



Greater Framingham Running Club

January 8, 2021 – Cindy Moore hosted the meeting via Zoom.

Attendees

Cindy Moore, Bob Moore, Susin Carlson, Abby McCabe, John Joyce, Tom Miller, Edw. S. Ginsberg, Rachel Sortino, Mike Gannon, Jeff Hattem, Judy Levine, Marie Leigh, Glenn Meister, Arnie Pollinger, Rich Busa, Tim Conlin.

MONTHLY MEETING:

President (Susin Carlson):

Susin joined meeting from her car on the Boston Marathon route after a training run in the wind, 21 degrees, and a foot of snow on the ground from yesterday's storm - nice going Susin!

Vice President (Cindy Moore):

Cindy said good morning to all. Glad to see everyone here this morning. Cindy plans to bike in her basement this morning rather than run in the snow.

Secretary (Tim Conlin):

Tim said good morning and hello to everyone, hopes everyone is staying healthy, and to see everyone at an event soon.

Membership Director (Mike Gannon):

We Welcome,

Shalone Sine from Framingham

Total Members = 261

Shalone found us on the internet.

So another challenging Covid year resulted in 32 new members which was better than 2020 of 27. In prior years it was common to have over 75 new members like in 2019. Hopefully 2022 brings us closer to that past average.

At the end of the year, I always compare membership totals to prior years. See below:

Year	Approx. Headcount	Changes Year Ends	Full Year Adds
12/10/10	215		
12/31/11	217	2	46
12/31/12	268	51	58
12/31/13	298	30	88
12/31/14	286	-12	68
12/31/15	273	-13	61

12/31/16	337	64	122
12/31/17	339	2	92
12/31/18	334	-5	76
12/31/19	335	1	74
12/30/20	280	-55	27
12/31/21	260	-20	32

Mike noted GFRC was up to 387 members at one point, and since he's been the Membership Director the high was at 337. Now with Covid it's more challenging times but hopefully we start to turn a corner this year by running races together and all kinds of gatherings, and bring those numbers back up. A lot of the new members that we have is thanks to Mark Goldschmidt, and the Couch-to-5k program. If it weren't for that, the new memberships would be a lot lower.

Susin said she is less concerned with how many members and would rather see more members involved. Mike noted that when there were 180 members around 2009, there was a high percentage of members involved. Mike thinks 200 is a good manageable number if there are a lot of active members. Now with the internet, there are a lot of Facebook groups and things like that, that don't require a membership, that we are competing with. Mike says that he's hearing that a lot of younger people are not into the formality of a running club. Mike compared some of the differences between the GFRC and the Waltham running club, that he is also a member of.

Susin is hopeful that we'll be able to hold more events this year, including pub runs, depending on what goes on with Covid, and hopefully draw more people in.

Judy said she agrees that it's better to have more active members and not just a lot of members, and particularly likes the GFRC's 200 mile relay, one example of a fun club activity where members can run and connect. Judy also really liked the GFRC Champagne Fun Run that she participated in for the first time this year, walking it the 2 mile route with her husband. Judy said she has met a lot of great people here and made good friends, and hopes we can think of creative ways to attract new members interested in a fun and healthy lifestyle, and that there is something for everyone.

Mike said one thing he stresses to new or interested members is to look at the Grand Prix race result times and you can see the club has a wide range of runner abilities.

The idea of using other platforms, in addition to the GFRC website and Facebook (such as Twitter or Instagram) to advertise GFRC activities was discussed. John Joyce thinks that having one main go to site that's publically viewable, rather than a number of them (Twitter, Instagram, etc.), should be the main focus, whatever that site or platform is.

Arnie commented on the topic "how do we get members of the club more involved?" This is the same question that's been asked since 2005. It's the same in any club or organization. It's been happening for years and years. Every club has the same issue.

Tom Miller said when he did the newsletter, the site he referred to the most was the GFRC website. Susin said she agrees the main website is great, but Facebook is much easier and much faster to update. Mike Gannon said prospective members look at the website calendar page.

Grand Prix (Tom Abbott, Jeff Hattem):

Trail Races (Jeff Hattem)

Saturday January 29th is the Mt. Tom Snow Shoe Scramble. Jeff has posted this on Facebook. There's a 5k or 10k option. You can decide after the 5k if you want to run the 10k. Deon Snow shoes will be there to provide loaners in case anyone needs a pair of snow shoes. If there is no snow, or lack of snow, it will be a trail race.

Jeff does not see any events going on in February, which is not unusual, so there will be two Grand Prix events in March. One will count for February, the other for March.

To Hail and Back is on March 26th. There are two options, the 5k or run for up to 6 hours and run as many 5k loops as you can. The 6 hour is filled up. There are still some 5k spots available. If you plan to run, sign up as soon as possible.

The Fit Challenge is in Cumberland RI at the monastery. Jeff thinks it may be on March 20th, but the date has not been confirmed; it could go on March 13th. You can run a 5k, a 5 mile. There's also a 5k 5 mile combo, and there's also the multi-loop, where you run as many loops as you can. The 5k is separate, the 5 mile is separate, and if you run anything else, we'll take your best 5 mile time and count that as a 5 mile race. Jeff plans to run multi-loops.

April will be the TARC Spring Classic. Date has not been posted yet but it will be the April Grand Prix race.

John Joyce thought they will have Merrimack 10 Miler trail race this year. Jeff was hoping someone else would take over the race after the former race organizer for over 20 years recently retired. Jeff said if Merrimack is happening he'll definitely make that the Grand Prix Race. John checked an email and said the they the race is scheduled for April 9th.

Road Races (Tom Abbott)

Tom Abbott was not at the meeting.

Susin thinks the Resolution Run will be the Grand Prix Race for January; she thinks it's around January 22nd. Susin will ask Tom if there is a Grand Prix scheduled for February.

The Heart of Hunger is a virtual race taking place for February. It's \$15.00 to participate and goes to a good cause. Susin will put the information out there.

Newsletter (vacant):

No report.

Web (Rachel Sortino and Abby McCabe):

Abby said she's been trying to update the website as more activities are going on.

Rachel said she received an email that we need to renew our domain at the end of January. Rachel will be in contact with Marie to process the renewal.

Social Media Director (Susin Carlson):

Susin continues to maintain a GFRC presence on social media.

Uniforms (vacant):

Cindy noted the Uniform position is still open if anyone is interested.

Activities (Amy Carrier):

Susin said the Activities Director position is open since Amy stepped down.

Other Topics:

Scholarships (Arnie Pollinger)

GFRC will be awarding two \$500 scholarships to two local high school students who are passionate about running. Eligible high schools are Framingham, Ashland, Holliston, Natick, and Keefe Tech in Framingham, as well as the exception we put in last year for any Senior that is a member of the club not at those high schools. The applications will be going out Sunday. Arnie thanked everyone on the scholarship committee, including Marie and Abby at this meeting. The applications will be due by March 31st. Arnie said he'll send the application and criteria information to Rachel for the website.

Applications will be sent to Tim, who will receive the applications and remove all identifying information for the committee, so it's a fair review process.

Rachel said she teaches at the Learning Center for the Deaf in Framingham, and she thinks there will be students that are interested. Arnie asked Rachel to send him the contact person name, phone number and/or email address, who is responsible for scholarships, and he'll send the information.

Champaign Fun Run

Susin said she wanted to thank the members who hosted the Champaign Fun Run event: Susin Richardson, Steve and Debra Galloway, and the Ted and Mary Tyler. Susin noted that it's not just a running event, you can walk it too, just like Judy and her husband did. Judy said it was a nice way to enjoy the event with her husband who is not a runner.

Boston Marathon Clock Watching

Mike Gannon asked for update on clock watching. Cindy said she started calling Lonny at the designated time, 7:30 p.m. on January 5th and got through at 8 pm. At that time only one position remained of the 25. Jeff said he got through to Lonny right before that, and the spot that he has

volunteered at for many years was gone, and instead got the spot at Wellesley with Eric. Arnie noted there used to be 70 volunteer positions that GFRC was responsible to fill but this has changed. So the 25 volunteer spots for GFRC fill quickly.

Tim Conlin - Secretary