



Greater Framingham Running Club

March 3, 2024 – Monthly GFRC meeting, Group Fun Run & Walk (4 miles +/-)

Location: Franklin Street Cafe, 134 Franklin Street, Framingham

Weather: Sunny, 40

Attendees

Susin & Mike Carlson, Glenn Meister, Bob & Cindy Moore, Abby McCabe, Mark Goldschmidt, Esther & Jay Powell +2, Mike Gannon, Eric Tuck, Tim Conlin.

MONTHLY MEETING:

President (Susin Carlson):

Susin welcomed everyone and went through the meeting agenda.

Vice President (Cindy Moore):

No report.

Secretary (Tim Conlin):

So far, no applications received for the 2024 Rich and Chris Chesmore GFRC Scholarship. The deadline is March 31st.

Membership Director (Mike Gannon):

We Welcome :

Finsten	Amy	Framingham
Schneider	Chuck	Framingham
Schneider	Zach	Framingham
Schneider	Sela	Framingham
Swan	Carl	Brockton

Total Members = **246**

Other : The Finstein/Schneider Family found out about us from a friend.

Soon I will be starting the dreaded membership renewal process for those folks who are affected by it. If I don't contact you in late March/early April you are all set for another year.

On a sad note, former long time member Ray Murphy passed away recently at age 91. See link below for more information.

[Raymond Harrington Murphy Obituary - Henry J. Burke & Sons Funeral Home - 2024 \(legacy.com\)](#)

Grand Prix

Trail Races (Jeff Hattem)

Abby McCabe read Jeff's report in his absence.

- 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)

- Boston Tune-Up, 15 K Upton, Saturday 3/30 10:00am
- Autism Superhero 5K, Worcester - Polar Park, Saturday 4/27 10:00am
- James Joyce Ramble 10K, Dedham, Sunday 4/28 11:00am
- Mom's 5K Run, Somerville, Sunday 5/12 10:00am
- AAPI 5K Run & Walk, Lexington, Saturday 5/18 10:30am

Web (Glenn Meister):

Glenn noted that Summer Track is scheduled for June 15th to August 14th on Wednesday evenings.

Social Media Director (Susin Carlson):

Susin continues to maintain a GFRC presence on social media.

Uniforms (Amy Forman):

Susin read Amy's report in her absence. Amy received orders from 33 members and expects the orders to arrive in mid-March.

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 on the Cochituate Rail Trail.

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

See above for upcoming Grand Prix Races!

Other:

Date and time of next monthly meeting to be determined.

Tim Conlin - Secretary