



## Greater Framingham Running Club

April 17, 2024 – Monthly GFRC meeting

Location: Tavern on the Square, Framingham

Meeting time: 6:00 p.m.

### *Attendees*

Susin Carlson, Mike Carlson, Marie Leigh, Abby McCabe, Amy Forman, Glenn Meister, Pete Mustonen, Karen Oleski, Tom Abbott, Joe Kynock, Jonathan Straus, Mark Goldschmidt, Ted Tyler, Mary Tyler, Heidi Trainor, Jeff Hattem, Steve Galloway, Deb Galloway, Tim Conlin.

### **MONTHLY MEETING:**

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

Susin greeted everyone and had a toast to recognize and celebrate all those present that completed the Boston Marathon! Susin noted she received reports from Arnie, Mike, Jeff, and Wendy. Their reports are included in these minutes.

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

No report.

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

No report.

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

We Welcome

<b>Sweeney</b>	<b>Lorraine</b>	<b>Wayland</b>
<b>Lipton</b>	<b>Marques</b>	<b>Framingham</b>
<b>Burke</b>	<b>Teresa</b>	<b>Framingham</b>
<b>Burke</b>	<b>Jay</b>	<b>Framingham</b>
<b>Burke</b>	<b>Sebi</b>	<b>Framingham</b>

Other : Marques heard about us from a neighbor. We welcome back Teresa.

The dreaded renewal process has been ongoing since April 1<sup>st</sup>. Thanks to all who have renewed so far. We started off with 70, and I have heard from 23% so far. I have sent reminders via emails, and Facebook so far. If anyone wants to opt out from the reminders, they can let me know.

## **Treasurer (Marie Leigh)**

Marie opted to present her report at the next meeting.

## **Grand Prix**

### *Trail Races (Jeff Hattem)*

April Trail Races:

Merrimack River 10 Mile Trail Race has been rescheduled to May 4th

TARC Spring Classic is this Saturday and is SOLD OUT

May Trail Race:

Powisset Farm Trail Run. 1.5, 3.1, 5.6, or 8.3 miles. 5/27 (Memorial Day) Registration is open.

June Trail Race:

Woodland Trail Series. 3-5 miles (one distance). 6/27. Registration is open.

July Trail Race:

Woodland Trail Series. 3-5 miles (one distance). 7/25. Registration is open.

August Trail Races:

TARC Summer Classic. 10 miles, 50k, or 40 miles. 8/17. Registration is not open yet. STAY TUNED.

Woodland Trail Series. 3-5miles (one distance). 8/29. Registration is open

September Trail Race:

TARC Fall Classic. 10k, half marathon, 20 miles, 50k, or 50 miles. 9/7. Registration is open.

REGISTER NOW BECAUSE IT WILL SELL OUT! Half the spots are already taken!

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

Saturday, 4/27 @ 10:00 am, [Autism Superhero 5K](#) Worcester

Sunday, 4/28 @ 11:00 am, [James Joyce Ramble 10K](#) Dedham

Sunday, 5/12 @ 10:00, [MOM's 5K](#) Run, Somerville

Saturday, 5/18 @ 10:30, [AAPI 5K Run & Walk](#), Lexington

End of the 2023-24 Road Grand Prix Season.

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

Glenn noted there were some discussions about the Busa Bushwhack regarding the number of participants last year in the 5.3 and 10 mile race. Glenn, out of curiosity proceeded to look up the history and prepared a table and chart with the numbers. Glenn shared this and it's included at the end of these minutes.

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

Susin continues to maintain a GFRC presence on social media.

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

No report.

### **Activities (Abby McCabe):**

Pub runs to start up in May on Thursday, May 9. Typically, twice a month on Thursday nights at different locations. Group fun runs (usually about 3 miles) then into the restaurant/pub.

Annual Banquet to celebrate a year of running and Grand Prix awards. Will start looking into locations to have annual banquet possibly on the evening of Saturday, June 22 or Sunday, June 23. Open to any ideas on venues with private rooms. The banquet on a Thursday night is also being considered.

Busa Bushwack - Looking to hold on Sunday, October 27.

Sundays - The GFRC Couch To 5K Program. 8:00 am. Cushing Memorial Park.  
Begins April 14th and ends June 9th.

Mondays - GFRC Group Runs. 6:00 pm. Out-and-back runs of 3-6 mi. on the rail trail.  
Meet by the front door of 490 Old Connecticut Path, Framingham  
See club Facebook page for cancellations or changes.

Wednesdays - Track Workouts. 6:15 pm. Bowditch Field. 475 Union Avenue, Framingham.  
See the club calendar for workout details.

### **Other:**

**2024 Rich and Chris Chesmore GFRC Scholarship (Arnie)**

Arnie emailed an update and wanted mention that we received six excellent applications, and the committee has reviewed them all. The scholarship committee is in the process of determining the two winners, which will be finalized by the end of April.

## Summer Track (Wendy)

Wendy emailed the following update regarding Summer Track.

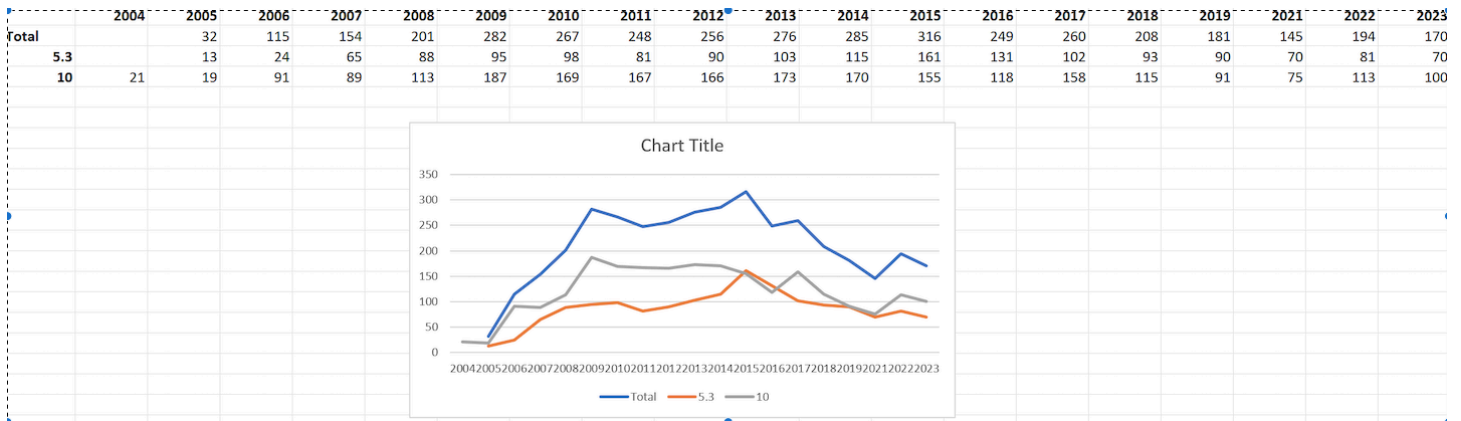
The 2024 Summer Track season is almost here! Track will start on Wednesday, June 5th (1st Wednesday in June) and run through Wednesday, August 14th (Note: No track meet on July 3rd due to the holiday week)

Volunteers are always needed and appreciated! Registration starts at 5:30pm and the meets start at 6pm. Volunteers are needed for registration, start line, finish line, softball throw, and broad jump.

Volunteers will not only have a great time watching the kids race; they will also get volunteer credit that can be used to enter the Boston Marathon entry lottery!

## Busa Bushwhack Numbers

See below courtesy of Glenn Meister!



*Tim Conlin - Secretary*