



Greater Framingham Running Club

March 4, 2023 – Monthly GFRC meeting via Zoom

Attendees

Susin Carlson, Mike Carlson, Cindy Moore, Edw S. Ginsberg, Abby McCabe, Amy Forman, Jeff Hattem, Heidi Trainor, Mary Tyler, Ted Tyler, Mike Gannon, Bob Cargill, Tim Conlin.

MONTHLY MEETING:

President (Susin Carlson):

Susin welcomed everyone and talked about some of her recent hiking adventures in New Hampshire. Susin proceeded through the meeting agenda.

Vice President (Cindy Moore):

Cindy said hello to everyone. Cindy noted she continues doing mostly short runs so far this winter due to lack of time. Cindy said she's trying different running routines, such as "a mile a day" challenge, to keep it interesting. Cindy said she really enjoyed the Lowry Pub Run last weekend.

Secretary (Tim Conlin):

No report.

Membership Director (Mike Gannon):

We Welcome :

Pete Mustonen and Ester Yao of Framingham, and Katie Dillon of Maynard.

Total Members = 261

Other : Pete found us after running Busa twice. Both Esther and Katie found us via the internet.

In mid-March I will start the dreaded renewal process. Shout out to Bob Cargill, and the Zhang family who renewed early.

Mike and Susin said that they hope more members of Team Framingham will permanently join GFRC running club after the Boston Marathon.

Grand Prix

Trail Races (Jeff Hattem)

Jeff noted he keeps track of all the trail race results, including the points and number of races people have run, and he's posted them up through January. Jeff said he updates the trail race results three times a year and the next update will be at the end of the Grand Prix season.

For upcoming events, for March, we have To Hale and Back, on March 25th. This event is sold out. If you want to run you have to get on the waiting list. There are two options, the 5K and 6 hours. The 6 hours doesn't mean you have to run 6 hours; you run as many 5k loops as you want. The 5k is age graded, the 6 hour race is established by how many laps you run. Ties are broken by the person running the faster laps.

Jeff has two events lined up for April since we missed January and February. The first one is on April 1st, the Merrimack River Trail Race. Then there is the TARC Spring Classic on April 22nd. For the TARC you have a choice of running 10k, a half-marathon, a marathon, or 50K. There are only 83 spots left, so Jeff advised if you want to run it, sign up soon. Jeff noted normally only one race is age graded per month per runner, but since we missed January and February he'll age grade both races if you happen to run both.

For May Jeff is waiting to hear back from the Needham Running Club if they are going to have the Back Yard Ultra.

Road Races (Tom Abbott and Mike Carlson)

Regarding the 26x1 relay, on June 3rd, Susin noted that Arnie said he'll be up in Maine often and won't be able to Captain the race this year as he usually does, so Susin asked if there was enough interest in the race and if someone wanted to be Captain. Susin said we're looking to keep it at a 9 minute pace or better.

Mike noted the following upcoming Road Races:

Shamrock Shuffle on March 11th.

Celtic 5k in Worcester on March 12th.

Boston Tune-Up on April 1st.

Mike said he'll be talking with Tom and they're looking into races for May. There's possibly the Framingham Police Chase, if it will be held this year. While many races have returned since the start of COVID, some have not, and for this one it's still up in the air. Mike said he has started working on helping with tracking road race results, starting with the Lowry Pub Run, and will be getting those results up soon. Mike sent a "shout out" to Bob Cargill who "WAVA won" Lowry Pub Run. Bob said modestly, "well yah, that's with age grading." Mike said, "yah, you got a year older and got faster!"

Web (Glenn Meister):

Glenn was unable to make the meeting. Glenn continues to maintain the GFRC website.

Social Media Director (Susin Carlson):

Susin continues to maintain a GFRC presence on social media.

Uniforms (Amy Forman):

Amy said there were 3 or 4 people interested in ordering uniform apparel. Amy said she put in an order for short sleeves and long sleeve shirts, so now there is a pretty good variety of men's and women's sizes in those. Amy said she also learned that the more colors needed for the logo, the more expensive the shirt, and it increases the minimum order. So we may want to consider simplifying the logo. Amy said she would like to get a consensus of what people want, so that minimum order quantities can be met. Amy said she will contact Marie to find out more about how the \$10 discount works for new members. There was also some discussion about methods of payment as Amy is looking for ways to keep transactions as simple and streamlined as possible.

Activities (Interim Director - Abby McCabe):

Abby thanked everyone for attending the Lowry Pub Run, and said it was good to see everyone in person again!

Abby noted we are planning a GFRC Banquet and has reserved the VFW in Ashland, where we had the last banquet in 2019. The banquet will be on Sunday, June 25th at 6 p.m. Save the date! There will be a dinner and a cash bar. More details to follow. Susin said we'll need people to volunteer for the banquet committee, and that if anyone is interested, please reach out to Susin or Abby. Susin joked and asked Bob Cargill if he could do another song at the banquet with Bob Moore on the guitar. Bob Cargill said great to see everyone and would be happy to participate in the banquet in some shape or form.

Abby said the person that's been doing the Grand Prix (road race) standings, has had to step away from it so there is no one doing the Grand Prix (road race) standings, updating the Grand Prix race results and points each month. Abby said she has recently stepped in to try to do some of this but could really use some help. Susin said Mike became aware of this and has volunteered to help out with reporting the road race result standings.

Tim Conlin - Secretary