

President's Message to Falmouth Running Club Members December 2021

Hi Everyone,

Yes, the year has flown by. A lot has happened over the past year and many changes have been made. I will be giving a full report of what we have accomplished this year at the FRC Annual Meeting (see below).

FRC membership now stands at 262.

The specifics for December follow...

FRC Board of Directors Elections

All five FRC Board of Directors whose term is expiring at the end of this year have expressed a desire to stay on the Board for a second 2-year term. However, any FRC member who would like to challenge one of the incumbents in an election, may do so by contacting Leslie at info@falmouthrunningclub.org by December 30.

FRC Annual Meeting

The FRC Annual Meeting will be held as an in-person event at Aquatic Brewing on Tuesday, January 18, starting at 6:00 pm. All fully vaccinated members are welcome to attend. Complimentary appetizers and water will be available, there will also be a cash bar for beer and wine. This is a great opportunity to meet other club members. The President (Me) will give an update on what was accomplished this year and the plans for next year. I will also try to answer any questions you may have about the club. In case you don't know them, all members of the FRC Board of Directors will be introduced.

Mayflower Wind Cape Cod Marathon Weekend

Well, on to 2022. First, you may already be aware that we are changing the dates for our event next year. We will now be conducting the CCM the first weekend in October instead of the last week, so in 2022, the event will be held October 1 – 2. Our first ad, announcing the new dates, in New England Runner Magazine will be in their Jan/Feb issue.

I'm happy to announce that Mayflower Wind will be returning as the Title Sponsor for 2022. Despite our cancellation this year, they did get a thorough view what we do for the running community and for what we do for Falmouth. They understand how important we are to Falmouth and that their sponsorship will allow us to do even more.

We will also be partnering with Race Roster for our registration platform. They will also be our registration platform for the Seagull 6, the Cape Cod Trail Race, the Women Run Cape Cod 5K and the Surf Drive Mile (formerly the Main Street Mile).

We expect to open registration for the Mayflower Wind Cape Cod Marathon Weekend Event in late January.

We are in the process of donating as many of our 2021 CCM tee shirts as possible to school running programs, local hockey league, assisted living organizations and more. If you are aware of other worthy organizations that could use some shirts, please let me know. Also, we will be giving a tee shirt to FRC members at our Annual Meeting.

Other FRC Races

The **Seagull 6**, slated for March 27, 2022, will open for registration by next week. As Race Director, Mike Norton is coordinating activities for this event. FRC member Lindsay Benson has created this new logo for the race.



We are fortunate that the Thirsty Irish Runners Club has voted the Seagull 6 to be their Grand Prix Race for the month of March. They have come down to Woods Hole numerous times for this race and we welcome them back again this year.

The **Women Run Cape Cod 5K**, which is scheduled for Mothers' Day, May 8, 2022, is moving along quite nicely. Race Director, Mary Tolland will be reaching out for volunteers on her Race Committee. We expect registration to open for this race by mid-January. As stated previously, all girls 18 years of age and younger will receive a FREE entry.

We are still working out the details for the **Cape Cod Trail Races** and the **Surf Drive Mile**. I will update you with information as it becomes available.

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

This is a repeat from last month, but in case you have forgotten, the Sunday fun runs are continuing on an almost weekly basis. 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 December 19.** Try to get there if you can.

New FRC Merchandise

As you are well aware, our FRC merchandise appropriation activity has stalled. I'm one who dislikes blaming COVID for delays, but that and the proliferation of races has caused backups with our merchandise vendor. We will continue working on this.

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