



## Greater Framingham Running Club

May 21, 2024 – Monthly GFRC meeting

Location: On-line Zoom, hosted by Susin

Meeting time: 7:30 p.m.

### *Attendees*

Susin Carlson, Mike Carlson, Jeff Hattem, Jackie Burgoyne, Edw S. Ginsberg, Glenn Meister, Carol Leiter, Amy Forman, Amy Pearl, Arnie Pollinger, Cindy Moore, Wendy Akeson, Tim Conlin

### **MONTHLY MEETING:**

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

Susin welcomed everyone and lead us through the agenda.

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

Cindy said hello to everyone and shared some of her running challenges.

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

No report.

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

No report.

### **Grand Prix**

#### *Trail Races (Jeff Hattem)*

Jeff discussed upcoming trail races and concerns about getting the word out for the Busa Bushwhack scheduled for October 27th. Ideas were discussed like reaching out to former participants via email, send out notice to Northeastern, TARC, etc. Jeff regrettably announced that the Grand Tree Trail Race Series no longer exists. Wendy was able to post the Busa Bushwhack on the TARC page during the meeting. Glenn noted it's the 20th Busa Bushwhack anniversary. Wendy noted it will be Rich's 95th birthday!

#### May Trail Race:

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

End of 2023-2024 Trail Grand Prix Season.

#### 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 open. Fills up fast.

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)*

Mike noted the road races have officially ended for the Grand Prix series.

Upcoming races are:

Saturday, 6/15 @ 8:30 am, Sharon Timlin 5K, Hopkinton

Thursday, 7/4, any race. Mike & Susin noted the Dedham 4 on the 4th is a fun option.

Saturday, 7/27, 8:00 am, Hot to Trot 5K, Upton

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

The website has move from scholarship mode to Couch to 5k, and now to Summer Track. Glenn also updated the Busa Bushwhack date on the webpage.

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

Susin continues to maintain a GFRC presence on social media.

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

Amy discussed possible ideas for the Grand Prix awards.

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

There will be a pub run this Thursday at Jack's Abby.

Saturday June 1st , 9am, there will be a fun run and breakfast at Glenn's in Wellesley. Glenn said people do not have to bring food but they are welcome to. Abby said she plans to schedule about 2 pub runs per month as long as there are no conflicts with other activities. Abby said she is open to suggestions, just send her an email. See the GFRC website for a full list of activities.

The Annual Banquet will be on Sunday 6/23 at 6pm at Morse Tavern in Natick. Tickets are \$25/ person. Sign up information will be posted soon on the GFRC website.

## **Other:**

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

Arnie will be awarding a scholarship to Daniel Rutherford tomorrow 5/22 at Keefe Tech. Susin recently awarded the scholarship to Benjamin Habeski at Framingham High School. Another year of outstanding applicants.

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

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!

*Tim Conlin - Secretary*