

President Update to FRC Members April, 2022

Hi FRC Members,

As we continue to march our way through the next two months of FRC hosted races, it's good to see that more and more FRC members are volunteering at these events. Without volunteers, these races would not be able to exist, so thank you all for making them happen. We had a successful Seagull 6 Spring Classic race last month and are looking forward to the Cape Cod Trail Races this month, followed by our two new races in May, the Women Run Cape Cod 5K and the Surf Drive Mile.

We've purposely offered diverse races so that there would be something for everyone. The Seagull 6, with its hills, offers a very challenging course. The Cape Cod Trail Races offers trails (of course), has a 10K and a 20K and is totally off road. The Women Run Cape Cod 5K is a flat out-and-back road course that is intended for women and girls (girls under 18 get a free entry). The final race, the Surf Drive Mile, is 1 mile along Surf Drive and is open to walkers and runners of all abilities. Strollers are welcome and entry fees are very low so that families can participate without breaking the bank.

Once these races are over, we'll rest (yeah, right) until the Mayflower Wind Cape Cod Marathon Weekend Event, which has new dates; October 1, 2.

The Paul White Race, which is hosted by the North Falmouth Village Association, has chosen a Race Director for their race in July. Because of this, the FRC will not be as involved with this race as initially thought, however we will continue provide guidance to this race as needed. Please consider either running this race or volunteering to help out on race day. FRC member Corey Heaslip is coordinating a lot of the activities surrounding this event.

The specifics for the April update follow...

FRC Races

Seagull 6 – March 27 – Great weather welcomed back the “Seagull 6 Spring Classic” 5.74 mile race on Sunday, March 27 after a two year hiatus. Thanks goes out to Race Director **Mike Norton** for his efforts in coordinating everything and to Lawrence Lynch for their financial sponsorship. There were just over 200 runners for the race including a boatload of runners from the **Thirsty Irish Runners Club**, who seem to always support this race. FRC member and Falmouth High School standout, **Henry Gartner** won the race in a time of 33:25. **Jennifer Pajer** from Boston won the women's division in 38:41 with her younger sister, **Michelle** finishing in second place. Thanks go out to all FRC members who either ran the race or came out to volunteer. **Ed Giordano** took care of everything at the water station with help from **Susan Schmidt and the Falmouth High School French Club**. All in all, the race was a huge success. One spring race down with three more to go.

Cape Cod Trail Races – April 24 – Next up in just a few days will be the 10K and 20K Cape Cod Trail Races at the Crane Wildlife Management Area on Route 151. **Matt Auger and Chris Risko** are co-directing this race, which is also making a comeback after COVID. We are not expecting a large number of runners for this year's race due to another trail race in the area, but we hope to just get it back on the calendar this year and make it much larger next year. Please either register to run or help out as a volunteer. Reach out to either Matt or Chris if you can help with this event. Start time for this race is 8:00 am.

Women Run Cape Cod 5K – May 8. Preparations are continuing to progress for this race, which is intended for women and girls. Registrations are continuing to grow and everything is on schedule for race day, May 8. If you are planning on running, but have not yet registered, please register as soon as you can. As a reminder, all girls under 18 years old will have their race entry fee waived. Donations from the proceeds from the race will be made to the **"Girls on the Run"** organization and the **Falmouth High School Running Program**. If you are not running the race and will be available to volunteer on race day, please reach out to Race Director **Mary Tolland**. We can always use more volunteers. Bib numbers can be picked up on Saturday, May 7 from 12:00 pm to 3:00 pm at Aquatic Brewing, which is just a few doors down from the FRC office. You can also pick up your bib number at the starting line in Falmouth Town Hall Square on race day. Start time for this race is 8:00 am.

Surf Drive Mile – May 22. This race will close out the FRC offering of four spring races. It's scheduled for the weekend before the Memorial Day Weekend. FRC member, **Lindsey Mahoney** has volunteered to be the Race Director. This will be her first go at being the Race Director (similar to Mary Tolland with the WRCC 5K), so please get out there to help in any capacity that you can; either by running, walking or volunteering.

If you are not able to run any of the three previous spring races, please consider this race. As I mentioned in previous updates, this event is for everyone. Walkers, joggers, recreational runners and competitive runners. Strollers are welcome, but for the safety of all participants, we ask that you start near the back of the pack. 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. Race Tee Shirts will be given to the first 200 entrants. Medals will be given to all kids 12 and under. Check the FRC website for more details. Start time for this race is 9:00 am.

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.**

Registrations are moving along well, with about 1,800 runners registered to-date. Recently we have been working on finalizing the designs for the race shirts and finisher medals. We should be wrapping this task up soon and will be posting photos of this swag on social media. As the months roll by, we'll have more details about this event.

FRC Members at the 2022 BAA Boston Marathon

The 2022 BAA Boston Marathon, the most famous marathon in the world, will have a strong group of FRC members participating. The list of registrants, as I know it, is as follows:

[Matt Auger](#)
[Grace Bender](#)
[Lindsay Benson](#)
[Diana Clark](#)
[Scott Ghelfi](#)
[Jason Hyatt](#)
[Chris Langlais](#)
[Bob MacDonald](#)
[Kathy MacDonald](#)
[Hannah Mark](#)
[Daniel Renaud](#)
[Steve Rondeau](#)
[Tom Stracqualursi](#)

For all of you runners: trust your training, be patient with your pace and last, but not least, turn “Right on Hereford, Left on Boylston”. Have fun out there!

Please accept my apologies if I have left anyone off the list.

MW/CCM RaceRaves March Lunacy

Thank you for all of your support in voting for the Mayflower Wind Cape Cod Half Marathon in the RaceRaves March Lunacy tournament. We entered the tournament as the #10 seed in the East and were able to knock off #7 Smuttynose Half Marathon in Round 1, then had a huge upset win over #2 Pittsburgh Half Marathon in Round 2. That left us as one of only 16 races in the “Sweet Sixteen” Round 3. We put in a good effort, but we came up a bit short in the voting to the Covered Bridges Half Marathon in Vermont, which is actually one of our great New England races.

Friday Night 5 Miler

[Ken Gartner](#) continues to attract a solid group of runners for this Friday evening “Classic”. Remember, the official start time is 5:30 pm, but you can run the course earlier if you can’t make 5:30. It always starts and finishes in Falmouth Town Hall Square. Thank you to everyone who has run and continues to run this super course and thank you also to those of you who have not yet run it, but will very soon.

FRC Long Run for BAA Prep

Thank you to those of you who ran or supported our “BAA Prep Long Run” on Saturday, March 26. We had a successful run, which was used as part of the preparation for Boston or other spring marathons. Through the efforts of **Kathy MacDonald** and other FRC volunteers, runners set out from the FRC office for the 17 or 21 mile jaunt and then enjoyed some rest time and refreshments back at the office. Who knows, maybe this was the first of many “Annual Long Run” events.

Fun Runs at Aquatic Brewery

These popular runs continue to attract 15 – 25 runners on Sundays at 11:30 am at Aquatic Brewing. After the runners complete the **5,000 Meters Nearby the Sea** course, they enjoy some pizza (provided by FRC) and a beer or two at the Brewery. This event occurs on most Sundays. 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 finally here.

Open House at the 661 Main Street Office – April 28

Remember to attend the **FRC Open House** at the 661 Main Street FRC Office 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 some of the new club merchandise. We hope to see many FRC members there.

FRC Youth Running

The **BIG NEWS** for FRC Youth Running is that FRC member and Falmouth High School running standout **Henry Gartner** ran and won the hilly Seagull 6 Spring Classic race on Sunday, March 27. The 16 year old led a field of 200 runners over the hills of Woods Hole and past Nobska Lighthouse enroute to his victory. CONGRATULATIONS HENRY!

Ken Gartner, the father of famous Henry, will be conducting the youth running program again this year during the summer months.

Anne and Jim Preisig plan on resurrecting their youth running camp this summer after a two-year absence due to COVID. The program is conducted at the Falmouth High School Track and the surrounding trails. Details on the dates of this program will be available soon.

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.

VIPS Elementary School Track Meet

On Saturday, April 9, 150 students in Grades K through 4 showed up at the Falmouth High School Track for the annual VIPS Elementary School Track meet. The four Falmouth elementary schools from North Falmouth, East Falmouth, Teaticket and Mullen Hall participated. The Falmouth Running Club made a \$500 donation to the event and supplied the use orange cones, which were especially needed to keep the kindergarten runners in line. Each student ran both a 50-meter sprint as well as a longer run. They all collected ribbons and tee shirts for their efforts. **Mr. Bill Andrade**, the race starter, made good use of his starter's whistle to ensure that nobody got a head start. A good time was had by all.

Global Running Day

Global Running Day is Wednesday, June 1st. FRC is planning on doing a fun run/walk from the office to celebrate. We'll be running the same route as the Aquatic Brewing "5,000 Meters Nearby the Sea" course (or shorter, if you prefer). There will be socializing and refreshments at the office after the run. Please mark your calendars and plan to join us.

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