



## *Greater Framingham Running Club*

May 9, 2023 – Monthly GFRC meeting via Zoom

### *Attendees*

Susin Carlson, Mike Carlson, Cindy Moore, Edw S. Ginsberg, Ted Tyler, Mary Tyler, Glenn Meister, Jeff Hattem, Pete Mustone, Abby McCabe, Wendy Akeson, Tim Conlin

### **MONTHLY MEETING:**

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

Susin said hello to everyone and proceeded through the meeting agenda.

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

Cindy said hello to everyone. Cindy said here running is not going great but continues to keep at it with a run/walk routine.

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

Tim noted the two recipients of the Rich and Chris Chesmore GFRC College Scholarship were selected by the GFRC scholarship committee. The winners will be announced in June by Susin Carlson at the scholarship awards event at their respective high schools.

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

We welcome:

Eugenio Gonzalez - Framingham  
Emily Roberts - Framingham  
Nathan Goldstein - Sudbury  
Cherie Goldstein - Sudbury  
Jonathan Goldstein - Sudbury  
Scot Moy - Southborough  
Anne-Marie Carr - Framingham  
Mike Carr - Framingham  
Truman Carr - Framingham  
Dawna Phillips - Framingham  
Luciana Soares - Framingham

We welcome back:

Priscilla Soares - Framingham

Total members = 225

Eugenio and Emily found us on the internet. A neighbor recommend us to the Goldsteins. Scott also found us via the internet. The Carr Family found us via Facebook. A member recommended us to Dawna. Lucian came from Team Framingham, and signed up Priscilla who is a returning member.

Other: 12 people joined us in April which was our biggest month in 2 years.

So the renewal process is winding down this week. Thanks to all those who renewed! So far 53% have renewed which is good for this stage. I expect that number to rise slightly after the dreaded purge which finished this week.

## **Grand Prix**

### *Trail Races (Jeff Hattem)*

Jeff said we had a good turnout at the TARC Spring Classic.

Jeff noted the next race is actually this Saturday. He said he heard it's a great race and he's always wanted to run it, and this will be his first opportunity. This is the Watuppa Classic Trail Races in Fall River. Jeff said the last he saw 5 people were signed up, which, with the race being in Fall River, really isn't too bad. This race has a 10 k option, 50 k, and 20 mile. Jeff said he purposely has not scheduled any race for Memorial Day Weekend, he said he does not want to take the chance with people not being around. For June, July, and August, we are going to go with the Woodland Trail Series. On June 29th, is a 5.6 miler. On July 27th is a 4 miler. On August 31st, the last one, is a 3 miler. Jeff also made the TARC Summer Classic a trail Grand Prix. This is on Saturday August 19th at Noon Hill Reservation in Medfield. Jeff says if you want to run it you'd better sign up. Wendy noted the 10 miler is already sold out but the 10 miler wait list is open. Wendy said the race also has a 50k and 40 miler. For September, Jeff noted we have the TARC Fall Classic, a Grand Prix, on September 9th. It's a 50 mile, a 50k, a 20 mile, a half marathon, and a 10k. The race is in Carlisle at Great Brook Farm State Park. Jeff said it's always a popular race and will sell out, but you have time to sign up. Jeff said the Busa Bushwhack is on October 29th. If you go to the [runwmac.com](http://runwmac.com) (wmac is western mass athletic club) you can see the whole Grand Tree series races listed including Busa Bushwhack.

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

Mike said all the road races for the next couple of months are posted and said our web/tech team is doing great job.

On May 21st we have Great Bear Run in Needham. Then on June 17th we have the Sharon Timlin Memorial 5k in Hopkinton. On 4th of July it's any race. On July 29th we have the Hot to Trot 5k in Upton.

Mary noted she saw a race advertised in Framingham called the War Against Ovarian Cancer at the Barbeiri school, on June 11th. Mary asked if anyone has run it. Susin said she believes it's a new race.

Mike said we'll talk about what we want to do for races in August at the next meeting.

Susin noted the end of the Grand Prix season is the end of May.

Susin said the upcoming GFRC Banquet is in the works and is just about getting people together and celebrating our running. Susin and Abby talked about reaching out to Marie to establish a budget for the banquet. Abby plans to get the event invite out very soon.

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

Glenn said he has nothing to add and said the website is up and still there.

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

Susin continues to maintain a GFRC presence on social media.

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

No report.

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

Abby said everyone is invited to the pub run Thursday night at 6 p.m. in Wellesley at the Local Kitchen and Bar. We'll meet there and run and/or walk 3 miles. Glenn said he made reservations for 8 people, as an estimate just to have some seats. Glenn noted the running there is in a wooded area on a brook path with crushed stone.

### **Summer Track (Wendy Akeson)**

Wendy thanked Glenn for having Summer Track already posted on the GFRC Website. Wendy said Summer Track starts on Wednesday night, June 7th. Wendy said we always love and need

volunteers. If you can volunteer and get there (Bowditch Field) at 5:30 p.m. that's great, or at 6:00, that's fine. Summer Track runs until August 16th. The only week we do not have it is the 4th of July week. Wendy said this is great way to volunteer for Boston Marathon lottery points. Wendy noted it's really a lot of fun, and most people that volunteer for Summer Track, have no desire to do the marathon. They volunteer because it's so much fun to. 2 years olds to to adults participate in Summer Track. You can volunteer and run. There are a number of GFRC volunteers that also participate in the Summer Track races. Wendy noted that at the end of Summer Track, anyone that has volunteered at least once gets to go the GFRC Summer Track volunteer dinner, typically held the Wednesday night after the last Summer Track night.

**Other:**

There was a brief discussion about budget for prizes for the upcoming Banquet.

Susin hopes we'll be able to have an in-person meeting in June or July.

Susin thanked Pete for all he's been doing to help with reporting race results.

*Tim Conlin - Secretary*