 10 miler.

Tom assumes there will be the New Year's Race in Needham, and there is free pizza two blocks down the street after the race!

Also in January Tom expects there will be the Resolution Run.

Tom is adding up the virtual races from last year and has compiled a 27 page list with names and race times so far.

Susan Richardson asked if a list of Grand Prix participants and their points is still being maintained.

#### **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):**

Susin welcomed Amy as the new Activities Director, and thanked Amy for stepping up for the role. Amy said hello, and good to see everyone.

#### **Other Topics:**

Jeff said he posted the December Grand Prix Trail Race, the Fitness Challenge, as well as all the other Grand Prix Trail Races, on Facebook. Jeff noted the Grand Prix Trail Races are currently not getting posted to the GFRC website.

Jeff mentioned we've always had a GFRC shoppers night at Marathon Sports in Wellesley. Jeff suggested making it on a Saturday, instead of a weekday evening. It could be GFRC shoppers day and go in from 10 a.m. to closing time, and if you purchase something let them know you are from GFRC and get the 20% discount, since a gathering inside, like we usually do, may not be possible with COVID. One of the members noted Wellesley is under a masked mandate. Amy said she will call Marathon Sports and see what we can set up.

Ted said he'll be photographing runners at the Framingham Turkey Classic.Turkey Trot. Ted said try to wear GFRC clothing so he can see you better in the crowd of runners, and hopefully get a photo of you.

Arnie said the new club member, Mathew, showed up at last weeks' track workout and is super fast!

*Tim Conlin - Secretary*