



Greater Framingham Running Club

December 3rd, 2016 – Wendy and Mark Akeson hosted the meeting in Ashland.

Fun Run:

Attendees

Eric Jacobsen ran 8.25 miles; Stella Shen ran 8 miles with Jen Feaster. Ed Stoll ran 6 miles, Marie Leigh ran 2, and Courtney Thraen ran 5 miles with Katie Sullivan, Jeff Hattem, Susan Richardson, and Joe Koziol. Bob Cargill also ran 2.5 miles. Other attendees: Mary & Ted Tyler, Deb & Steve Galloway, Tom Abbott, Derek & Helen Perkins, Jamie Burgoyne, Arnie Pollinger, Tim Conlin, Ed Stoll, Karen Oleski, Leslie White Harvey, Jay Powell.

MONTHLY MEETING:

President (Bob Cargill):

Bob thanked Wendy and Mark for hosting. He also expressed condolences to the Miller family for their loss. Bob noted that the Framingham Turkey Classic had a great turnout. Bill Robertson was spotted at the Turkey Classic and is about to celebrate 40 years of daily running at least three miles. Bob suggested that the club find a way to celebrate Bill's accomplishment. Bob congratulated Derek Perkins on his successes with his audiobook career. Bob also congratulated Mary Tyler for running 40 straight Tuft's 10k's.

VP Report (Arnie Pollinger):

The club has awarded the Rich & Chris Chesmore scholarship for four or five years now. The scholarship grants \$750 each to a male and female high school senior. There will be changes to the application process this year. In the past, coaches from each high school could nominate one male and one female runner each year. Unfortunately, we didn't get many applications using this process. Phyllis pointed out that most coaches don't get our mailings. Per Ed Stoll and Mike Gannon's suggestions, students will be able to apply for a scholarship directly. Applicants will still need to write an essay and supply a coach's recommendation. We are hoping to get more applications this year. Ed Stoll and Arnie are modifying the forms and will send them out at the first of the year, and applications are due at the end of March. Letters will be sent to athletic directors or scholarship point persons at different schools. Ed Finnegan has done a great job of trying to reach out to schools to increase the scholarship's exposure. The scholarship is a good way to increase the club's presence in the community.

Secretary (Jay Powell):

Jay coordinated with Ed, Arnie, and Eric about the Rich and Chris Chesmore scholarship.

Treasurer (Marie Leigh):

Please let Marie know before next meeting if you would like to see changes to the budget. We also received thank you notes from Millie Kateman and Jen Fields.

Membership Director (Mike Gannon):

We Welcome

- Rebecca White, North Easton
- Neil Dziemian, Natick
- Pam Helinek, Framingham
- Courtney Thraen

Other News

Rebecca was referred by Mike Gannon. Neil found us on the internet. Pam was referred by a friend. We now have 325 members. Courtney was referred by Jeff Hattem and Ed Stoll.

Grand Prix (Tom Abbott & Eric Jacobsen):

Completed Races

We had 63 members run the Framingham Turkey Classic (a new record!). There are plenty of race photos on Facebook. Another seven or eight members ran Turkey Trots the same day. We had ten people run the Tough Ten Miler, which lived up to its name. The Norwood Turkey Trot 4 Miler had a low turnout, but the Upton 10k & Half had about a dozen people attend.

Upcoming races

The Natick Jingle Bell run is December 4th and Walter's Run is on Dec. 11th. Walter's Run typically gets a good club turnout. On January 1st we have the Needham New Year's Day race. Jan. 21st is the Lowry Cushing Pub Run which is free. The Resolution 5k in Lexington is on the 28th. The Boston Prep race is on the 29th in New Hampshire. February will include Paddy Kelly and the Old Fashioned 10 Miler. March will comprise of the New Bedford and Ashland Half Marathons. We also plan on adding a shorter race in March.

Needham race directory Bill Gallagher is happy we have added the New Year's Day race to the Grand Prix circuit. They will throw in either a beanie or a pair of running gloves, but we must pick one. A vote was proposed and the beanie was chosen. You must register with the GFRC team to get the beanie.

Bob asked to mix in free or discounted races because the race fees are expensive. Tom and Eric do try to account for that.

Newsletter (Tom Miller):

No report this meeting. The next newsletter may go out soon.

Web (Steve Galloway):

Nothing major to report. It would be great to have a volunteer to help with the web page. Please contact Steve if you are interested.

Social Media Director (Kathy Covarrubias and Bob Cargill):

It's great when people post in the Facebook page. Feel free to share photos or stories at any time. People can also follow or post to our Twitter and Instagram accounts (our handle is @gfrcrun on both platforms). Please remember to keep posts health or running related.

Bob would be happy to give a tutorial on how to navigate the different social media platforms. Please let Bob know if you would like training. It should only take a few minutes. Bob and Kathy are always available to help.

Uniforms (Stella Shen):

So far we still have women's winter jackets (medium & large) still available. The fleece is also still available. We still have a good stock of winter gear. Stella will send out messages about purchasing opportunities.

Activities (Jeff Hattem):

Monthly Meetings

Our January meeting is in Natick at Christine's house on the 7th. Our February meeting is hosted by Arnie and Robin Pollinger on the 4th. The March will be hosted by Life Time Fitness in Framingham on the 4th. Life Time Fitness also has runs Tuesday night at 6:30 pm and Sunday morning at 8am. We are invited to join.

December Events

The bottle run has been rescheduled for Dec. 18th (see website). We had a record turnout for the brew run. You can show up for the bottle run if you didn't show up for the beer run. Beer should be available for purchase.

We need a great turnout for our next few events. The Christmas Carol fun run is on Saturday, December 17th. Two people from the retirement communities contacted Jeff about the run; their residents are looking forward to it! Please note that singing ability isn't required to attend. We'll start at 11:30am at Heritage and people can park at the Nobscott Shopping Plaza. From Heritage we'll move on to St. Patrick's Manor at 12:15, then go to nearby Carmel Terrace around 12:30 or 12:45. We'll finish up at Countryside then run back. The total distance is six miles. There will be a post-run party at Jamie Burgoyne's house. Jamie also mentioned people could park at her house if they want to run 7 miles.

Next Thursday night Marathon Sports has their GFRC shopper's night in Wellesley. It starts at 6:30pm and ends at 9pm. They offer 20% off purchases with the exception of electronics and strollers. They have been very supportive, so we should return the favor and attend.

The Morse Tavern Pub Run is on the 12th of December. We've been getting some good turnouts. There is free beer and raffle prizes and a pair of shoes will be raffled off this month. They also have \$5 burgers. Please wear your GFRC apparel to help promote the club.

Social night is the 16th at 6:30pm at John Harvard's. We also have the New Year's Eve fun run hosted by Steve and Deb Galloway starting at 4:30. We have a five-mile course with five 5 stops. Champagne and refreshments will be served at each stop. We're usually done by 6:30.

Future Events

Mary and Ted will post will host the marathon pasta party on April 15th.

Other Business:

Eric Jacobsen asked if the club would help subsidize Reach the Beach for \$720. The relay was announced this week and we can take a team of up to 12. The total registration is \$1440 price. Historically the club has contributed half the amount. Eric put forth the request that we fund the race; Arnie seconded and the motion was accepted. Eric would love to take a full team, so contact him if you would like to participate.

Jeff Hattem wanted to know if the club would consider another relay at Pineland Farms in Maine. It has the same course as the Pineland Farms trail running festival in May. The trail consists of 8-person teams where each person runs three different legs totaling for 16 miles. The relay starts on Friday, ends on Saturday, and is the week before Reach the Beach. A team needs to be registered before March 18th. Registration fees are similar to Reach the Beach. Bob Cargill proposed that Jeff send an e-mail to the officers, then have the club vote on it in the January meeting. That will give Marie Leigh time to determine the budget. Derek Perkins suggested that Jeff ask people to express interest by January.

Ed Stoll mentioned that Team Framingham will have a lottery for it is 22 numbers on Monday night. The club will be soliciting mentors for Team Framingham and the first run will be on Dec. 17th at Cushing (time TBD). It would be great to have five or six mentors by then. People will have time to run with Ed Stoll and Mike Bower before joining the Christmas Carol Fun Run. We will discuss how mentor volunteer points are calculated at the January meeting. On the 17th, we would like people to show up, be encouraging, and answer any questions.

Ed Stoll and Jeff Hattem have been working hard on a potential new spring road race. Courtney Thraen also joined Ed and Jeff on the race discussions. We are slated for May 6th event in Framingham during the Boston Art festival. This will be a 1-mile race down Route 126. We may charge some money, with t-shirts provided by sponsors. Bob would like to discuss it more, but we need to get moving quickly. The race would probably be in the morning, while Courtney envisions people visiting and supporting downtown businesses afterwards.

Lottery

We held the annual Boston Marathon lottery at the end of the meeting. The numbers are provided by the BAA in return for watching the clocks during the race. The entry deadline for invitational entries is January 13th. The deadline will be strictly enforced. An invitational entry can't be passed along if you get injured. We had thirteen people submit qualifying applications. This is the first year that the three people with the most volunteer experience got automatic entries. In January we will attempt to clarify the geography requirement.

All qualifying entries were placed in a hat and drawn at random. The winners of the invitational entries are listed below in the order they were drawn. The alternates are also listed in the order they were drawn.

Invitational entries:

1. Mike Bower
2. Ed Finnegan
3. Jay Powell
4. Cheryl Asselin
5. Bob Cargill
6. Wendy Akeson
7. Steve Galloway
8. Jen Feaster
9. Katie Sullivan
10. Leslie Harvey

Alternates:

1. Jerry Rubin
2. Deb Galloway
3. Mike Gannon

Congratulations to everyone who received an invitational entry!

Jay Powell

