

President's Message to Falmouth Running Club Members August 2021

Hi Everyone,

Congratulations to those of you who ran the ASICS Falmouth Road Race. Hopefully you enjoyed the 7 mile journey and stayed well hydrated along the way. Kudos to FRC Member and Executive Director of the race, Jennifer Edwards and her team for the great job they did leading up to the race and for conducting a safe event on race day. I know many of us FRC members volunteered for numerous tasks and I'm sure the Race appreciates all of our efforts.

Coming up for the FRC in a couple of months is the Cape Cod Marathon Weekend Event. Everything is falling into place. We are planning on conducting the live event and will be prepared to implement any safety procedures to keep all runners volunteers safe over race weekend. We will be in constant contact with town officials over the next couple of months.

Other activities within the club are continuing smoothly. The Women's Fitness program has conducted numerous activities and more are planned, the new Women Run Cape Cod 5K has started the planning stages, youth running will pick up in the fall, the Friday Night Runs are gaining in popularity and we are working on plans for a weekly FRC member workout.

FRC membership has grown significantly. In the 7 months since we changed the name of the club and introduced new activities, we have gone from 105 members to 231 members. I thank you all for the enthusiasm that you are bringing to the club. Please continue to reach out to your friends and co-workers who may be interested in joining.

Now for more detail on what I mentioned above

Relocation of the FRC Office

Finally, we moved out of the Town Hall Square office and into the new office at 661 Main Street on Friday, 08/13. We are in the process of organizing the space and getting the furnishings in place. Feel free to stop by some time to check it out. We will be having an open house event to celebrate the new digs, but we're not yet sure of the date. We will soon be sending an email announcing the open house to all members.

Women's Fitness Program

This program continues to attract participation. You recently received the email announcing upcoming activities. Our plan is to continue sending these emails on a regular basis (monthly?). If you haven't yet joined in any of these, you may want to give them a try. In the planning stages are Yoga and a 'Couch-to-5K' training program. If you have any ideas of activities that you would like to be included, please reach out Mary Tolland.

Women Run Cape Cod 5K

The race permit application for this new race has been submitted to Falmouth Town Hall. We are attempting to get the approval process expedited, so that we can move forward with all of the planning that needs to take place. As a reminder, the planned date for the inaugural running of this women's race is Sunday, May 8, 2022 (Mother's Day). To encourage girls to participate in this race, all girls 16 years of age and younger race will receive a free entry. Proceeds from the race will be donated to help support women's and girls' causes.

As with any successful race, the Women Run Cape Cod 5K will depend on many dedicated volunteers. If you want to get involved with the organizational planning or volunteering, please contact Mary Tolland.

FRC Events Calendar

We have added an Events Calendar to the FRC website. This will be updated on a regular basis. Click on this link to view it. It's under the 'races tab'

<https://falmouthrunningclub.org/races/race-calendars/frc-events-calendar/>

Youth Running

Caleb Gartner and Brandon Pokraka were awarded their Margaret Bradley/Paul Phinney Scholarship checks on Tuesday, August 3 in front of the new FRC office. The proud fathers of both recipients were in attendance. Photos were taken as each student received their \$1,000 award.

There is a track workout on Wednesdays at 5:30. These have been attracting more kids every week.

Ken Gartner will be ramping up this important FRC funded program as we enter the fall cross country season. Updates on activities and results in the program will be published throughout the season.

FRC Race Timing

An email was sent to all FRC members after the July monthly meeting to determine the level of interest in staffing a team of FRC members to continue the race timing activity that has been a part of the FTC for many years. The response, or lack of response from club members indicated that there was not enough interest in continuing this activity. Because of this, the FRC Board Of Directors voted to discontinue this activity.

Friday Night 5 Miler

This weekly race continues to have a solid 25 – 35 runners. Caleb Gartner has created a spreadsheet to track all of the results, which are posted on the FRC Facebook page as well as on the website. The run starts at 5:30 in Town Hall Square. If you haven't run it yet, you may want to give it a try. You can always shorten the distance that you run if don't feel like running or walking the entire course.

Wednesday Night Track Workouts

Amidst everything else we have going on, we are working out the details of conducting a weekly workout on Wednesdays for all FRC members at the Falmouth High School track. We expect to start these in September and will send an email to all members with the details.

Cape Cod Marathon Weekend

Registrations are going well and we are continuing to outpace our 2019 numbers. As of August 22, here is how they stand.

Marathon:	2019 – 738	2021 – 849
Half:	2019 – 1,090	2021 – 1,160
Chowdah Challenge:	2019 – 49	2021 – 79
Relay Teams:	2019 – 67	2021 – 42
5K: (New):		2021 – 49
Kids' Fun Run	2019 - 17	2021 - 12

- Mayflower Wind has signed on to be the Title Sponsor, so we are now the 2021 Mayflower Wind Cape Cod Marathon Weekend
- Martha's Vineyard Bank Charitable Foundation Has signed on to be the Official Hydration Sponsor.
- Registration for the Kids' Fun Run is now open. This is a free event for kids age 2 – 12, but their parents must register them.
- Finisher Medals have been ordered.
- Runner Tee Shirts have been ordered
- Mayflower Wind branded heat sheets have been ordered
- New Mayflower Wind branded pole banners have been ordered. These will hung on light posts along Main Street and in Falmouth Town Hall Square
- The Sept/Oct issue of New England Runner magazine will contain our last ad for this year's event.

Since last month's monthly update, quite a few of the CCM Race Committee openings have been filled, however there are still a few positions still open. If you are interested in helping with the organization of the FRC's most important event of the year, please let me know.

New FRC Merchandise

All members who ordered new FRC merchandise have received it. We will be having limited supplies of shirts and shorts in the office as well as pint glasses, stemless wine glasses and hot/cold tumblers. We have started working with our vendor for cooler weather merchandise. Stay tuned for more detail on this.

Mashpee Beach and Back 5K – August 29

We are trying to get as many FRC members to attend the Beach and Back 5K in Mashpee as the first race that we, as a running club, will be entering. This will be a good opportunity to show off your new FRC shirts and to socialize with club members. Runners and walkers of all abilities are encouraged to participate. Hope to see many of you there. You can register at [Beach and Back - RaceWire Events](#)

Last, But Not Least

Our Falmouth Running Club is, and always will be, as good (or great) as our members. It's our participation in club activities and our suggestions on how to make improvements that will keep us moving forward.

As always, if anyone reading this update has any comments, questions, concerns, recommendations, complaints, compliments or anything else, please email them to me at president@falmouthrunningclub.org. I will respond to you as soon as possible.

Respectfully,

Jack Afarian
President
Falmouth Running Club