



## *Greater Framingham Running Club*

May 14, 2022 – Meeting hosted by Abby McCabe and via Zoom.

### *Attendees*

Susin Carlson, Mike Carlson, Cindy Moore, Bob Moore, Tom Miller, Abby McCabe, Mike Bower, Lisa Burgess, Mike Gannon, Glenn Meister, Eric Jacobsen, Jeff Hattem, Tom Abbott, Vernon Turner, Marie Leigh, Rachel Sortino, Tim Conlin

### **MONTHLY MEETING:**

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

Susin said good morning to all and thanked everyone for attending the meeting on this beautiful morning.

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

Cindy said hello and good to see everyone. Cindy said the couch to 5K is going really well. Mark is running that. Cindy said her and Bob will be taking another level of that Chi running class and will let us know how it is.

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

No report. Others will announce the Rich and Chris Chesmore GFRC College Scholarship winners at today's meeting.

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

We Welcome:

Sarvia Tricia Framingham  
Towne Ben Framingham  
Sucich John Framingham  
Carroll Moira Watertown  
Carroll Shelia Framingham  
Byrne Jennifer Framingham  
Ward Brandon Framingham  
Maltbie Erin Framingham  
Scherer Rob Ashland  
Batista Janice Bellingham

Tricia found us by living near the Busa course. John, Brandon, Erin, and Janice found us via Team Framingham. Moira and Shelia found us via couch 2 5K. Jennifer found us via word of mouth, and Rob found us from the internet.

It has obviously been a great month in terms of new members. 10 people have joined us since the 1st meeting.

The renewal process is just about over and the purge will begin soon. Our renewal % was just under 47% which is a little lower than average. Our total members right now = 206.

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

### *Trail Races (Jeff Hattem)*

Jeff said he has events planned all the way through November. Jeff said 11 people show up for the TARC Spring Classic. They ran the 10K, the half marathon, and the 50K, no 50 milers. .... Abby, Hongye, and Jeff Hattem were age group winners.

We have Wachusett, on May 28th - Memorial Day Weekend. You can either run up to the Summit which is a 5K or run up to the Summit and down to the base, that's a 10k.

For June, July, and August we have the Woodland Trail Series. The first one is June 30th, that's a 5.5 miler. Then we have July 28th, a 4.6 miler, and August 25th there is a 3.2 miler. These are on Thursday nights. They all start at 6:30 p.m. except the last one starts at 6 p.m. because it's starts to get dark. If you are new to trail running it's a great series to get into because the courses are very runnable and short.

Then for September there's the TARC Fall Classic on September 10th. There is a choice of either a 10k, a half-marathon, a 50k, or a 50 miler. Sign up early because it will definitely sell out.

October 16th is the Groton Town Forest Race. That's either 9.5 miles or 3.4 miles.

Then there's the Upton Forest Trail Races on Upton on November 13th, and that's either a half-marathon or a 10k.

In December we'll probably go back to Cumberland.

Last week Jeff ran an interesting race with Steve and Deb, it was a backyard Ultra, held by the Needham running club, at the Needham Town Forest. The course for these Ultras have to be exactly 4.167 miles. They line everybody up in coral, and it starts at 8 a.m. You have to run a loop in under an hour, if you make the cut, you keep going, so it's the like the last man standing. You can run as many or as few laps as you want to run. Jeff ran 4 loops. 30 people lined up at the start. If you run the first loop in 40 min, you have 20 min to hang around. The loop starts every hour on the hour. Jeff thinks the winner got in 12 laps.

Jeff said we should start planning for the Busa Bushwhack. The date is set for October 30th.

## *Road Races (Tom Abbott)*

The Great Bear Run is coming up next weekend (May 22nd). It's a great 5K race with all kinds of trophies. There is also a mile race after the 5K if you want to run that.

For June it will be the Sharon Timlin 5K Race to Cure ALS on June 18th at 8:30 a.m at Hopkinton High School.

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

Rachel said we had a meeting Monday about Summer Track and how to make it more accessible for deaf and hard of hearing participants. Rachel will be advertising it at her school, mostly talking about more signage and whiteboards available for communication.

With Rachel on her way out for PHD studies this Summer, Susin announced that Glenn Meister has volunteered to fill the Web Director position. A vote was then held to officially vote Glenn in, and it was met with a unanimous "YES".

## **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 (announcement):**

Susin announced that Abby McCabe has volunteered for the Activities Director position. A vote was then held to officially vote Abby in and a "YES" vote was unanimous.

## **Summer Track (Wendy Akeson and Arnie Pollinger)**

Susin read a report by Arnie:

2022 Summer Track starts next month on June 8th, and runs every Wednesday until August 17th. There will be no Summer Track on July 6th due to the Holiday week. We'll need volunteers and they are much appreciated. Registration starts at 5:30 p.m., meets start at 6:00 p.m. We'll need volunteers for registrations, starting line, finish line, handing out 1st, 2nd, and 3rd place ribbons, handing out stickers, broad-jump, and softball toss. Registration volunteers should arrive by 5:30. All other volunteers by 5:45, and always welcome if you arrive later.

## **Other:**

## Rich and Chris Chesmore GFRC College Scholarship

Susin announced that the Rich and Chris Chesmore GFRC College Scholarship winners was Trinity Trainor from Framingham High School and Julianne Kelley from Natick High School. Susin said the ceremony took only 1 hour and there was no time for speeches, unlike previous years. The entire ceremony was very quick with no speeches.

## 26x1 Relay

There are 19 people signed up right now. The cost is free to the members. The relay is on June 25th in Somerville. The time constraint of under a 9 minute mile has been removed. If you want to join, look at the email Arnie sent out. Scott has volunteered to be the captain.

## Pub Runs

Susin said she will attempt to start pub runs on Thursday May19th. Possible venues were discussed. Abby suggests Skybox which is next to the newly finished Cochituate Rail Trail. Susin mentioned Jack's Abby as a possibility. Bob mentioned Starline in Hopkinton which has a rail trail nearby in Milford. Rushford & Suns was also mentioned, but Jeff noted TVFR has a fun run there every Thursday. Margarita's was also mentioned.

## Ragnar

Eric said we have 10 of 12 for the 200 mile relay in NH. Eric said we have a team that is sufficient to go but would love to fill those last 2 spots. It's about 10 mile/person depending on your strength, speed, and skill as a runner. Everyone gets 3 legs. The longest leg of any set is 10 miles. Longest leg can be upward, legs 10 to 26 mi. Leg. It's a great team running experience. It's Eric's and Mike's favorite race of the year. It turns individual running into a team sport. Eric loves it and would be happy to have anyone that wants to come along join the group. Two spots are open. Susin recommends do your hill training. It's an \$85 fee for the relay. Contact Eric to sign up.

## Next Meeting

Susin said she is thinking of having outside at her house on June 11th. People can wear masks if they want. There are trails nearby. If it rains then we can have the meeting on zoom.

*Tim Conlin - Secretary*