



## *Greater Framingham Running Club*

April 3, 2023 – Monthly GFRC meeting via Zoom

### *Attendees*

Susin Carlson, Mike Carlson, Cindy Moore, Edw S. Ginsberg, Arnie Pollinger, Ted Tyler, Mary Tyler, Glenn Meister, Jeff Hattem, Lisa Burgess, Pete Mustone, Amy Forman, Heidi Trainor, Tim Conlin

### **MONTHLY MEETING:**

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

Susin said hello to everyone, and read Mike Gannon's and Abby McCabe's reports, who could not attend today's meeting.

Susin said Pub Runs will be starting in May, and possibly sooner if the weather is good. Summer Track will be starting up in June. Also, the GFRC Annual Banquet will be on Sunday, June 26th at the Ashland VFW Hall. Ticket information will be coming soon!

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

Cindy noted there is a GFRC team for the James Joyce Ramble coming up on April 30<sup>th</sup>. So if your planning to run the race, join the GFRC team!

Cindy said that Mark Goldshmidt is starting the Couch to Five K on April 16<sup>th</sup> at 8 a.m. and the culmination 5K race will be on June 17<sup>th</sup>.

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

Tim noted nine applications were received for the Rich and Christine Chesmore GFRC College Scholarships. Tim will have these redacted and out the GFRC Scholarship Committee by Sunday.

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

We welcome back:

Helen Shik of Sudbury, and  
Roy Weltman of Sudbury.

I started the dreaded renewal process Friday basically by emailing members whose memberships expired on April 1<sup>st</sup>. Our renewal year runs from April 1<sup>st</sup> to March 31<sup>st</sup>. I started off the renewal process with 74 members to contact which is the lowest total in years. Thanks to all who have renewed so far and apologies in advance for all future reminders.

## **Grand Prix**

### *Trail Races (Jeff Hattem)*

Jeff said we just had two Grand Prix events for the trail side of things. To Hale and Back in late March. There were 16 GFRC'ers who showed up for that. Saturday was the Merrimack River Trail Race. Jeff noted there were 90 people pre-registered, but because of the weather forecast only 60 people showed up. Jeff said the weather didn't really affect the race, which was only a light misty rain. The heavier rain did not show up until after the race. Jeff said it was very runnable so the no shows missed out. Seven GFRC'ers showed up. The TARC Spring Classic is on April 22<sup>nd</sup> and is sold out. May 13<sup>th</sup> in Fall River is the Watuppa Classic Trail Races. There are three options, a 50K, 30K, or 10K. There are already 3 people signed up. Jeff, Steve, and Deb. Jeff said he posted the September race, which is the TARC Fall Classic on September 9th. Jeff said this race sells out so he posted it early, and recommends if you're interested to sign up now. Jeff noted you can run a 50 mile, 50K, and new this year is a 20 mile; they also have a half-marathon and 10K. Susin asked Jeff why does the race sell out. Jeff said they only charge \$20 or so to run and they're fun races. Jeff said for June, July, and August he'll have the Woodland Trail Series. Jeff noted trail races slow down a bit in the Summer. Jeff says the Woodland Trail Series are great because they are short distances and great for someone getting into trail running. Jeff said he'll look at what other Summer options are out there. Jeff noted Pete and Abby helped out with getting results posted. Jeff said the October 29<sup>th</sup> date for the Busa Bushwhack is confirmed. Susin said she would update the facebook page with the Busa Bushwhack date.

Susin said she received an email about a road race in Worcester called "Girls on the Run". This race will be in June. It's not a Grand Prix Race. Susin said she'll post it on the facebook page.

### *Road Races (Tom Abbott and Mike Carlson)*

Mike noted the following upcoming road races.

Boston 15K Tune-up at the beginning of April.

The James Joyce Ramble, 10K on Sunday, April 30th in Dedham

Jr.'s Paws for a Cause, 5K on Sunday April 30th in Natick

For May we have two 5K races. The Advocates See Me 5K in Hopkinton on May 6<sup>th</sup> and the Great Bear Run, 5K in Needham on May 21st.

Heidi talked enthusiastically about the Advocates See Me 5K race. She said it began in 2014 in an effort to honor mental health awareness, bring together the community at large, let people know about services available at Advocates, a local non-profit, break down barriers, have fun, and to run together. Since then Heidi noted the race has grown and now it involves Advocates disabilities

division, brain injury, autism, and is ADA accessible. Heidi said it's really fun, and thinks there were about 400 participants in the last race. All the money raised from the registration fees go to the Michael J. Jones Fund. This fund was created to honor a person who served that passed away. The money is used to help people served through Advocates, to recover and heal. It's a fun race. Kids run and there's face painting. There's also a one mile option. Heidi said the course is hard in her opinion, but also noted you can't help a better agency. The race is on all roads at Hopkinton State Park. The race used to go over the dam but now it's all roads to keep it ADA accessible.

Mike noted there are 3 races on May 13<sup>th</sup> that are being considered. There is the NECC race on May 13<sup>th</sup>. There's the FBRTC (Franklin Bellingham Rail Trail Committee ?), a TVFR race in Franklin. There's also a Lost Shoe event on the 13<sup>th</sup>, which Mike believes involves a brewery and some beer.

Lastly, under "extreme protest" said Mike, is the Great Bear Run in Needham. Mike said it's under protest because of the way it treated some of our brilliant runners who ran in 100+ degree weather and lost to someone who ran virtually in the nice cool weather. However, Mike said there's a number of GFRC runners who've run it before and really like the race.

On June 11<sup>th</sup> there is the Annual War Walk and Run Against Ovarian Cancer, a local 5K race in Framingham. Also in June is the Sharon Timlin Road Race.

For July, there will be any 4<sup>th</sup> of July Race, which GFRC has done traditionally. On July 29<sup>th</sup> there is the Hot to Trot.

Mike hopes to talk to Tom this week to confirm races and get them up on the website.

Cindy noted there's also the Dick Hoyt Yes You Can Run on May 27<sup>th</sup> at EMC Park.

### **Web (Glenn Meister):**

Glenn noted (designing) websites is not his area of expertise but asked the question, to open it up to the group, what is it the GFRC wants it's website to be ? Facebook has taken over from the newsletter, we have the mailing list, and the website. The website is also used as the GFRC archive. The website can be tough to maintain. For example, race results are stored in multiple places. Glenn has recently reached out to Host Papa, which GFRC has used, for pricing and to see what they can offer. Mike Carlson said it's probably time to take a look out there for newer technology that can make maintenance of the website a lot easier. Other questions like having password protection were discussed.

Glenn noted he has updated the website to include information on the Couch to 5K, and new photos/banners.

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

Susin continues to maintain a GFRC presence on social media.

### **Uniforms (Amy Forman):**

Amy noted she is trying to keep orders to a minimum so there's not too much inventory. Amy said some GFRC members have requested singlets so she's going to order some. Amy has been in contact with a graphic artist for possible logo options. Amy is also getting pricing for various apparel and sizes (i.e. long sleeve shirts, short sleeve shirts, etc.).

**Activities (Interim Director - Abby McCabe):**

Abby was not able to attend today's meeting but wanted to let everyone know there will be a fun run on Sunday, April 23 at 10 am at Ashland State Park. After, we'll hit 2Mauro's Cafe for those that want to grab some food.

*Tim Conlin - Secretary*