

President's Message to Falmouth Running Club Members November 2021

Hi Everyone,

First of all, my apologies for not sending an update during October. It was a very hectic month leading up to the Mayflower Wind Cape Cod Marathon Weekend Event, which as you all know, didn't turn out quite the way we intended. More on that below. I do want to thank all of you who registered to volunteer at the CCM and at the recently held Falmouth In The Fall race. Volunteers are a key component to the success for any race and it's nice to see FRC members volunteering not only at Club events, but also at other events in and around Falmouth.

Our other Club activities are continuing to be popular. The Women's Fitness program has been continuing the Walk and Talk sessions, the Friday Night 5 race consistently has a good number of attendees, the new Women Run Cape Cod 5K has been officially approved by the Town and Fun Runs at Aquatic Brewing have started. We will be co-sponsoring these fun runs and will be providing the post-race pizza.

The year is quickly coming to an end, which means the FRC Annual Meeting will be here soon along with the opportunity for Club members to join the Board of Directors. This is a great opportunity for you to be part of the decision-making process within the Club. More detail on this is provided below.

FRC membership continues a steady climb, as are now up to 258 members.

The specifics follow...

New Office Open House

Previously, I stated that we would have an open house at our new office after the cleanup from the CCM weekend. Well, the space is still packed with boxes that we thought would be gone by now. We're working on ways to eliminate some of the clutter, but that will take awhile. That being the case and with the holidays approaching, we may not be hosting the open house until January. Our apologies for the delay.

FRC Board of Directors Elections

There are nine members of the FRC Board of Directors. Four of them are officers (President, Vice-President, Treasurer and Secretary) and five of them are At-Large members. Each position is a 2-year term with four positions expiring one year and then the other five positions expiring the next year so that there is an overlap.

This year, five of the positions will expire. Some members who currently occupy a position may choose to run for re-election. Some maybe not. In any case, we will be conducting an election. Details on how this process works will be emailed to you within a few days.

FRC Annual Meeting

Every year in January we have the FRC Annual Meeting. Last year there was a Zoom meeting, however, this year we will be meeting in person. The location and date have not yet been finalized, but will be soon. Appetizers will be available, there will be a cash bar, the President (Me) will give an update on what was accomplished this year and the plans for next year and the election results will be announced. This is a great opportunity to get together with members you know and to meet some of the many new members that have joined us. Look for an email with more details.

Mayflower Wind Cape Cod Marathon Weekend

Well, it was the best of times and it was the worst of times.

Early in the morning on Thursday, October 28, we were prepared to host the **44th Mayflower Wind Cape Cod Marathon Weekend Event**. Everything was in place. All of the supplies had been delivered, all of the volunteers were registered and they knew what to do, the police detail was ready to keep everyone safe, tents and porta-johns were scheduled to be in place and we had a record number of eager runners registered.

Then at 10:30 am, Puff! We had to make the tough decision to cancel everything. The Falmouth Police and Fire Departments along with the Falmouth DPW and utilities companies made it clear that the hundreds of downed trees and miles of electrical wires and cables could not be cleared in time to conduct our event on October 30-31. Most of Falmouth was without power, which was not expected to be fully restored until maybe Sunday night. Plus, another storm (which did occur), with heavy rains, was expected on Saturday night.

We knew that there were almost 4,000 runners who would be disappointed, especially those who had spent significant amounts of money on travel expenses. Most Hotels, Inns and other forms of lodging had no power and would not even be able to host the runners. All in all, our main responsibility is to ensure the safety of the runners, volunteers, spectators and everyone else involved with the event. Once we realized could not do that, the only choice was to cancel.

So, that was the worst of times, which was followed by the best of times.

A communication was immediately sent to all the runners and vendors. Media outlets and social media helped get the word out, while we tried to determine the best options for the runners. And then, oh yeah, what do we do with 200 gallons of **Stephen Bird's homemade soups and clam chowdha?** Trying to give it away was determined to be the best option, so by 3:00 pm Thursday, yes, we're still on Thursday, everything was set up outside of the Gus Cauty Community Center to serve the hot soup and chowdah to the residents of Falmouth who had no power.

Many FRC members and employees of Martha's Vineyard Bank and Mayflower Wind volunteered to help serve the hot soups and chowdah to hundreds of residents who came out over the next two days. In addition to the soup and chowdah, cases of bananas, apples, potato chips and about 2,500 gallons of water were distributed. Cases of the bananas and apples were delivered to the Falmouth Public Schools Administration Building and two pallets of water were delivered to Falmouth High School. At the end of it all, an unfortunate situation for some turned into a fortunate situation for others.

We did offer three options to all registered runners; they could Defer their entry to next year, they could decide to run a Virtual CCM event or they could Donate their entry fee to the FRC. Most runners were understanding of the situation and chose one of the options. We've shipped the tee shirts and finisher medals to those who chose the Virtual option and we're working on options for the couple of thousand leftover tee shirts. We're hoping that we can donate them to homeless shelters, Senior Rest Homes, Recovery Centers. Etc. If you are aware of an organization that might be able to use some great race tee shirts, please let me know.

One other thing about the CCM weekend is that we have decided to move it from the last weekend in October to the first weekend in October. **So, in 2022, the event will be held during the weekend of October 1-2.**

Well, two things. Because all of the entry fees for the approximately 2,000 runners who deferred to 2022 will be counted as income for the 2022 races, not the 2021 races, the FRC will be losing money on the races this year, but we do have enough reserve funds in our bank account to handle this situation (**Thanks to the insight of one Mr. Courtney Bird**, who started a rainy day fund many years ago. Thanks, Court!!!)

Other FRC Races

The **Seagull 6** is officially scheduled for Sunday, March 27. Registration should open in early January. **Mike Norton will continue to be the Race Director.**

A simpler version of the **Cape Cod Trail Races** will be conducted in April. The exact date has not yet been determined. It will include one or two distances (to be determined). **Matt Auger and Chris Risko will be Co-Race Directors.**

The **Women Run Cape Cod 5K** race has been approved by the Town of Falmouth and will be held on Sunday, May 8th (Mothers' Day). Work has started on the website, registration process, race timing and marketing. In an attempt to get young girls involved in running, all girls 18 years of age and younger will receive a FREE entry. **Mary Tolland is the Race Director.**

The **Main Street Mile** is in the initial planning stages and hopefully will be held on Sunday, May 22 (the weekend before the Memorial Day weekend). We will be submitting our race application soon. As mentioned previously, we are planning on rebranding this race as the **Surf Drive Mile** and have it run a straight mile along Surf Drive from west to east and finish at the traditional finish line at the Walker Street Beach House. **If we do receive approval for this race, we will be needing a Race Director. Please let me know if you are interested.**

Going into the colder months, **The Friday Night 5-Miler** continues to have a solid group of runners. Now that daylight savings time has ended, the run is held in the darkness, so please make sure you are attired properly so that you can be seen by drivers. Reflective material and headlamps are highly recommended. As always, walkers are welcome at this event

As details for all of the above races are finalized, they will be listed on the Events Calendar on the FRC website. If you want anything added to the calendar, reach out to **Kathy MacDonald.**

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

We will be needing FRC Members to volunteer to help with these races. If you can help, please reach out to the appropriate Race Directors.

Women's Fitness Program

The Women Fitness Program will continue to do the Walk and Talk gatherings through December. Mary will be sending out a schedule soon. If you haven't yet joined in any of WF activities, you may want to give these a try. Still 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.

Fun Runs at Aquatic Brewery

We have partnered with Aquatic Brewing for the Sunday **5,000 Meters Nearby the Sea** fun run, which starts promptly at 11:30 am and is a loop course that starts and finishes at the Brewery. The Falmouth Running Club will be providing complimentary pizza after the run. You can find the schedule for the runs on the Aquatic Brewing website [Home — AQUATIC BREWING](#) or on the FRC Calendar of Events. **The next run is November 21, which also happens to be the First Anniversary of the opening of the Brewery.** Try to get there if you can.

Wednesday Night Workouts (Walk-Run-Sprint)

At this point, these runs have not been able to get much traction, so over the course of the fall and winter, we will be more focused on the Aquatic Brewery fun run and the Friday Night 5-Miler. We will reconsider this Wednesday night activity in the spring.

New FRC Merchandise

We have sort of fallen behind on this, but are still working on getting cold weather merchandise for our store. Please be patient with this. You will be notified when new merchandise becomes available.

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