



Greater Framingham Running Club

September 10, 2016 – Jen & Chris Fields hosted the September meeting at their home in Westborough.

FUN RUN:

Steve & Deb Galloway and Jeff Hattem started out at *yawn* 6:30am for their long runs, planning to do one of the routes twice. At 7:30, **Eric Jacobsen** started his run, starting backward on the 8.5 mile route, synching up with the other three, and then lapping through with them. Steve and Jeff did a total of 17 miles, Deb ran 14.5, while Eric did 13.1. That's all before 10:00 am!

Katie Sullivan, Leslie Harvey, and Sue Richardson all ran 4.02 miles. Leslie and Susan had to leave the meeting prior to the vote, but were here for most of the discussion. **Edw. S. Ginsberg** did about 3.25 miles stating that no one is slow enough to stay with him ... hey, he got out there, and that counts for something, this writer says! **Bob Cargill** also got out for 2 or so miles, but is nursing a hamstring injury (get well soon, Bob).

Running before the meeting from their respective homes were **Mike Gannon** (6.2 miles), **Jay Powell** (4 miles) and **Tom Miller** (5.6 miles). **Rich Busa** ran 6.5 miles in Callahan on Friday – his comeback continues!

Helen Shik attended the meeting without a run, and **Arnie Pollinger** took a rest day. Planning to run later were **Marie Leigh** and **Kathy Covarrubias**. **Matt Vogel** biked 66.8 hot & humid miles later in the day. **Jen Fields** did a short bike to run brick workout after everyone left to prep for the Title 9 Triathlon the next day.

MONTHLY MEETING:

President (Arnie Pollinger for Ed Finnegan):

13th Annual Busa Bushwhack

After many months of planning things are starting to come together for the 13th Annual Busa Bushwhack Trail Race on October 30th. Performance Health Center is once again our premiere sponsor we are have also received terrific support from PR Running & Marathon Sports. Registrations are coming in steady, we have an email blitz going out this weekend to all past runners, so things will begin to pick up.

As many of you saw this week and email asking for volunteers, we cannot organize this race without the great efforts of our club members, so if you haven't signed up, please step up. For those that can't volunteer on October 30th, we have important volunteer tasks available, these take place prior to the race ... if interested please contact Ed: finnee"at"me.com or Jen Fields: jensparks05"at"gmail.com.

Help make the 13th Annual Busa Bushwhack trail race the best to date by helping out!

VP Report (Arnie Pollinger):

Track workouts will continue until it snows.

Secretary (Jen Fields – that’s me!):

Thank you to the club for the Edible Arrangement and condolences sent for the passing of my stepdad last month.

Special thanks to Ed Finnegan for his role as President for the past three years WHILE also working as race director/co-race director of the Busa Bushwhack. He’s done a lot of work to help make improvements to the club and to our trail race, and we should all be thankful for his time and efforts!

To reiterate what Ed stated in his report, Bushwhack signups are underway. If you want to sign up and have any issues with the sign-up genius, just email me and I can fill your name in a slot. Rich asked about volunteering Friday night even though the slots are already full ... I reminded him that since the race is named after him, he can do whatever he wants! 😊 Co-directors Ed, Matt, and myself will also be at the school Friday night, trail marking Saturday, and of course all day at the race/after the race on Sunday.

Membership Director (Mike Gannon):

We Welcome New Members:

Chuks Ezedi, Kim Pivorunas & Boston Ezedi of Framingham
Sarah Bartels-Marrero of Framingham
Chad MacDonald of Framingham
Bill Fischer of Framingham
Kim, Erik, & Caitlin Reddington of Ashland

Tom Miller referred the Ezedi/Pivorunas Family (to his surprise!). Chuks then referred Chad. Sarah was referred to us by a friend. The Reddington family discovered us via Summer Track. Bill found us on the internet.

Our membership total is now 313!

Other

Whenever Mike compares yearly membership totals, he always looks at 2013 as an anomaly since 40 people joined us within a month after Boston that year. We had 88 new members which was by far our best year. However due in part to C25K, and Team Framingham, and a large number of referrals, we already have 99 new members this year!

While we are at a very high membership number, we should remember that 70% of first-time members do not renew. Some feel we need to determine how to get these new members engaged, though Jeff indicated that new member participation in activities seems higher this year than in previous years. Katie concurred, stating there seems to always be someone new at track. Kathy recommends we continue to offer many different activities for our members to engage in.

Grand Prix (Eric Jacobsen)

Eric reviewed the most recent Grand Prix races: We had 20 people attend the 200 meter & 1 mile race on a very hot day. We had less attend the Hodges Hoedown 10k & Half Marathon, but still had a few age group winners! The Walpole Labor Day races were good for the GFRC – many received awards and the GFRC won the team award for the 5k! (The GFRC’s name goes on the plaque – our goal is now to fill that plaque with our name).

Upcoming races include:

September 16-17, 2016	Reach The Beach (Relay Point System) - Bretton Woods, NH
September 24, 2016	Larry Olsen 10K - Hopedale, MA
October 2, 2016	Flutie 5K - Natick, MA
October 16, 2016	Groton Town Forest 9.5 Mile Trail Race - Groton, MA

For November, Eric & Tom are planning on the Framingham Turkey Trot on November 24 (<http://www.framinghamturkeytrot.com/>), along with likely 2 of the following races (final list to be determined – stay tuned!):

Nov 13: Upton State Forest 10.5k or 21k race (runner's choice): <http://mramultisport.com/trailseries/>

Nov 20: Norwood Turkey Trot:
<https://runsignup.com/Race/MA/Norwood/The29thRunningofNorwoodTurkeyTrot>

Nov 27: Marlboro Tough Ten: http://www.highlandcitystriders.org/Turkey_Trot.html

This is the likely December line up:

Dec 4: Jingle Bell 2 Miler: <http://natickjinglebellrun.com/>

Dec 11: Walter's Run: <http://www.waltersrun.org/>

On January 1 we'll run the Needham 5k.

Newsletter (Tom Miller):

Tom is considering a request to include race results for the Grand Prix races along with Tom Abbott's write ups about them in the newsletter. Some at the meeting were in favor, but others suggested the results are already on the website. Tom will decide what to do.

Tom has decided to start including articles of interest about non-members. In the latest newsletter is a reprint article about reporter from Rhode Island who had ALS. James Cassidy at Ashland Physical Therapy will be submitting an article soon.

Treasurer (Marie Leigh):

The balance this month is lower than the last Treasurer's report, as we end the year, a bit low as we look at part of the balance as being available to the Club since the donations to the GFRC Rich and Chris Chesmore Scholarship donations are designated for that purpose only. Before the Bushwhack, registrations will plump up that club balance. Also, during the upcoming months, the budget for the new year will be prepared, discussed, and, when ready, will be voted on, usually November.

Payments were made for Fun Runs, the Busa Bushwhack's permit from DCR, for the banquet, for Summer Track purchases of ribbons and stickers, ensuring a supply even for next year, for the enjoyable Summer Track volunteer dinner held at La Cantina, the PO Box renewal, for a donation to the Department of Conservation and Recreation for Callahan State Park, and for the Reach the Beach relay that Eric was able to make happen. Also, a number of payments were made from the Sunshine Fund for Edible Arrangements to those who have lost loved ones and for the following donations made: VA Hospital RI in honor of Mona Bisson's father; Gosnold Cape Cod in honor of Eileen Warren's daughter; American Lung Association in honor of Linda Broderick's mother; and to American Cancer Society in honor of Bob Cargill's father. Income in the last 2

months was received from memberships, from uniforms, from 7 Summer Track Meets, from Busa Bushwhack registrations, from the donation from the Corporate Challenge for the GFRC volunteers taking care of the start and the finish line, from the continued donations in honor of Rich Chesmore for the Scholarship Fund, and from the usual small bank interest amount.

Of course, let Marie know if you have any questions, suggestions, or need any other information about the Treasurer's report.

Jen was interested in finding out why we prefer to keep the balance we do in our account, instead of less, and wondered what we need that for or what we need to pay off in the event the Club no longer has its regular sources of income? She was under the impression the Give Back amount that's disbursed in the Spring is determined (mostly by) income generated the previous summer at Summer Track and the income generated from the Busa Bushwhack the previous fall, rather than being a predetermined amount. After a brief discussion, it was decided we'd review our expenses in more detail at the meeting where we review the yearly budget.

Web Director (Jeff Hattem for Steve Galloway):

Steve had to leave prior to the meeting start, but wanted to know how many people are using the forum – he would like to shut it down. Arnie still uses it for the Boston Marathon Lottery, and it's used for Reach the Beach. For both, however; email updates could be sent weekly. It was decided to leave the forum as is until Arnie could check with a few members that were using it who are not on Facebook. There are only a small handful of people who have been logging into it the past few months, and no one is posting on it regularly. *[ed note: after the meeting, Arnie confirmed with these members it was no longer necessary to keep it going for them, and the decision was made to start shutting down the forum. An alternate process will be used for the marathon lottery and for Reach the Beach.]*

Social Media Director (Kathy Covarrubias & Bob Cargill):

Kathy and Bob have been trying to post on Facebook, Instagram, Twitter, etc. regularly. They'd like everyone to keep posting/tweeting and replying to posts on Facebook.

Uniforms (Jeff Hattem for Stella Shen):

Stella made a uniform deposit of \$256 in August. She will be at the Buswhack selling uniforms this year.

Activities (Jeff Hattem):

Upcoming Monthly Fun Run & Meetings:

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

November 5 @Bob Cargill's in Sudbury

December 3 @ Mark & Wendy Akeson's in Ashland

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:

Weekly: Thursdays 6:15pm **Pub Run** @Holliston Rail Trail – start wearing headlamps! We may only be able to go a few more weeks as it's starting to get darker earlier.

September 16: 6:30pm **Social Night** @John Harvard's Brewhouse, Framingham at tables in bar area

September 17: 7:30am **Long Run** with Hopkinton Running Club. Meet at the gazebo at Boston Marathon start. People need to sign up so HRC knows how many will be there.

September 19: 7:00pm **Marathon Sports Pub Run** @ Morse Tavern (5k run) – please wear GFRC apparel. Free beer, raffle prizes, \$5 burger night

October 23: **Brew Run** w/TVFR & HRC @Barleycorns

November 20: **Bottle Run** w/TVFR & HRC @Barleycorns

November 26: **Run Your Turkey Off** – hosted by Bruce Hardy

Mike Mears from Bancroft Boxing contacted Jeff about a 2 hour self-defense class being offered at their site on September 30th. Jeff will try to get more info on the time & if there is any cost involved and will pass that along to members.

Other Business:

In regard to the self-defense class, Tom Miller mentioned his wife was attacked while running once and recommends that people (especially women) take any self-defense class offered.

Elections:

Arnie read the proposed slate of officers - excluding the President since Ed would like to step down from the position and they haven't found a replacement yet:

Vice President- Arnie Pollinger

Secretary- Jay Powell

Treasurer- Marie Leigh

Newsletter Editor- Tom Miller

Membership Director- Mike Gannon

Web Director – Steve Galloway

Grand Prix Director (Co)- Eric Jacobsen/ Tom Abbott

Uniform Director – Stella Shen

Activities Director – Jeff Hattem

Social Media Director(Co) – Kathy / Bob Cargill

Arnie moved we accept the slate, several people seconded, and the slate was approved by acclamation.

Arnie & Ed have asked many people but have found no replacement for President, so Arnie nominated Ed to continue to be President, Rich Busa seconded, and all were in favor.

After the vote, Bob Cargill asked what was required in the role as President. The duties are listed in the bylaws, the biggest requirement being to run the monthly meetings. If the President can't make it, the VP runs the meeting. The President acts as contact for the Club (Boston Marathon time is usually busy). As issues

come up the President deals with & engages the Advisory Committee when necessary. *[ed note: later on in the day after the meeting, Bob Cargill decided to take on the role as President – which will be voted on at the October 1 meeting.]*

With no other business, Arnie Moved to end the meeting, Eric seconded. The meeting adjourned at 11:22am.

Jen Fields, Signing off as GFRC Secretary