



## Greater Framingham Running Club

**June 4, 2016 – Helen & Derek Perkins** hosted the June meeting in Sudbury. There was plenty of bagels, pastry, quiche, and fruit for all.

### **FUN RUN:**

Nine headed out from the Perkins' home to Pelham Island Road for an out and back fun run: **Deidra MacLeod-Richardson** (a new member through the C25K program), **Esther Powell, Jay Powell, Jen Fields, Jeff Hattem, Glenn Meister, and Edw. S. Ginsberg** all did 3 miles (Deidra, Glenn, Esther, and Jay all had to leave before the meeting). **Joe Koziol** and **Stella Shen** started with the group and continued on, Joe covering 5 miles and Stella running 6. **Cherry Baram** and **Leslie White Harvey** (both participated in Team Framingham for the Boston Marathon this year) got a later start and were seen with big smiles on Pelham Island Road running 4 miles. **Bob Cargill** headed out for his run after most of the initial group had finished, covering a quick 4 miles and back in time for food and socializing before the meeting started.

Those who ran on their own before coming to the meeting included **Ed Finnegan** (4 miles with Cheryl), and **Tom Miller** (5 miles). **Kathy Covarrubias**, and our hosts **Helen** and **Derek** all planned to run later. **Matt Vogel**, prepping for the Battlefield to VT 134.3 mile bike ride next weekend, would ride his bike over 62 miles later in the day. **Tom Abbott** was resting so he could race a 5k on Sunday. **Mike Bower, Mike Gannon, and Marie Leigh** had no activity to report, but were in attendance for the meeting.

### **MONTHLY MEETING:**

#### **President (Ed Finnegan):**

Ed was ready to start the meeting four minutes early, but Jen let him know it was too early and he had to wait to start! Ed thanked the Perkins' for inviting us into their home to host the meeting and congratulated Derek for winning an Audie award – noting in Derek's occupation it's the equivalent of an Oscar.

We lost a great friend this week, Rich Chesmore. There are so many stories of what a great person, runner, and father he was and it is a big loss for the club and the community. Lonny emailed some thoughts about Rich which will be put into the newsletter. Ed brought a copy of for those interested in reading at the meeting.

Summer Track started this week, and Ed also presented the male winner of the Chesmore Scholarship this week to Caleb Brown from Wellesley High School. The GFRC was extremely well received by the Wellesley administration, and said they were amazed a running club developed such a great scholarship fund. There will be a write-up in the Wellesley Townsman. The female scholarship winner was Lucy Matzilevich from Framingham High School. Arnie presented her award a few weeks ago at their awards evening.

The scholarship committee will be seeking a volunteer to join the committee to replace Eric Bucher who is stepping down. All who are interested should contact Arnie. Marie mentioned we might consider the scholarship as an endowment going forward. The committee will work on trying to find ways to increase applications next year. Ed noted he was told we need to absolutely make sure the school

Administrator/Secretary in the main office receives a copy, because as he discovered this year, the administrators have their hand on the pulse of the school and the students. Ed Ginsberg suggested we let the head of recreation for each town know about the scholarship as well, as they may be in conversations with school representatives on a regular basis.

**VP Report (Ed Finnegan for Arnie Pollinger):**

Ed read Arnie's report:

1. *"I received the following track update email from Trisha Powell at Framingham Parks & Rec:*

*'The track will not be resurfaced this summer as expected, so the good news is we don't have to move any of the meets. The bad news is that we'll have to deal with it next summer (we did receive the money, but we didn't receive any bids for work in the time frame we presented so we have postponed it to next year).'* "

2. *We still have a few spots for women on the 26 x 1-mile, although I have started active recruiting and I expect we will have a full team by 6/25. But anyone present at the meeting who wants to run is on the team! Let me know.*

3. *Speaking of the 26 x 1-mile, the club needs to vote to allocate \$260 for the 26 x 1-mile relay. I actually already paid this amount to Somerville Road Runners for the GFRC so we could register, so it is actually a reimbursement to me.*

Ed made a motion, Marie seconded, all were in favor, and Arnie will get his money returned in \$1 bills.



**Secretary (Jen Fields):**

There was a great turnout for our first Summer Track meet this week! Unless you've been living under a rock, you know volunteers are needed Wednesday nights through August 10 (except not July 6 when there are no track meets due to the holiday week). Volunteering gives you credit toward the Boston Marathon invitational entry lottery, and Give Back points! But more importantly, volunteering is good for the community and will make you feel good – it's a win-win!

The officers are currently discussing some possible changes to the by-laws for the Secretary duties. This will be to bring the by-laws and duties up to date. Stay tuned.

**Treasurer (Marie Leigh):**

The balance this month is lower than last month, as expected with the presenting of the GFRC Rich and Chris Chesmore Scholarships and with several uniform purchases.

Payments were made for a Fun Run, for the Scholarships, from the Sunshine Fund for an Edible Arrangement sent to Chris Chesmore, for the C25K T-Shirts, for uniform purchase of T-Shirts and singlets to replenish supplies, and for the expense fees incurred by disbursing the Give Back charity runners' donations through online payments. Income in the last month was received from a banquet sign-up (at least 69 more to arrive this month for next month's report!), from memberships, uniforms, and from the usual small bank interest amount.

Marie will see if there's any residual amounts left over from C25K now that all the expenses are paid and make an additional donation to PanCan.

For Give Back charitable contributions, we paid over \$156 in online payment fees. Some of the charities had painful means of mailing in a check and the online option was the easiest means of making a donation. Ed suggested maybe we write a check to the charity and provide to the charity runner. Mike Bower let us know John Hancock underwrites the charities under Crowdrise so the fees are only 2% and not 4%. We may just need to budget for online expenses in future years.

### **Grand Prix (Tom Abbott):**

Upcoming Grand Prix races:

18-Jun-16	8:30am Sharon Timlin 5k, Hopkinton	<a href="#">race info</a>
25-Jun-16	8:30am 26x1 Mile Marathon Relay, Tufts University, Ellis Oval	see email & facebook for more info - women needed!
4-Jul-16	8:30am Charles River YMCA Independence Day 5k, Needham	<a href="#">race info</a>
21-Jul-16	7:00pm Marathon Sports 5 Miler, Weston	<a href="#">race info</a>
30-Jul-16	9:00am Hot To Trot 5k, Upton	<a href="#">race info</a>

About 130 people have run Grand Prix races in the last few months!

For those going to Sharon Timlin, they will want to get there by 7:15 as parking gets tight. The first mile is fast, the second mile slow, the third is whatever you make it.

You'll want to get to the 26x1 early for parking as well. This year it's starting a half-hour later than it typically has – at 8:30 instead of 8:00.

For the Charles River 5k on July 4, you'll want to park at library if you don't want to stay for the parade.

Tom suggests to register soon for the Marathon Sports 5 miler before the price goes up and so you can secure a t-shirt.

The Hot to Trot 5k will now be three-deep in age group awards.

In August we'll have the mile & 200m, but may start a bit earlier for lighting purposes. In September we'll be running the Larry Olsen 10k for sure, and will work on finding other races.

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

We Welcome :

Jeannette Tsai        Sudbury  
Samuel LeHardy      Framingham

Both found us via the internet.

Our Membership Total is now 281

We recently concluded our renewal process. 59% renewed which is the same % as last year.

### **Newsletter (Tom Miller):**

Since the minutes are put out via electronic means separately, the officers are discussing no longer including these in the newsletter. We have some great articles going in and Tom is always looking for more. Tom will try to get current newsletter out next weekend.

**Web:** Steve Galloway was on vacation & not available for the meeting – no report.

### **Uniforms (Stella Shen):**

Stella has all the new uniforms. She'll give bottles and bags to Joe to bring to summer track for sale.

### **Activities (Jeff Hattem):**

#### Upcoming Monthly Fun Run & Meetings:

July 9 @ Eric Jacobsen's in Framingham

August 6 @ Joe Koziol's in Framingham

September 10 @ Jen Fields' in Westborough

October 1 @ Peter McMahon's gym (MetroWest Impact) in Framingham

November 5 @ Bob Cargill's in Sudbury

Fun runs start at 8:30am, meetings start at 10:00am. If you want to host a meeting or have any connections to people who may want to speak at our meetings, please let Jeff know.

#### Other activities:

**The Brew Run with TVFR** bottling was taking place the day after the meeting

**Weekly:** Thursdays 6:30pm **Pub Run** @ Holliston Rail Trail (until we change the clocks)

**June 17:** 6:30pm **Social Night** @ John Harvard's Brewhouse, Framingham (at tables in bar area)

Long-distance weekend runs on Saturdays will start later this month or the beginning of July (hosted by Mike Bower). These will be great for those training for fall half or full marathons. The runs will be coordinated with monthly meetings and will start from the home of the meeting host.

Any other activities are welcome – bring ideas to Jeff, but note we need coordinators for any new regular activity. Jeff can't do it all!

Our big event of the year is coming next weekend – on June 12 at 5:00pm it's the **Annual Awards Banquet** at LaCantina in Framingham. We have at least 20 raffle prizes, and everyone has a really good chance of winning. We'll also have a 50/50 raffle, and the proceeds will be donated to the Rich & Chris Chesmore Scholarship Fund. If you haven't signed up yet, you might miss out! Last day to purchase tickets is Wednesday!

<https://gfrc.eventsmart.com/events/gfrc-2016-banquet/>

### **Social Media Director (Kathy Covarrubias):**

Kathy reminded us of the rules all club members should follow for social media:

*There is to be none of the following on social media: calling out of fellow members, fighting, disputing, airing grievances or anything else that is negative. You have something to discuss with another member, pick up the phone or send a private email. Do NOT have your discussion the club's page.*

*The goal of social media is to spread the positive word about the club, inform our current members and attract new ones. We will not be able to meet our collective goals if we are squabbling. Social media is to be light, informative and overwhelmingly positive.*

*We are a running club. We are supposed to be having fun and presenting an image of supportive, affable people. Some of you are in the club because you love running. Others (okay, only me) are in it because I like hanging around with runners. In any event, let's keep it light.*

There was a big round of applause when Kathy announced Bob Cargill is going co-chair social media for the club!

### **Other Business:**

#### 1. By-Law amendment- Social Media Director

The duties of social media director needs to be put into our by-laws. Ed circulated the change for signatures (receiving the required 10).

After this, Kathy made a motion to make Bob Co-Director. The motion was seconded by Ed and all were in favor.

#### 2. C25K

Ed gave a big thank you to Kendra & all the volunteers who took part in the C25K this spring. It was a phenomenal reception and a terrific program for our club. We've had inquiries about a possible fall program. Congratulations to all who participated and ran the race last month!

With no other business to discuss, the meeting adjourned at 11:19am.

*Jen Fields, GFRC Secretary*