



Greater Framingham Running Club

January 7, 2023 – Monthly GFRC meeting via Zoom

Attendees

Susin Carlson, Mike Carlson, Abby McCabe, Eric Jacobsen, Ted Tyler, Mary Tyler, Cindy Moore, Bob Moore, Heidi Trainor, Glenn Me

MONTHLY MEETING:

President (Susin Carlson):

Susin wished everyone a Happy New Year! Susin proceeded through the agenda.

Vice President (Cindy Moore):

Cindy said hello and wished everyone a Happy New Year!

Secretary (Tim Conlin):

Tim noted the New Year's Eve Champagne Fun Run was a lot of fun and thanked everyone involved for making it happen, especially those hosting the toasts along the run: Deb & Steve, Susan Richardson and family, Scott & Salma and family, and Ted & Mary Tyler.

Membership Director (Mike Gannon):

We Welcome : (all from Framingham unless otherwise noted)

Last Name	First Name	Zip Code
Doucette	Kathleen	Marlboro
Connolly	Robert	Millis
Gelardi	Julie	01701
Tovar	Yuridia	01701
Maltbie	Shane	01701
McNeil	Krystal	01701
Portelli	Dominic	01701
Craig	Rebecca	01702
Harrington	Forrest	01701
Sousa	Luciana	01702
Kelley	Chris	01701
Cunningham	Bree	01702
Mahnk	Tara	01702
Manzella	Brendan	01701
Artick	Jennifer	01701
Roach	Melissa	01702
Hurowitz	Stuart	01701
Rouse	Anna	01701

Total Members = 258

Each new member comes to us via Team Framingham. As in prior years they have been given free memberships through 5/1. Hopefully many of these folks will decide to stay with us much longer.

Each year during my time as Membership Director, we take a look at where we are on 12/31. See below:

(note to whoever is reading it, read the narrative below and feel free to talk about some of the other numbers but the chart will be in the membership report)

Year End	Approximate Headcount	Changes year ends	Full Year Adds
12/31/10	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
12/31/21	258	-2	45

On the surface we are around the same headcount as last year, but we added 45 new members which is our highest over the last 3 years. I expect to see a higher total in 2023 as things normalize. However our renewal rate was lower at 51% which covers the math but Covid has been a factor in that a lot of those dropping hadn't seen enough of us compared to the post Covid GFRC.

Treasurer (Marie Leigh)

There was a brief discussion about the USATF membership.

Susin asked Marie about the USATF membership. Marie noted the GFRC club is a member. Individuals can also join USATF on their own. Mike Carlson asked what is the benefit of the USATF to the club?

Marie noted it's been a long standing club tradition to be a member of USATF, and it was also thought to have some prestige, but it's up to the club to decide to be a member. Marie noted that USATF has some good programs to support runners, such as a program to keep runners safe, especially youth runners, and training programs. Mary noted that all USATF races are open to any and all runners, whether you're a member or not.

Grand Prix

Trail Races (Jeff Hattem)

There are no trail races for January and February. TARC To Hale and Back is our March race. There are already a number of GFRC runners signed up but spots are filling fast. 5k or 6hr options. You don't have to run for 6 hours if you sign up for the long race. Run as few or as many 5k loops you want or can. Here's the link:

<https://www.runreg.com/11209>

Road Races (Tom Abbott and Mike Carlson)

Resolution Run to Kick Cancer, Saturday January 21st at 11:00 p.m.
Paddy Kelly's 10K, Sunday February 5th at 11 a.m.

Lowry Pub Run 5K, Sunday February 19th at Noon.

Susin noted everyone likes to see the results of Grand Prix races but we don't always know who from GFRC is participating in a Grand Prix race. Susin thought we should find a way for GFRC'ers to "check-in" so that their results get counted towards the Grand Prix.

Web (Glenn Meister):

Glenn noted 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 noted that Phyllis & Gerard will host the Lowry Pub Run on February 19th at Noon. This year we'll meet at Phyllis & Gerard's house and run from there. You can park on the street or nearby at Stapleton School. It will be a 3.1 mile run in the neighborhood, followed by a pot luck at the Lowry's. This fun event counts for Grand Prix points too!

Abby said the Paddy Kelly is one of her favorite races. It can be cold but it's a flat gorgeous course. It ends at the pub, and they serve chili!

Other:

Eric Jacobsen is heading up the 200 mile Reach the Beach relay again this year. Eric very enthusiastically promoted the event. Eric said it's a 200 mile relay across the State of New Hampshire. GFRC has done it for decades now. So far 9 of the 12 runners needed have signed up. The cost to sign up is \$85; and then there are some more costs later for transportation, food, etc. If you are interested contact Eric.

Tim Conlin - Secretary