



Greater Framingham Running Club

February 3, 2024 – Monthly GFRC meeting, Group Fun Run & Walk

Location: Franklin Street Cafe, 134 Franklin Street, Framingham

Weather: Sunny 28 degrees (feels like 23), Wind 6 mph

Attendees

Susin & Mike Carlson, Tom Abbott, Amy Forman, Glenn Meister, Bob & Cindy Moore, Abby McCabe, Deb Galloway, Susan Richardson, Rong Hu.

MONTHLY MEETING:

President (Susin Carlson):

Susin welcomed everyone and went through the meeting agenda.

Vice President (Cindy Moore):

No report.

Secretary (Tim Conlin):

No report.

Membership Director (Mike Gannon):

The following is from Mike's January report. There were no changes for February.

We Welcome from Framingham:

Ilissa Bruser

Devin Connolly

Madison Welliver

Total Members = **239**

Ilissa found us on the internet. Devin and Madison found us on Facebook.

At year end I like to compare where we are compared to prior years, Below, are stats since I started as Membership Director in 2010. We had a net loss of 1 during renewals and added 39 members in 2023.

Year End 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
12/31/22	240	-20 45
12/31/23	239	-1 39
Biggest Headcount Ever was 387 (May 2019) Pre-Purge		

Grand Prix

Trail Races (Jeff Hattem)

- F.I.T. Rock Challenge 5K, 10K or multi loop on Saturday, March 16 Cumberland, RI
- TARC to Hale and Back Saturday, March 23 but is sold out
- Merrimack River 10 Mile Trail Race Saturday, April 6
- TRAC Spring Classic any distance Saturday, April 20

Road Races (Mike Carlson and Tom Abbott)

- Lowry Pub Run 5K, Saturday February 17th at 12:00pm, Saxonville
- MEPTO Shamrock Shuffle 5K, Saturday March 9th at 9:00 am, Medway
- Guinness Celtic 5K, Sunday March 10th at 11:00am, Worcester
- Boston Tune-Up 15K, Saturday March 30th at 10:00am, Upton
- The Autism Superhero 5K, Saturday April 27th at 10:00am, Polar Park - Worcester

Web (Glenn Meister):

No report.

Social Media Director (Susin Carlson):

Susin continues to maintain a GFRC presence on social media.

Uniforms (Amy Forman):

Amy gave an update on uniforms. They'll be new choices and colors!! The whole group was excited about it!

Activities (Abby McCabe):

Every Monday at 6:00 pm – Group Run. Lifetime, main entrance, Framingham. Bring headlamps and reflective vests to run 3-5 miles.

Every Wednesday at 6:15 pm – Track workouts at Bowditch. Workouts posted on the [calendar](#). Track is open again.

Our next fun run and club meeting will be at 9:30 am, group fun run and/or walk followed by club meeting at 10:30 Franklin St. Cafe Sunday, March 3.

Other:

The GFRC Rich and Chris Chesmore Scholarship applications went out. They have until March 31st to submit. Eligible recipients are high school seniors from Ashland, Framingham, Sudbury, and Natick.

Tim Conlin - Secretary