



Greater Framingham Running Club

April 6, 2022 – Susin Carlson hosted the meeting via Zoom.

Attendees

Susin Carlson, Cindy Moore, Ted Tyler, Mary Tyler, Tom Miller, Arnie Pollinger, Mike Gannon, Jeff Hattem, Tom Abbott, Tim Conlin

MONTHLY MEETING:

President (Susin Carlson):

Susin thanked everyone for coming. Susin noted that Rachel and Marie are unable to attend today's meeting. Susin guided us through the agenda.

Vice President (Cindy Moore):

Cindy said hello and good to see everyone.

Secretary (Tim Conlin):

We received five great applications for the Rich and Chris Chesmore GFRC College Scholarship. Applications were due on March 31st. The scholarship committee is reviewing the applications. Arnie noted the review should finish by the end of the month and we should be able to announce the winners at the next meeting.

Membership Director (Mike Gannon):

We welcome :
Sofia Pettingell from Framingham.

Other :

Sofia was added when her family renewed their membership.

Another year, another renewal process. 125 members were up for renewal, and I sent out my first email this past Saturday which already resulted in 31% renewing, possibly my best quick response. I'm not sure if we need the list on the website yet anyway.

Thanks to all those who have renewed so far, and especially the multi-year ones which we have left as a big savings.

Grand Prix (Tom Abbott, Jeff Hattem):

Trail Races (Jeff Hattem)

Jeff said there are plenty of activities through September.

At the last event, To Hale and Back, there were 6 participants. 5 of the 6 ran the 6 hour race. Katya went the full 6 hours. Jeff cut out after 4 hours. Adrian ran 6 hours also. Tim was the only one who ran 5K, and finished second in his age group. Adrian finished second in his age group. Katya and Jeff won their age groups. Jeff said he did not age grade the 6 hour, he just went by total laps, to make it a lot easier.

Saturday at 9am in Andover we have the Merrimack River Trail race, you can sign up day of. Jeff highly recommends running it because it's a great trail race experience.

The TARC Spring Classic is on April 23rd and is sold out.

Saturday May 28th is the Wachusett Mountain Race. There are 2 options, either the 5K race from base to Summit or 10K race which is up to the Summit and down the other side. It's part road race and part trail race. It's all road on the way up.

For June, July and August we are going with the Woodland Trail Series. They are local and great races for anyone who is not an experienced trail runner. They are not too "technical". The first one in June is 5.5 miles and is the longest of the three. They are always on Thursday night, in Uxbridge. They start late enough so if you get out of work at 5 you should be able to get there on time, and they are inexpensive.

On September 10th is the TARC Fall Classic in Carlyle. It will sell out fast so sign up soon. There's a choice of a 10K, half marathon, 50 K or 50 mile.

The TARCS are low key events, not that expensive, and they serve a lot of food at the stations. The TARC running community is huge and tight knit.

Jeff thinks we are all good for the Busa Bushwhack on Sunday, October 30th. Jeff asked that the announcement be put out on facebook.

Road Races (Tom Abbott)

Tom arrived to the meeting after being at the Wednesday night track workout. Susin noted some of the upcoming races until Tom arrived.

On May 22nd, we have the Great Bear Run, a 5K race.

Tom has tried to get another race lined up for April.

On June 18th there's the Sharon Timlin Memorial 5K Race to Cure ALS. Starts at 8:30 a.m. at Hopkinton High School.

Web (Rachel Sortino):

Rachel was unable to attend the meeting.

Susin noted that Rachel will be taking a PHD program in Washington DC in August so the position for web director will be open.

Susin would like to see the uniform and web director positions filled.

Susin will send out a blast notice to the group about these open positions.

Social Media Director (Susin Carlson):

Susin continues to maintain a GFRC presence on social media.

Uniforms (vacant):

Susin said we really need a Uniform director so if anyone is interested please let her know.

Activities (vacant):

Susin said the Activities Director position is open if anyone is interested.

Summer Track (Wendy Akeson and Arnie Pollinger)

Summer track will be starting on Wednesday June 8th. It will run for 10 weeks and we'll skip the week of July 4th and run to August 17th. Wendy and Arnie are co-directors again. Arnie will assist but will be up in Maine most of the Summer. As the date gets closer, Arnie will make sure we promote it.

Other:

Susin would like to see the pub runs start up soon and asks if anyone has any requests for certain pubs. Arnie mentioned Casey's. Susin would like pubs that split the check. Unfortunately Casey's does not split checks. Exhibit A, Jack Abby's, and Lookout Farm was mentioned. Margarita's on Speen/Rte 30 was also mentioned, Skybox 109 near the new Natick rail trail, and Lost Shoe in Marlborough.

As far as the Grand Prix goes, Mary noted she getting emails from the Timlin 5K in Hopkinton, promoting the June race.

Cindy noted that Mark Goldschmidt is starting the couch to 5k in April, on Sunday mornings. The Timlin 5K will be the culminating race at the end of the Couch to 5K. Cindy is looking for a half marathon around June. Arnie said there is a listing on GFRC website of all the half marathons; it may not be up-to-date but it's still a good list.

Susin noted she is signing up for the Womens 10K in Boston. Cindy is also signing up. Mary said she will be signed up. Susin is doing a half marathon relay race up in Vermont on May 29th with other GFRC members.

Arnie said he'll be at the 5K water station for the Boston Marathon. Arnie said he'll run ahead and take runner's pictures (i.e. Susin's) if he can see her in time. Mike Gannon said he'd be at the 30K hydration station, by the Waltham Trail Runners tent.

Tim Conlin - Secretary