



## *Greater Framingham Running Club*

February 6, 2023 – Monthly GFRC meeting via Zoom

### *Attendees*

Susin Carlson, Mike Carlson, Tom Miller, Edw S. Ginsberg, Wendy Akeson, Cindy Moore, Abby McCabe, Jeff Hattem, Lisa Burgess, Glenn Meister, Carol Leiter, Tim Conlin.

### **MONTHLY MEETING:**

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

Susin noted that Arnie Pollinger sent out the applications to eligible high schools for the Rich and Chris Chesmore GFRC College Scholarships. Arnie noted in his email that eligible high schools are those towns with at least 5 GFRC members as of January 1st. Family memberships count as one. Arnie sent out application forms to high schools Keefe Tech, Framingham, Ashland, Natick, and Lincoln-Sudbury.

Susin noted Marie Leigh is unable to attend tonight's meeting but hopefully we'll catch her next month.

Susin said she will be sending out an email from Lonny about volunteering for the Boston Marathon; he's looking for volunteers to do the pro water stop if anyone is interested. Susin will also put the information on the facebook page. If you are interested, contact Lonny.

Susin hopes we'll have some meetings in the near future in person and encouraged anyone that can volunteer to host one to do so.

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

Cindy said hello to everyone. Cindy talked about how lately she has enjoyed just running short runs and for longer runs she's been trying walk/run intervals. Edw chimed in that he can run anything slower than she can. Susin said she likes the 30 sec run 30 sec walk intervals to help build her endurance. Cindy said she is looking forward to the Lowry pub run and hoping she do the Mt. Monadnock hike. Susin said unfortunately she'll be working the weekend of the hike and would really like to go.

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

No report.

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

There haven't been any new members since the last meeting unfortunately so we are at **258**.

## **Grand Prix**

### *Trail Races (Jeff Hattem)*

Jeff noted just the other day he posted the cumulative results up through the end of January about trail racing, which puts us 2/3 of the way through (the Grand Prix year). The next time you'll see these will be the final standings. Jeff said he posts cumulative results three times a year or every four months.

Jeff noted there were no trail races through January or February. The next Grand Prix Trail Race is March 25th, that's the TARC To Hale and Back. The 6 hour race is sold out. There are 6 spots left for the 5K. If you are running the 6 hour race, there will not be age grading like last year. Jeff plans to score by the number of loops that you run. The 5K will be determined by age grading.

For April, Jeff has two races scheduled because he wants to make up for loss time for January and February. We have the Merrimack River Trail Race. That's a 10 miler, it's part of the Grand Tree Series which our race is part of. The race is on April 1st, and that's in Andover. Jeff mentioned we almost lost this race but the "North Metric Club" took this race over. Jeff said it's a great race and very runnable, not too technical. It's 5 miles up along the Merrimack River, then you turn and come back.

The second race for April will be the TARC Spring Classic on April 22nd. You have your choice of running a 10K, a half-marathon, marathon, or a 50K. There are already a few GFRC'ers signed up for that, and as of today there are a 184 spots left. They close it out at 400, so you still have time to sign up, but Jeff advises not to wait too long.

Jeff proposed hosting the Busa Bushwack Trail Race on October 29th. There were no objections to holding the race on October 29th so the date was confirmed.

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

Mike Carlson noted upcoming Road Races:

The Lowry Pub Run is coming up on February 19th at 12:00 p.m. Then there is the Shamrock Shuffle in Medway on March 11th. There is also the Boston Tune-up on April 1st, but currently it's not a Grand Prix race. Some people are thinking about running the Ras na hEireann 5K in Davis Square, Somerville, on March 19th, which is a lot of fun; if there is enough people we could add that one in as an option. Mike and Susin said they've sign up for it along with Phyllis. Mike was considering adding the JB Blastoff 5K in Waltham but noted he cannot find much information about it for this year. Abby said she used to like that race but doesn't think they've had it since 2020. Mike confirmed with Glenn that the Celtic 5K in Worcester on March 12th will also be a Grand Prix Race. Mike said he'll get with Tom to discuss upcoming Grand Prix Races.

**Web (Glenn Meister):**

Glenn continues to do a great job maintaining the web site and said there's not much to report.

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

Susin continues to maintain a GFRC presence on social media.

**Uniforms:**

No report.

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

Abby said the next event is the Lowry Pub Run. "Yeah! After a 3 year hiatus." 2020 was the last one. This time it will not be at Cushing it will be at the neighborhood of Phyllis's house. Parking is available at the Stapleton school and we can meet at Phyllis's house. It's a 5K run or walk, Grand Prix event. A potluck will follow at the Lowry house. This event is on February 19th at Noon.

On Saturday February 25th will be a hike at Mt. Monadnock. It's about 4 mile hike round trip. You need microspikes and snowpants. It will be cold. Abby posted pictures so that you have an idea what the conditions are like. Poles are not essential but Abby says she uses them. Abby and Glenn have extra poles if anyone needs them.

Abby and Susin mentioned the idea of possibly having a GFRC banquet in June. There was talk amongst the group of possible venues. Overall the group was in favor of a banquet, but the details will need to be worked out. Jeff Hattem noted the last banquet was in Ashland (VFW?). Susin noted it's quite an undertaking so she wants to make sure the club is on board, and that there can be enough volunteers. It was talked about scaling down the event a bit. A survey may be sent out to the club to gauge interest about the event.

*Tim Conlin - Secretary*