



## Greater Framingham Running Club

**July 9, 2016** – The July meeting took place at the home of **Eric & Jen Jacobsen** in Framingham.

### **FUN RUN:**

**Jen Fields & Jen Feaster** arrived an hour early for the group long run, putting in 6 miles together before synching up with the long run group for 8 more miles (a total of 14 miles). Running those 8 miles with Jen F. squared were **Kendra Howard, Dan Tavares, and Helen Shik**. Jen Feaster had to depart prior to the meeting. **Joey Atchue** joined the long run, was in sight for about a quarter of a mile, but was quickly lost by the pack as he is quite the speedster in training for the Baystate Marathon (we're not sure how far he ran). **Jeff Hattem, Steve Galloway, and Mike Bower** ran 9 miles; joined by **Dotty Kelly** and **Vernon Turner** who added on a few extra miles for 11 and didn't stay for the meeting. **Deb Galloway** ran 9 miles, 6.75 of which were with **Susan Richardson** and **Katie Sullivan**. **Leslie White-Harvey** and **Joe Koziol** ran 5 miles, while **Edw. S. Ginsberg** ran 3 miles, and **Rich Busa** (making a comeback!!) ran 2.5 miles. **Ted Tyler** was enjoying not running today, while his wife **Mary Tyler** planned to run later. **Tom Abbott** put in no miles, and **Matt Vogel** biked 63 miles later in the day. **Marie Leigh** attended the meeting and promised to do a workout on Sunday!

### **MONTHLY MEETING:**

#### **President:**

Ed & Arnie were unable to attend, so Jen Fields ran the meeting and read Ed's report:

*1. I'd like to extend another thank you to the banquet committee for all their hard work in producing a terrific GFRC Awards Banquet.... Great venue, prizes, food, strong club turn out and great MC by Derek.... It was the best so far!*

*2. As a few of you may have seen or participated in these last two weeks, Mike Bower has organized weekly long runs. The idea was to help support club members in their training for the fall marathon/half marathon season, but as seen last week, we welcome all to come run whatever distance you wish. Thank you to Cheryl Asselin for hosting the July 2nd run, considering the holiday weekend we had a great crowd of 16+- runners, running anywhere from 4 miles to 12 miles. Keep an eye on the club Facebook page for weekly updates and long run locations, and please feel free to join us whenever you can.*

*3. Our September monthly meeting is our official annual meeting (Club Constitution) and each year at that meeting we vote/elect the club officers, and this year is no exception. I'm asking the current club officers to consider another year in their current position, and if by chance you feel it's time to allow another the opportunity and you wish to step down at the end of August, please let Ed or Arnie know by the end of July. [Jen reminded everyone that anyone can run for a position even if that position is occupied. She encouraged everyone to run for Secretary! ☺ ]*

*4. As mentioned earlier this week the Busa Bushwhack Trail Race is right around the corner and we will be seeking volunteers to help produce this terrific club event, so please save the date October 30th. Those looking*

*to participate in the Boston Marathon Lottery here's your chance to volunteer. FYI, each year we hear from some that they can't volunteer on race day due to other commitments, we DO have other volunteer roles leading up to race day that are available for those that can't make race day.*

*5. Congratulations to Lonny Townley for completing his 17th consecutive 180-mile Trek Across Maine (bicycle) on Father's Day weekend!*

*6. Thank you to Eric & Jen Jacobsen for hosting!*

#### **VP Report:**

Arnie was unable to attend, but wanted to make sure we all knew that Summer Track Meets start back up this week and we need all the help we can get!

#### **Secretary (Jen Fields):**

The officers discussed via email whether to change our monthly meetings to bi-monthly. The majority voted to stay with monthly meetings.

The officers discussed and unanimously agreed to revise the Secretary duties in the bylaws. (Jen later circulated a required form for 10 signatures, during the "other business" section of our meeting, when she also described the changes.)

Jen suggested we amend the Give Back form to include C25K volunteering on the same line as summer track, and to also add the August Track grand prix race and the Cushing race on the club races line next to the Busa Bushwhack. We should also add the C25K to the volunteering section on the Boston Invitational Entry lottery form. [Arnie later confirmed the C25K volunteering has already been added to the lottery form for 2017.]

#### **Grand Prix (Tom Abbott & Eric Jacobsen):**

Tom noted the June races had a good turnout, as did the Fourth of July 5k.

Eric announced we will use winter cancellation rule for Marathon Sports 5 miler. Everyone who was pre-registered will receive 15 grand prix points and race count. You must email Eric or Tom by the end of July to receive 15 points and one race count.

Our Upcoming Grand Prix races include:

7/30	Hot to Trot 5k, Upton
8/11	GFRC 200m & 1 mile at Cushing
8/21	Hodges Hoedown 10k or 13.1 (trails), Oxford
9/5	Walpole 5 & 10k
9/16-17	Reach the Beach – flat 20 points for race count. So far signed up are: Mike, Susan R., Sue E & Eric
9/24	Larry Olsen 10k, Hopedale

October races will include the Flutie 5k and the Groton 9.5-mile trail race. We decided not to include Pam's run for the Grand Prix this year. The Grand Prix directors are contemplating doing another "Any Half Marathon" for October.

Finally, there's been an amendment to the uniform rule – members always encouraged to wear them, but shirt points will only be received for races within 5 miles of the 135&126 intersection. This roughly includes the towns of Framingham, Natick, Sherborn, and Ashland.

### **Treasurer (Marie Leigh):**

The balance this month is healthy, with the extraordinary numbers of donations received and with the banquet at LaCantina coming in very close to budgeted, though the special hats, as an additional expense, will be paid for next month.

Payments were made for a Fun Run, for the banquet, for the 3-year renewal of the LunarPages web-hosting service, and for the 26 x 1 Relay. Income in the last month was received from memberships, from uniforms, from 3 Summer Track Meets, from an unexpected and much appreciated donation from Team Framingham to defray the cost of the e-payments made for the Boston Marathon Charity runners' Give Back donations, the donation from the 50-50 Raffle toward the GFRC Rich and Chris Chesmore Scholarship Fund, especially as the winner, Susan Ericson returned most of her winnings to the Fund, and all the donations in honor of Rich Chesmore for the Scholarship Fund, and from the usual small bank interest amount.

Because of all these donations made to the Scholarship Fund, it is important that the Club now see the current balance in its 2 components: one available for the Club and one committed to the GFRC Rich & Christine Chesmore Scholarship Balance. That reporting will be provided on-going. Of course, let Marie know if you have any questions, suggestions, or need any other information about the Treasurer's report.

Also, Chris Chesmore sent a lovely note of thanks that Mike Bower read for the meeting.

Chris's Note:

*Dear GFRC Friends,*

*How can I begin to thank you for all of your love and support during this sad time for me and our family.*

*Thank you for the delicious Edible arrangement, your attendance at Rich's wake, your many cards as well as generous donations to the scholarship fund and for managing the donations. I know Marie has worked diligently to keep a perfect data base. Individual notes are coming soon, but I wanted to get a start by thanking all of you for such an outpouring of support.*

*Love, Chris*

*P.S. Rich loved being with all of you, even as his health failed. He was always happy to be with you.*

### **Membership Director:**

Mike was unable to attend the meeting, so Jen read his report:

*We welcome:*

<b>Helen</b>	<b>Shik</b>	<b>Sudbury</b>
<b>Kara</b>	<b>Forde</b>	<b>Sudbury</b>
<b>Connor</b>	<b>Forde</b>	<b>Sudbury</b>
<b>Emma</b>	<b>Forde</b>	<b>Sudbury</b>
<b>Vernon</b>	<b>Turner</b>	<b>Framingham</b>

<b>Edna-Duarte</b>	<b>Semprum</b>	<b>Framingham</b>
<b>Renier</b>	<b>Semprum</b>	<b>Framingham</b>
<b>Lunah</b>	<b>Semprum</b>	<b>Framingham</b>
<b>Kizen</b>	<b>Semprum</b>	<b>Framingham</b>
<b>Jennie</b>	<b>Marshall</b>	<b>Watertown</b>

*Helen came to us via Judy Levine. Adrian Forde added his family members. Vernon came to us via Mike Bower (a familiar theme) and David Wells. Jennie came to us via her husband Jon, and ran the 26 x 1 relay that day.*

**Membership Total is now 294**

### Membership Lists

*I plan on sending out GFRC membership lists (members who volunteered to list their info) at the end of the month. Soon I will be emailing members asking for contact info changes over the past year, and if they wish to be excluded from the distribution. If you have requested to be excluded in the past (via renewal or when joining) there is no need to contact me unless you changed your mind, or just want to make sure. Please email me at [m.gannon@hotmail.com](mailto:m.gannon@hotmail.com) to let me know of any changes.*

### **Newsletter:**

Tom was unable to attend the meeting as he was busy hosting his niece from Kansas City on the Cape. Jen read his report:

*The meeting minutes will be eliminated from the newsletter as they are available on line. If people want them back, they can easily be re-inserted.*

*Tom spoke with Matt Gardner who is a strength and conditioning coach as well as being involved with track and field. He would like to make a presentation at one of our meetings. Jen added Arnie had a few questions about this (via email) which have not yet been answered.*

### **Web (Steve Galloway):**

Steve is trying to keep up with all the updates. The Bushwhack race registration is now live.

Edw. Ginsberg asked if there were photos from the banquet up on the website. Jen previously posted them to the photo gallery. Edw. had checked a few days after the banquet and didn't see them. Jen reminded everyone it's a lot of work and sometimes takes more than a few days to get these done.

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

#### Upcoming Monthly Fun Run & Meetings:

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

December 3 @Wendy & Mark Akesson'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 (until we change the clocks)

**Weekly:** Saturdays 8:00am **Group Long Run** (see sign ups on website for location details each week) – next week will be on the carriage road starting at Brae Burn Country Club. Mike will make sure there's water at Brae Burn and at BC. This will be a joint run with Hopkinton Running Club. The following week the group run will take place at Mike's house.

**July 15:** 6:30pm **Social Night** @John Harvard's Brewhouse, Framingham at tables in bar area

Marathon Sports has invited us for their monthly pub run Monday July 25<sup>th</sup> Morse Tavern 7pm.

#### **Uniform Director:**

Jeff gave Stella's report. More members purchased uniforms this month – many at the 26x1. \$195 was deposited in mid-June with more to deposit later.

New batch of Headsweats running visors are on order in royal blue – they will be \$20.50 each.

#### **Social Media:**

Neither Kathy or Bob were in attendance at the meeting and did not provide a report.

#### **Other Business:**

##### 1. By-Law amendment- Secretary

We would like to amend the duties of the Secretary to bring them bring up to date.

#### **OLD:**

**Section III The duties of the Secretary are:**

- a) To record the minutes of all meetings of the club and submit them for publication in the newsletter.
- b) To arrange for meeting minutes to be recorded in his or her absence
- c) To circulate meeting minutes to all Officers and any other interested parties for input prior to finalizing.
- d) To maintain records of all club meeting minutes.
- e) To appoint auxiliary officers to perform specific delegated duties of the Secretary

#### **NEW:**

**Section III The duties of the Secretary are:**

- a) To record the minutes of all meetings of the club and publish them to the mailing list and create an accessible archive
- b) To arrange for meeting minutes to be recorded in his or her absence
- c) To circulate meeting minutes to all Officers and any other interested parties for input prior to finalizing
- d) To receive scholarship nomination forms and provide copies to the Scholarship Committee with all identifying information redacted
- e) To appoint auxiliary officers to perform specific delegated duties of the Secretary

Edw. Ginsberg made the motion to accept the changes. The motion was seconded and all were in favor. Jen circulated the change for signatures (receiving the required 10).

With no other business, Jen thanked the Jacobsens for hosting and the meeting adjourned at 10:39am.

*Jen Fields, GFRC Secretary*