



Greater Framingham Running Club

November 5th, 2016 – Bob Cargill hosted the meeting in Sudbury.

Fun Run:

Attendees

Joe Koziol, Ed Stoll, Tim Conlin, Mike Sawyer, Rong Hu, Jay Powell, Bob Cargill, Stella Shen, Steve & Deb Galloway, Jeff Hattem, Leslie White Harvey, Sue Richardson, Katie Sullivan, Jamie Burgoyne, Eric Jacobsen, Arnie Pollinger, Mike Gannon, Tom Miller, Sue Ericson, Chad MacDonald, Matt Vogel, Rich Busa, Kathy Covarrubias, Marie Leigh, Mike Bower, Lucy the dog.

MONTHLY MEETING:

President (Bob Cargill):

Bob wanted to thank everyone for coming to his house and his first meeting as President. Bob's goal as President is to be positive and supportive of the club and its members. He hopes that others will do the same. Bob thanked Peter McMahon for hosting us at Impact MetroWest last month. He reminded everyone that Peter is offering two free weeks of training to club members. Peter is an incredibly motivating and dedicated individual. He thanked Ed Finnegan for his service as President, then Ed and Jen Fields for their great work with the Busa Bushwhack. Christine Kelleher-Ross did a wonderful job singing the national anthem. Bob also thanked Dr. Tori Van Nederynen for introducing Rich. Bob extended his thanks to all the race volunteers as well. Arnie read Ed's Bushwhack report (see below). Bob also thanked the race directories including Matt Vogel, Kendra Howard, Marie Leigh, Jen Fields and Ed Finnegan. Thanks to Rich for the race.

Congratulations to Mary Tyler for running the Tufts 10k 40 years in a row. Kathy did a great job organizing a group to attend the race and support Mary. Jeff Hattem provided the matching gear everyone wore. Bob concluded by thanking everyone for the opportunity to be President.

VP Report (Arnie Pollinger):

Arnie thanked Bob for stepping up to the presidential role then discussed the Boston Marathon lottery. Three lottery entries had been received by the start of the meeting. In the spirit of transparency, Arnie will send out weekly updates listing the entrants. It is important for all lottery entrants to understand the BAA's guidelines. As a club we are grateful for the marathon entries and are obligated to point out the BAA's requirements so that we don't jeopardize our relationship with them. Lottery entrants are required to live in the general vicinity of the club and be able to finish the marathon within six hours. It used to be 4.5 hours, but Kathy noted that the BAA may have changed this to allow a little wiggle room with the influx of charity runners in the last few years. Mike Bower noted that people won't get official recognition for finishing from the BAA if they finish after the clocks stop. In any event, December 1st is the official deadline for entering the marathon lottery.

Team Framingham mentors currently get an automatic marathon lottery entry. In the January club meeting we will discuss how to properly give credit to Team Framingham mentors.

Bob thanked Arnie for all his help with the lottery.

Secretary (Jay Powell):

No news to report.

Treasurer (Marie Leigh):

The balance this month increased from the last Treasurer's report, as we start the year, with Busa registrations and expenses not all reported yet. While I had planned to present the budget this month, I will do so for next month's meeting.

Payments were made for Fun Runs, some of the expenses for the Busa Bushwhack, and for several uniform purchases of gloves, t-shirts, jackets and beanies. Also, a number of payments were made from the Sunshine Fund for Edible Arrangements to those who have lost loved ones and for those who are recovering from surgeries, and for the following donations made: American Diabetes Foundation in honor of Jen Fields' step-father and to the American Liver Foundation in honor of Millie Kateman's mother. Income in the last 2 months was received from memberships, from uniforms, from Busa Bushwhack registrations, from the continued donations in honor of Rich Chesmore for the Scholarship Fund, and from the usual small bank interest amount.

Marie will present the annual budget at the December meeting.

Grand Prix (Eric Jacobsen):

Completed Races

We had the Flutie 5k, and Groton Town Forest in October. Any half marathon in October counts as a grand prix race. Please inform Eric or Tom about any completed half marathons by November 9th. Thanks to Mark Akesson for keeping the club grand prix page updated.

November Races

In November 13th we have the Upton State Forest Half Marathon and 10k. The Norwood Turkey Trot (4 miles) is on November 20th. There is a big hill before the finish line! The Framingham Turkey Trot is on Thanksgiving Day. Any turkey trot on Thanksgiving Day also counts as a grand prix race. Be sure to inform Eric or Tom shortly after the race! The Tough 10 Miler is on Sunday, November 27th in Marlborough. The register for this race is a canned food donation instead of cash.

December Races

The Natick Jingle Bell 2-mile run is on December 16th. They have a raffle and people wear costumes. Registration is still open but tends to close out early. Walter's Run is on December 11th.

January Races

The New Year's Day Race in Needham on January 1st will also be a Grand Prix race. We will do the Resolution run on the 14th in Lexington. On the 29th we will have 22nd Annual Boston Prep 16 Miler. The tentative date for the Lowry Cushing pub run on the 21st.

Future Races

Looking further out, we plan on adding Paddy Kelly, the Old Fashioned 10 miler, and a snowshoe race to the Grand Prix list. In March, we have New Bedford and Ashland half marathons. Reach the Beach just announced their 2017 dates.

Membership Director (Mike Gannon):

November 2016 Membership Report

We welcome

McArdle	Erin	Ashland
Garnick	Randall	Ashland
Burke	Teresa	Framingham
Trainor	Heidi	Framingham
Pearl	Amy	Framingham

Donations

We wish to thank Teresa for her donation.

Other News

Erin found us on the internet. She and Randall showed up at track and joined the club after. Teresa found us via a friend. Amy discovered us via Judy Levine. Heidi has seen us at the Turkey Trot race and signed up for the next one also. We now have 322 members.

General Discussion

People were excited that we now have 322 members. Kathy noted that new members want gear as soon as they join. It will be easy to spot and welcome new members at Grand Prix races if they have easy access to apparel. Mike mentioned that he sends instructions to new members about how to order gear. Kathy suggested adding directions to our Facebook page for ordering uniforms. Sue Ericson suggested that we send a coupon to new members to help encourage them to order uniforms. Mike thought that was a good idea and said he can give it a try. Mike noted that not all new members may be on Facebook or be aware of the club page.

Newsletter (Tom Miller):

The October newsletter was sent out the morning of the 5th to the officers. He hopes to send it to the rest of the club soon. Tom will solicit all club members for articles in a couple of weeks. Bob thanked Tom for all his work. Tom would like people to send pictures from the start and finish of the Busa Bushwhack.

Web (Steve Galloway):

Steve is happy to post videos to the club web page. Arnie suggested appointing an auxiliary officer to post club pictures to our web page. Steve was also thinking of creating a YouTube channel for the club. Kathy and Bob volunteered to help. Mike asked if we could pin a welcome to new club members at the top of our Facebook

page.

Uniforms (Stella Shen):

We offered a lot of merchandise at the Busa Bushwhack. We have quite a bit of gear for people to purchase. People who volunteered at the Bushwhack get a free pair of gloves. Please email Stella at uniforms[at]gfrcrun.org if you need any uniform items. New members receive \$10 discount for their first purchase.

Activities (Jeff Hattem):

Upcoming Meetings

Our next meeting is on Dec. 4th at the Wendy and Mark Akeson's in Ashland. This will be our marathon lottery meeting. On Jan. 7th Christine Keller-Ross will host in Natick. Arnie agreed to host February 4th in Holliston.

Upcoming Activities

The Morse Tavern Pub Run is on Monday, November 7th. We had over ten members show up last time. They have \$5 burgers, free beer, and raffle prizes. Bob said it's a fun event. Our Bushwhack volunteer party is on Wednesday Nov 9th at O'Connell's on Rt. 9 in Framingham (across from Trader Joe's). Our social night is on Nov. 18th at John Harvard's (6:30 pm). The bottle run is on November 20th. Four beers were brewed. There is some leftover beer for purchase if people missed the brew run. Run your turkey off is on Saturday the 26th at Bruce Hardy's house in Wellesley.

GFRC shopper's night is on Dec. 8th at Marathon Sports in Wellesley. They offer 20% off all purchases except for electronics and strollers. It will probably be around 6:30 (an exact time hasn't been set yet) and food is usually served. It's a great opportunity to support a business that supports the club. Mike Bower is starting his marathon training runs on December 17th.

We might not be able to have a Christmas Carol fun run this year (the first three weeks of December are very busy). Turnout has been low and organizing the run takes a lot of work. Jeff can organize the run if enough people are interested this year. Bob asked if we could combine it with social night. Susan Richardson noted that since Christmas falls on a Sunday, it will be harder to schedule the event. Kathy asked if we really needed to do it before Christmas. It was proposed that we do the Carol run after Christmas to help entertain the nursing home residents. It was agreed that we would try to do a singing run in January or February instead.

Mary and Ted Tyler will host the Boston Marathon pasta party on April 15th.

Social Media Director (Kathy Covarrubias and Bob Cargill):

Bob wanted to congratulate Kathy for running 50 races in under 50 years. Kathy proudly noted that her employer was able to donate to every charity run that participated in. Kathy thanked everyone for their support at her last race.

Kathy is glad that new members are able to find us on the web. Kathy noted that Facebook has been very helpful for coordinating club activities and increasing our exposure. Kathy said it's great that everyone has ownership over the Facebook page in the sense that we can all post new content. We've had less success with Twitter though. Bob is posting regularly to Twitter to increase our exposure on that platform.

Matt Gardner (Guest Speaker from Gardner Performance Training)

Our guest speaker was Matt Gardner, who was referred to the club by Tom Miller. Matt works out of Natick at Encompass Fitness. Matt runs a track group for sprints, hurdles, and jumps, plus a smaller distance group (mostly for high-school aged kids). Most of his business is with runners. He has coached track at the high school level at Maynard. He is also a strength and conditioning coach and has been coaching for 14 or 15 years.

Matt's talk focused on injury reduction strategies. About 80-90% of runners struggle with injury at some point in their lives. The repetitive motion of running is a common source of injuries. Varying workouts by changing distance, pace, course, or surface can encourage healthy running. Alternating shoes between runs also lowers injury risk by up to 39%! He recommends using different types of shoes, not just alternating two pairs of the same type of shoe.

Strength training can also help reduce injuries and improve running efficiency. Strength training introduces different movement patterns, which can reduce injuries by a third to a half. Asking someone like Matt to assess and critique your running style can also reduce injury. He offers treadmill assessments. He can analyze a person's running style and recommend changes to reduce discomfort or injuries. Thanks for the presentation Matt!

Other Business:

There was no other business. Arnie moved to end the meeting. Sue Ericson seconded. Thanks to Bob for hosting! The meeting adjourned at 11:30 am.

Jay Powell

The 13th Annual Busa Bushwhack Trail Race- October 30, 2016

This past Sunday the Greater Framingham Running Club held the 13th Annual Busa Bushwhack Trail Race, this annual trail race attracted 249 trail runners with 131 runners taking on the 5.3 mile course while 118 runners took on the challenging 10 mile course. This year we had a new women's record for the 10 mile course by Kim Webster of Framingham, with a time of 1:08:41 and just: 15 behind the overall winner.

Special thanks to race co directors Kendra Howard, Jen Fields, Marie Leigh, and Matt Vogel To Dr. V for a wonderful introduction of Rich and for Rich for without him we wouldn't have this great race!

The wonderful reviews and compliments continue to pour in from those that came out and ran the race on Sunday... all of these are indicative of the wonderful work of all our club volunteers, their hard work did not go unnoticed by each and every runner, so Thank You to all that stepped up and volunteered.

Our wonderful sponsors that help us out:

Performance Health Center

PR Running of Westborough

Waverly Market Framingham

Framingham Baking Company

Jack's Abby

REI

Our supporting cast: Framingham Police

Framingham Parks and Rec

MetroWest Red Cross

Colin O'Donnell

Gary Atlas

Norm Sheppard

Ed Council

Amy Rusiecki

A gathering of volunteers and club members will take place on Wednesday 11/10/16 6:30pm – 9:30pm at O'Connell's Pub 700 Worcester Rd. Framingham...hope to see you all!