

President Update to FRC Members March, 2022

Hi FRC Members,

Most of the activity within our Club lately has been focused on the races that we will be hosting this spring. All four of them (Seagull 6, Cape Cod Trail Race, Women Run Cape Cod 5K and the new Surf Drive Mile) are open for registration. This is the first time we've had so many races active. Please consider either running in some of the races and/or volunteering at them. As you know, races always can use more volunteers. Read more about these races and the Mayflower Wind Cape Cod Marathon below. You can register for any of these races from the FRC website.

We've also started conversations with the organizers of the long running Paul White Race, which is held in July in North Falmouth. FRC member Corey Heaslip reached out to us to ask if we could lend them some of race organizing experience to help them get back on track after their two-year COVID absence. More to come on this over the next couple of months.

The specifics for March follow...

FRC Races

Seagull 6 – March 27 - With only days before the return of the Seagull 6 race, Race Director **Mike Norton** has everything under control. This will be the first in-person race hosted by the FRC since the start of COVID. **Lawrence Lynch** is the main sponsor for this event. If you are planning on running the race, but have not yet registered, please do so soon. If you are not planning on running, we can always use more FRC volunteers on race day. **Ed Giordano** will be setting up and breaking down the one water station on the course. The **Falmouth High School French Club** will be manning the water station under the supervision of Susan Schmidt. Please contact Mike Norton if you can help out.

Cape Cod Trail Races – April 24. As is the case with our other races, we are attempting to resurrect this race after a two-year hiatus. Registration for this event, which will be conducted at the Crane Wildlife Management Area on Route 151, is now open. There will be two race distances, a 10K and a 20K. **Matt Auger and Chris Risko**, the co-Directors, are working on getting everything in place. A good number of volunteers, especially with parking on race morning, will be needed to ensure that this event succeeds. Please reach out to either Matt or Chris if you can help. Wow, another opportunity to volunteer with a Club activity!!!

Women Run Cape Cod 5K – May 8. Race Director, **Mary Tolland**, has this race well under control. So far, she has received generous sponsorship from the **Asics Falmouth Road Race, Cape Cod 5 Bank, Sweat Studio**, among others. Race Number pickup will be held at **Aquatic Brewing** the Saturday afternoon before the race. This NEW race will be conducted on Mother's Day, May 8 with the start and finish in Falmouth Town Hall Square. As a reminder, all girls under 18 years old will have their race entry fee waived. Proceeds from the race will go to the "**Girls on the Run**" organization and the **Falmouth**

High School Running Program. As with our other races, if you are not running it and are available to volunteer on race day, we could use your help.

Surf Drive Mile – May 22. Formerly the Main Street Mile, this race has been approved by the town and registration is now open. As with other FRC races, we are in need of FRC members to volunteer on race day. Please reach out to me ([Jack Afarian](#)) if you can volunteer. The race will take place on Sunday, May 22 at 9:00 am. The point-to-point course will run along Surf Drive starting near Elm Road and finishing at the Surf Drive Beach House. The race is for both serious fast runners and slower runners and walkers. Families with kids of all ages are welcome to participate. This low-key event is intended to be affordable for everyone, with very low entry fees. Check the FRC website for more details.

If anyone is interested in learning how to be a Race Director, this would be a great race to start. Just let me know and I will provide all the guidance you might need.

Mayflower Wind Cape Cod Marathon - October 1, 2. As mentioned last month, the big change with this event is that we have moved the date to the first weekend in October. This year the dates will be October 1 - 2. Also, as mentioned last month, [Mayflower Wind has agreed to come back this year as the Title Sponsor](#). We are excited to have them back again, not only for their financial support but also for their interest in the event. Their CEO and CFO are serious runners and will be racing, as will many of their other employees. Also, last year, after we had to cancel the event due to the big storm in Falmouth, a couple of Mayflower Wind employees joined us in the soup line to serve soup to hundreds of Falmouth residents.

To date, there are about 1,450 runners registered for the races in this event. In 2021, after the cancellation, 2,162 runners deferred their registration to 2022. So far, about 950 of those runners have registered this year. Most of the 2021 race tee shirts have been donated to various high school running programs, “Girls for Girls in Uganda”, local assisted living residences and to the Massachusetts Coalition for the Homeless, who have been distributing the tee shirts across the state to many homeless shelters. The finisher medals from last year have been recycled. Most of the other supplies from last year will be able to be used for this year’s event.

Friday Night 5 Miler

This is continuing to be a popular event. As we move away from COVID, the number of runners participating continues to grow and is out-pacing last year. We’ll continue to promote this on the FRC website and on Facebook and Instagram. **Ken Gartner** continues to post the results every week. Now that we are in Daylight Savings Time, we expect to see more runners at the traditional starting time of 5:30 pm in Town Hall Square.

FRC Long Run for BAA Prep

[Kathy MacDonald](#) is coordinating a long run of about 17 miles on Saturday, March 26 at 8:00 am, starting at the FRC Office. It will be run on part of the old CCM course. There will be water stops every 7 miles, maps with turn-by-turn directions will be provided and post-

run food and beverages will be provided at the FRC Office. Please RSVP before March 23 to info@falmouthrunningclub.org.

Fun Runs at Aquatic Brewery

FRC members **Greg Horning and Alex Bergan**, owners of Aquatic Brewing are continuing their very successful Sunday **5,000 Meters Nearby the Sea** fun run. As you know, these runs start promptly at 11:30 am and follows a loop course that starts and finishes at the Brewery. The Falmouth Running Club will continue to provide 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. If you haven't run one of these yet, get yourself out there as the nice weather is approaching.

Open House at the 661 Main Street Office in April

The Open House at the 661 Main Street FRC Office will be held on **Thursday, April 28 from 6:00 pm to 8:00 pm**. Please stop by to see the new office and socialize with other FRC members. There will be food, drink, a raffle and you will have the opportunity to purchase the new club merchandise. **Mary Tolland and Tasha Whited** have volunteered to help out. We can use more volunteers, so if you would like to volunteer, reach out to Kathy at Info@falmouthrunningclub.org. We hope to see a lot of FRC members there.

FRC Youth Running Results

Now that COVID restrictions are continuing to ease up, we have a few youth runners who are back running under the guidance of Coach **Ken Gartner**. Falmouth High School standout runner and FRC member **Henry Gartner**, not only won the 1-mile and 2-mile races in February at the Massachusetts High School Divisional Track meet, he also qualified for the New Balance National High School Meet, where he ran the 2-mile event this month in New York City. Nicely done, Henry!

Women's Fitness Initiative

Even though she is fully engaged with the details of the new Women Run Cape Cod 5K, **Mary Tolland** continues to lead the "Walk & Talk" events. Check out the FRC website for details on the upcoming events.

Running USA Conference

CCM Race Administrator **Kathy MacDonald and I** attended the annual Running USA Conference in February. This event features educational sessions on just about every aspect of race directing and organizing. There are also presentations from leaders in the running industry. Representatives from many large scale races and smaller races attend to pick up valuable information on what is trending in the industry. It certainly helps us with the planning not only for the CCM, but also for the other races that we host.

**** RaceRaves March Lunacy – CCM Half Needs Your Vote ****

You should have received an email regarding the **Mayflower Wind Cape Cod Half Marathon's** inclusion in RaceRaves Half Marathon "March Lunacy Tournament". 64 races were included in Round 1, including us. A Race advances through the tournament by receiving more votes than their opponent. In the 1st Round, we were the 10th seed in the East bracket and we upset the 7th seed Smuttynose Rockfest Half Marathon thanks to all of your votes. We have now advanced to the 32 race 2nd Round and are facing the tough #1 seed Pittsburgh Half Marathon. The **Mayflower Wind Cape Cod Half** is still the 10th seed, so we have a huge challenge facing us in this round.

Voting for Round 2 is currently underway and runs through Sunday, March 20 at 8:00 pm.

We REALLY need your vote in order to advance to the next round!! So PLEASE...

Vote **Here** - <https://racerver.com/march-madness-lunatic-style/>

If we advance to the next Round, you will be receiving another email with that result and requesting your continued support.

Thanks for getting us into Round 2.

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