



Greater Framingham Running Club

August 6th, 2016 – Joe Koziol hosted the meeting in Framingham. Joe provided bagels, muffins, quiche, and fruit. The meeting started at 10:15 am after everyone from the long run group had returned.

Fun Run:

The GFRC Group Long Run began at 7:30 and the fun run began at 8:30.

Attendees:

Edward S. Ginsberg put in 50+ minutes on the reservoir trail and back at a slow pace, along with walking and jogging in place. Tom Abbott ran 4.25 with Tom Miller and Rich Busa (Rich ran 2.1). Katie Sullivan ran 7 with Susan Richardson. Mike Bower ran 7.2 miles with Chris Brown. Ed Stoll ran 5.5 miles on a mix of trail and roads with Stella Shen, Leslie White Harvey, and Cherry Baram. Bob Cargill ran 3.5-4.0 miles. Jay ran 8. Eric Jacobsen ran 12.75 with Jeff Hattem. Kathy Covarrubias ran 3 on the roads. Matt Vogel did not run in the morning.

MONTHLY MEETING:

President (Ed Finnegan):

Ed noted that we had sunshine when we started running, but it was looking stormy when we began the meeting. Ed thanked Joe for hosting. Ed reminded everyone that September is our traditional annual meeting where we will vote on the slate of officers. Jen will be stepping down as club secretary with Jay taking her place. People can contact Ed if they would like to take on a club role. Ed will also be stepping down as club president. He is currently looking for someone to replace him. He will send out a club-wide e-mail to see if anyone is interested in replacing him. Someone suggested that we wait and ask the loser of the national presidential election take his place. Ed wasn't sure if we wanted that person. Ed thanked Jen for her role as secretary and the other roles she has in the club, including co-director in the Busa Bushwhack, mentor for Team Framingham and the C25k. Ed will start looking for Busa Bushwhack volunteers soon. He reminded everyone that we can't do the race without the volunteers, so please keep schedules free if possible. People who aren't club members are more than welcome to volunteer too. Dr. Tori VanNederynen (who wrote the article about Rich) will introduce Rich on race day. The race is on Oct. 30th. Jeff noted that TVFR made the Busa a Grand Prix race and Ed thanked them for doing so.

VP Report (Ed Finnegan for Arnie Pollinger):

Jay read Arnie's report:

Apologies for once again missing the monthly meeting because of my softball league. This should be the last one I have to miss. Here is my VP Report: We wrap up another successful summer track season this Wednesday. All those who volunteered are welcome to join us at the volunteer appreciation dinner at La Cantina a week from Wednesday (8/17) at 6:00. I'll be sending an email to the club (and posting on FB and the

Forum) later this week about that. And then our weekly track workouts will switch back to Wednesdays after that (8/24).

Speaking of emails to the club, I'll send out my usual email on Monday regarding this Thursday's 200m & One mile challenge on behalf of Eric and Tom outlining the rules, and then on Thursday will help organize the heats of the 200 meters. It's the least I can do for them for having a GP race I am actually good at.

General Discussion:

Eric and Tom said we could use a few more volunteers.

Secretary (Jen Fields):

Ed gave Jen's report:

Thank you to Jay for covering for me while Chris & I are attending a funeral. And on that note ... I will need a bit more flexibility in my weekend schedule in the coming months and cannot commit to be at a majority of the meetings - a requirement with the Secretary role, so after the September meeting I will be stepping down. Fortunately, Arnie talked to Jay about the position opening up and he has agreed to take on the role! Thank you even more, Jay! Jen added an additional note post-meeting that she will continue to serve as an auxiliary officer to the Web Director, posting photos, updating the half marathon listing, and other web activities as needed.

Treasurer (Marie Leigh):

Ed gave Marie's report:

Marie will present a detailed report for July at the September meeting. The club's Corporate challenge volunteers garnered a nice check for their efforts that night for the club, so thanks to them.

Grand Prix (Tom Abbott):

Upcoming Grand Prix races:

6	August 11, 2016	200 Meter and 1 Mile Challenge - Bowditch Field, Framingham
7	August 21, 2016	Hodges Hoedown - Trail Race - Oxford, MA
8	September 5, 2016	Walpole Labor Day 5K & 10K - Walpole, MA
9	September 16-17, 2016	Reach The Beach (Relay Point System) - Bretton Woods, NH
10	September 24, 2016	Larry Olsen 10K - Hopedale, MA
11	October 2nd	Flutie 5K - Natick, MA
12	October 16, 2016	Groton Town Forest 9.5 Mile Trail Race - Groton, MA

Tom:

We just finished the Upton Hot to Trot. He noted everybody's times. Bob mentioned that the race had good breakfast sandwiches.

Eric:

Eric noted our future races. Thursday we have the 1 mile and 200 meter challenge. We need a few volunteers to help out at the finish line. We'll kick off at 6:30.

General Discussion:

Bob mentioned that he live-streamed the Hot to Trot awards on Periscope. He offered to do the same for other GFRC events.

Ed asked if we would add a half-marathon to the GP in October to support everyone who is running a fall marathon. Ed noted that it's hard to put a half in the GP due to the distance. Kathy asked that we keep short races in the GP to attract new members. Others agreed.

Tom and Eric want to add a good local 5k or 10k for August next year. Please recommend a race if you know of one. Kathy recommended the melanoma race in September that she and Jen Feaster have run.

Membership Director (Mike Gannon):

Jay read Mike's report:

New Members

We welcome: (all from Framingham this month)

Schroeder Sara

Babbitt Jay

Babbitt Lorraine

Babbitt Kyle

Curry Sarah

Scruton Douglas

Scruton Theresa

Scruton Emily

Brown Christopher

Alves Edmilson

July tends to be a slow month in terms of new members, but not this year! 10 members have joined us since the last meeting.

Sara S. discovered us via Summer Track. Jay Babbitt found us from the pub runs. Searching for us on the internet were Sarah C., and Douglas who signed up his family. Mike Bower referred Christopher.

A friend referred Edmilson to us, but it's unclear who that was.

Membership Total is now 304

General discussion:

People were excited by the membership total, and were wondering if that was a new record.

Newsletter (Tom Miller):

Tom is combining this month's newsletter with next month. He would like to recommend a coach to come and give a talk about exercises to do. The coach has already contacted Jeff and will come to the November meeting at Bob Cargill's house.

Web (Steve Galloway):

No significant changes have been made to the site this month though it's been getting regularly updated several times a week with so much activity happening in the club these days. We've had great success with the signup forms and are now using them regularly for the long runs, social nights and pub run signups.

The Paypal account we had opened to handle the banquet payments has now been upgraded to a business account at no charge. We had been holding off on using PayPal for other activities because it was initially not easy to work with on Marie's end in terms of getting funds transferred into the club's bank account. Now that we have a business account it should be easier to work with and I hope to be incorporating Paypal into the uniform ordering process as well as within other areas of the website.

Lunar Pages, our web host, is scheduled to do some major server upgrades on 8/10. There is a slight chance that this could affect some of the pages on our website, specifically the navigation bar along the top of all the pages. Hopefully there will be no issues but I figured it was worth giving everyone a heads up just in case. Should the website ever go down we would use the GFRC Facebook page as a stand in for communicating any of the upcoming event details.

Uniforms (Stella Shen):

Stella showed us the new visors. Cost is \$20.50. Ed Stoll modelled the visor and six visors were sold at the meeting. Let Stella know if you would like one.

General Discussion:

Ed wondered if Stella has asked about fall/winter apparel. Stella mentioned that we still have plenty of long sleeve shirts. We can also order jackets again. Ed asked if we would sell any apparel at the Busa Bushwhack again. Stella noted that we plan on selling apparel there again. Ed also noted that we will raffle prizes at the Busa Bushwhack again this year.

Activities (Jeff Hattem):

Upcoming Monthly Fun Run & Meetings:

Monthly meetings are scheduled through the end of the year. Jen hosts the next meeting on Sept. 10th. Peter McMahon hosts the October meeting at Impact MetroWest on the 1st. Bob Cargill hosts the November meeting on the 5th. Dec. 3rd will be the Boston lottery meeting at the Akeson's. The next social night is Aug. 19th, 6:30pm at John Harvard's. The Pub Run is ongoing every Thursday night (great wings and beer!) at 6:15. We are taking this next week off because of the 1 mile and 200 meter challenge on Thursday night. Mike is coordinating our weekly long run, and the next one will be at Jay and Esther's. Jeff noted that we had a good turnout at the Marathon Sports Pub Run at Morse Tavern (7 people showed up). The next one is August 15th. They always have a shoe rep there, free beer, and raffles. Please wear GFRC gear if you go! It will help publicize our club.

General discussion:

Bob asked Jeff to take pictures. Jeff said it was on the web page and in the e-mail. Ed complimented Jeff on the Running Shorts e-mails during the meeting. Kathy also mentioned the Lululemon Natick is hosting a run club at the Lookout Farm in Natick with Becca Pizzi.

Social Media Director (Kathy Covarrubias and Bob Cargill):

Bob:

Bob wants to thank the club for the edible arrangement bouquet in memory of his father. He also wants to thank people for participating in his Facebook posts. He mentioned that the more people engage in those posts, the more likely they are to appear in your news feed. Kathy will focus on news and Instagram, Bob will focus on Twitter.

Kathy:

Kathy asked people to share GFRC posts to their timelines so that your friends will see the post. She noted that GFRC posts public, but our reach can be extended by sharing posts whenever possible. Kathy also asked for feedback on how the club runs social media.

General discussion:

Tom asked if Bob would show us how to tweet. Bob said he and Kathy would be glad to give a demo. People said they love seeing club pictures on the GFRC Facebook page. Ed will let Kathy and Bob know when retailers have their fall sales. Bob emphasized that he and Kathy are happy to receive feedback on the club's social media presence. Bob stated that we could start live streaming events. Leslie asked if we could share Wednesday night track events on Tuesday nights. Bob said that we should count on a group selfie anytime he is around.

Other Business:

The Rich and Chris Chesmore scholarship fund has really taken off because of the donations given in memory of Rich. The committee will consider increasing the scholarship amount. They will be looking for a new person to join the committee. Ed mentioned that this is one of the best things the club does because it helps support kids who want to run in college. Ed said we need committee members to bring new ideas and help promote the scholarship to high school communities.

Meeting adjourned at 11:10 am.

Jay Powell