



Greater Framingham Running Club

October 1st, 2016 – Peter McMahon hosted the meeting in Framingham.

Fun Run:

The fun run began at 8:30 at Impact MetroWest in Framingham. Peter provided bagels, fruit, and juice.

Attendees:

Jeff Hatem, Ed Stoll, and Jay Powell ran 3 miles on the Cochituate Rail Trail. Bob Cargill ran 2 to 2.5 miles before the meeting. Matt Vogel, Tom Miller, Deb and Steve Galloway, Chad MacDonald, Stella Shen, Ted and Mary Tyler, Arnie Pollinger, Ed Finegan, Tom Abbott, Rich Busa attended the meeting.

MONTHLY MEETING:

Peter McMahon

The meeting began with a talk by Peter McMahon. Peter is a club member and owner of [Impact MetroWest](#) in Framingham. Peter's enthusiasm and passion were infectious throughout his talk.

Peter discussed sustainable running and strength training for injury reduction and general health. Peter emphasized that strength training should be taken on a joint-by-joint basis to make sure the body as a whole is strong and balanced. Imbalances in the body are a primary source of injuries, and Peter screens clients to identify asymmetries or dysfunctions in the body (caused by repetitive motions, sedentary life style, etc.).

Many of us are familiar with one major source of problems - long-term sitting. Long-term sitting can cause quite a few dysfunctions, so strength training to counter this is important. Strength training can rebalance the body and exercise muscles that get little use during the day. It can address back, neck, leg, and hip problems among other things. Peter will work with clients to identify dysfunctions and help correct them.

He's happy to set up a group class during the week, or work with people individually. He can help address pain points and make running sustainable. Peter works with human movement by making sure that the body works as a whole. He helps people develop efficient movements by identifying problems in the kinetic chain and correcting them. One of the side-effects can be weight loss, but emphasis is on correct body movements, mobility, and stability. He can help people run pain free.

Stella has been working with Peter since March (she's recovering from a broken foot). Her knee problems went away working with Peter. Stella has mentioned that Peter has a good eye for detail which helped her correct some of her issues.

Outgoing President (Ed Finnegan):

Ed thanked Peter for his talk and Jeff for setting up the meeting. Ed mentioned Peter could help people who are training for the Boston Marathon in the spring. Ed congratulated the current set of officers for their election.

We're still looking for a couple more volunteers for the Busa Bushwhack. Thanks to all who have already stepped up to help. The club has done a lot of great things for the community through its volunteer activities. We're seeing great registration activity for the Busa Bushwhack. Northeastern, UConn, Harvard, and one other are looking to put together 20 man teams for a friendly inter-collegiate competition. The groups are still working out the logistics of getting to the race.

VP Report (Arnie Pollinger):

Arnie said that Ed has done an outstanding job as president and thanked him for all his work. The club has an old tradition where the old president doesn't attend the first meeting run by the new president. We'll see Ed again in December!

Arnie has received some questions about the Boston marathon lottery. The application will be posted after the Busa Bushwhack. Ed mentioned that we're giving credit for each volunteer activity performed during the day, instead of credit for one day's worth of work. It's a way for the club to recognize the hard work of our volunteers. The Friday volunteer activity may move to Saturday because of Brophy's after-school program.

Track workouts continue until it snows. We'll have our annual track relays the last Wednesday in October. We'll split into teams of two for a friendly competition, then go to John Harvard's for dinner and drinks.

Secretary (Jay Powell):

Today is my first day on the job. Jen has done an excellent job of transferring knowledge. Thanks Jen!

Treasure (Marie Leigh):

Marie was unable to attend. She will present a combined treasury report at November's meeting. Ed mentioned she's been very busy with all of the Busa Bushwhack registrations coming in. Ed said that she does a lot of great work for the Bushwhack, but it often isn't noticed. He wanted to thank her for all of her hard work.

Grand Prix (Tom Abbott):

We had a great turnout at the Walpole Labor Day race. There was a lot of food afterwards. We also had the Larry Olsen 10K in September. It was a beautiful day for a race with the temps in the low 60s. The course had some tough hills and nice downhills. Everyone had a fun time at the race. Steve Galloway, Bob Cargill, Jim Jones, and Jay Powell were faster than last year. Arnie Pollinger was faster than five years ago. Bruce Hardy, Jeff Hatem, Jim Jones, Tom Abbott, Dotty Kelly, and Joe Koziol placed in their age groups.

In October we'll have the Groton Town Forest 9.5 mile race and the Flutie 5k. Any half marathon in October can count as a Grand Prix race. The Flutie 5k is a great race to wear your club shirts. In November we are going to have the Norwood race before Thanksgiving. Any race on Thanksgiving counts as a Grand Prix race. We also have the Tough 10 Miler after Thanksgiving in Marlborough. In December we have the Natick Jingle Bell Race and Walter's Run 5k. Be sure to register for the Framingham Turkey Trot because it fills up quickly! There's a trail race in Upton on November 13th (a 10k and half-marathon). The trail is moderately technical (the half marathon is two 6.5 mile loops) and is organized by the same folks who put on the Hodges Hoedown.

Membership Director (Mike Gannon):

Jay read Mike's report:

New Members

We welcome (all from Framingham):

- Patrick Brothers
- Isabel Miller Carter
- Thomas V Miller
- Sara Miller

Tom Miller added family members to the club.

As I mentioned last month, we were close to 100 new members for the year and had already broken a record for the year. Now we are at 103 new members. To give you an idea of how significant this year has been on October 1st last year we were at **253** compared to **317** which we are at now. Our membership total is now **317**.

General discussion:

Ed thinks we're doing a good job of advertising the club and pulling new people in.

Newsletter (Tom Miller):

We're starting to get the latest version of the newsletter out. Tom is going to talk to people about completing articles, and he hopes to send the newsletter out in the next week.

Web (Steve Galloway):

Things are going well. We shut down the forum this month. A few months ago the web provider killed it by mistake, and it was down for a few days before anyone noticed. We'll keep the forum in place for as long as we can for people to read existing information. No new posts are allowed though.

If anyone sees a mistake on the web page, feel free to send an e-mail to Steve. If anyone has ideas for changes or additions to the web site, let Steve know.

Steve reminded everyone that Facebook is good for upcoming information, but the web page is good for historical information.

Uniforms (Stella Shen):

We have a post on Facebook about our new equipment. Stella showed off the new club jacket that people can order. There is also a fleece version. New jackets will be available in navy blue. We also have a new ear band for winter running. We've also replenished our supply of fleece hats. We have ordered gloves for the Bushwhack, which will be navy blue. Ear bands will come in two styles, royal blue with the yellow club logo as well as the reverse (yellow with a royal blue logo). Stella is restocking the long sleeve shirts if anyone would like to place an order. Everything should arrive before the Bushwhack where Stella will have a table set up.

Activities (Jeff Hattem):

We have two more monthly meetings in 2016. The next meeting will be at Bob Cargill's house on Nov. 5th in Sudbury. On Dec. 3rd our Boston Marathon lottery meeting will be held in Ashland at Wendy and Mark Akeson's. We have our next social night on Oct. 21st at 6:30 at John Harvard's. The next marathon sports pub run is at Morse Tavern in Natick on Oct. 17th while November pub run is on the 7th. We've had a good GFRC

turnout. The Holliston Rail Trail pub runs finished for the season on Sept 29th. We'll pick them up again in the spring.

We have a brew run coming up on Sunday October 23rd at Barleycorn's in Natick with the Tri-Valley Front Runners and the Hopkinton Running Club. Barleycorn's will also donate some beer to the Busa Bushwhack! The bottle run will be Sunday November 20th. November 26th is the Run Your Turkey Off hosted by Bruce Hardy. Our annual GFRC shopper's night at Marathon Sports in Wellesley will be held on Thursday December 8th. The times will probably be 6:30-8:30, but have not been finalized yet. We will get a 20% discount (except for strollers and electronics). It's important to support Marathon Sports because they also support us. There will probably be pizza. Last year they also had beer and wine.

Social Media Director (Kathy Covarrubias and Bob Cargill):

Bob said we should look up the club on Twitter and Instagram. Steve mentioned that we have a Twitter widget on the web page to show tweets. Bob is trying to make sure the club tweets once a week, but would like to do more. The activity on Facebook has been great. Bob asked people to like the video of Peter. It increases Peter's visibility and the club's visibility. Come to Bob with ideas for social media. He's happy to make videos (testimonial, motivational, educational, etc.) and post them. Social media is a great way to market the club, attract new members, and for club members to keep in touch.

Peter's web site has some great testimonial videos. Ed would like to post an interview with Rich for the upcoming Bushwhack.

Other Business:

Bob Cargill agreed to be club president after the September meeting. Ed put forth the motion to elect Bob. Arnie seconded. No discussion. Bob was voted in. Congrats Bob!

We took a group selfie then adjourned the meeting at 11:05 am.

Jay Powell