

President's Update to FRC Members February, 2023

Hi All FRC Members,

Similar to a lot of people, our running club runs into a bit of a slow period during the winter. The holidays are over and the spring racing season hasn't yet started. On the surface, it may seem like there isn't much going on at the FRC, but like the duck on a pond that may appear to be just floating along, below the surface, the webbed feet are always doing something beneath the surface.

So, behind the scenes at the FRC office, quite a few members are engaged in work to get ready to host our 4 spring races. The required race permits have all been approved by the town, registration is open and is moving along quite nicely, sponsors are engaging and vendor partners are working on bib numbers, finisher medals, tee shirts, pint glasses, start/finish logistics and post-race food and drink. Timers have been lined up and we've placed our order to Mother Nature for good running weather on race days.

What else could we want, you ask? Well, we need you. Yes, you to volunteer at one or more of these events and to run or walk in one or more of them also. Each of the races has its own personality, so there is something for everyone. **Mike Norton's Seagull 6** in Woods Hole has its challenging hills, hills and more hills. **Chris Risko's Cape Cod Trail Races** at the Crane Wildlife Management Area on Rte. 151 has, you guessed it, trails (10K, 20K or 30K). **Mary Tolland's Women Run Cape Cod 5K** has women/girls running and walking on a flat, fast course from Town Hall Square and **Steve Rondeau's** family-friendly (low entry fee) **Surf Drive Mile** has the most scenic ocean views all along its 1-mile course.

So, sticking with the volunteer theme, new FRC Board of Directors member, **Tasha Whited**, will be assisting each Race Director in identifying volunteer needs and filling those needs with enthusiastic volunteers so that we can conduct high quality, safe races for everyone involved. Please reach out to her at tasharuns4life@gmail.com or to any of the above-named Race Directors. They'll probably be reaching out to you also.

In addition to all of that, preparations for the **SouthCoast Wind Cape Cod Marathon Weekend Event** are in high gear. Yes, in case you haven't heard, **Mayflower Wind** has changed its name to **SouthCoast Wind**. As you know, we have the 5K, the Half Marathon and the first leg of the Chowdah Challenge on Saturday, October 7. The Marathon, Marathon Relay, the second leg of the Chowdah Challenge and most importantly, the Kids' Fun Run take place on Sunday, October 8. Registration for this event is also wide open. So, this means that all of the races that our club hosts (11 in all if you count each of the CCM races separately) are now open for business. I sure hope that duck has a lot of energy.

The health of the Falmouth Running Club has never been better. Our existing members are continuing to renew their memberships and we keep attracting more and more new members. I thank all of you who have been members for many years and those of you who have recently joined. Without you, there would be no FRC. I welcome any and all suggestions you might have on how we might continue to improve our club.

-Jack Afarian

Please join me in welcoming all of our new and renewal members!

Mary Bunker Ryther – Individual
Sue Peters – Family
Ron Peters - Family
Matt Auger – Individual
Andria Salas - Individual
Stephanie Beaudet – Individual
Katrina Harris – Family
Alan Harris – Family
Stephen Childs – Individual
Deb Kirkwood – Family
Alan Kirkwood – Family
Andrew Goodale - Family
Corinne Larson - Family
Robert Rippondi – Individual
Heather Klimm – Individual
Mary Sue Englund - Individual

Total membership currently stands at **272**

Friday Night 5 Miler

As you know by now, these weekly runs will continue throughout the remainder of winter and through the year. You all know the drill, Friday, 5:30 pm in Town Hall Square.

Want another reason to run the Friday Night 5? Well, **Ken Gartner**, long time coordinator of this classic event, has added a nice touch for FRC Members. At the end of each month, starting this Month, Ken will select a **“Runner of the Month”** from those who regularly run this race. The winner will receive a **FREE pair of running shoes from Hanlon Shoes on Main Street in Hyannis**. Ken worked out an agreement with owner/runner **Kevin Petrovek** to provide this benefit to our Club. If you have never shopped at Hanlon’s for running shoes, I suggest that you give them a try.

Race Results of Note:

At the Weary Traveler 4.9 Mile Road Race in Bourne on January 8, FRC Members **Nathan Gartner** finished 1st in 28:37 and **Chris Langlais** finished 2nd in 29:00. **Mike Norton** and **Hannah Mark** were close behind them.

Also, on February 15, **Henry Gartner** finished 1st and **Silas Gartner** finished 3rd in the Mass. Divisional 2 Mile Race at the Reggie Lewis Track in Boston. This qualified both of them for the 2 Mile Race in the State Meet.

2023 SouthCoast Wind Cape Cod Marathon Weekend – October 7 & 8, 2023

As mentioned above, registration is now open. The numbers as of February 15 are:

- Marathon – **187**
- Half Marathon – **198**
- Marathon Relay – **12**
- Chowdah Challenge – **20**
- 5K – **20**
- Kids' Fun Run – **9**

The excitement is growing as we prepare to host this event at our new Start/Finish location at Mullen Hall School on Katherine Lee Bates Road. Superintendent of Falmouth Schools, Dr. Lori Duerr, Falmouth High School Principal Dr. Alan Harris, Principal of Mullen Hall School, Rose Moran and Principal of East Falmouth Elementary School Paul Goodhind have been very welcoming and accommodating as we build out our race weekend plans.

So, what are the plans (in no particular order)?

- First and foremost, we have quite a large job rebranding everything from Mayflower Wind to SouthCoast Wind. We've started the process, which should keep us out of trouble for a while.
- 700 Volunteer Hoodies have been ordered. Hmm...what color will they be this year?
- We're just getting started on the designs for the race tee shirts, finisher medals and winners' awards
- Race course changes for the Marathon, Half Marathon and 5K have to be finalized and will soon be certified by USATF-NE
- Since courses have changed a bit, all Mile Markers will have to be painted on the roads, as will the Start/Finish Lines
- We'll have a new timing company this year; Presidential Timing owned by none other than John Adams
- We will have Runner Tracking for the Marathon and Half Marathon
- All Race Finishers will have their photo taken as they cross the finish line
- For 2023, our Marathon has been voted to be the **USATF-NE Grand Prix Marathon Championship Race**. Special preparations have to be made as USATF-NE Running Clubs from across New England will bring their fleet footed marathoners to Falmouth to compete for the Individual and Team Championships.
- The Kids Fun Run will be conducted on the cinder track in front of the school

- The Runners' Expo and Number Pick Up will be at the Mullen Hall School Gym
- The 20 x 80 foot Runners' Tent will be erected on the infield of the track
- The Famous Stephen Bird Soup and Clam Chowdah Tent will also be located on the track infield
- More parking will be made available for runners since Town Hall Square will be now open, as will all parking spots on Main Street. We will also try to get more parking spaces at the Lawrence School
- The Start/Finish Line Chute will be more festive
- There's so much more, but that's all for now.
- Yes, we will need many volunteers at this event. Mike Oliveira, our Volunteer Director will be coordinating all volunteer activities. Please reach out to him at volunteer@capecodmarathon.com

The Run Show Boston – Feb 4 & 5

A number of FRC members manned the SouthCoast Wind Cape Cod Marathon booth at the Boston Run Show on February 4 & 5 at the Hynes Auditorium in Boston. Along with me were Jennifer Edwards, Meghan Faulkner, Joseph Sennott, Chris Risko and Jill Polvinen. We displayed our new tent there. There was a lot of interest in our event, which hopefully will result in additional registered runners and a few more vendors at our Expo. USATF-NE also had a booth there to promote their Grand Prix Race Series, so we got additional exposure at their tent.

Fun Runs at Aquatic Brewery

These popular Sunday morning (11:30 am) 5K runs will continue through the winter. FRC will continue to provide pizza for the runners. In addition to the pizza, we have agreed to provide two complimentary Marathon Relay Team entries to Aquatic Brewing; one of which will be chosen by raffle. See details on their website.

Remember to checkout Aquatic Brewing website for details on upcoming events. [AQUATIC BREWING](#) Also, if you haven't done it yet, sign up for their **mailing list**.

Women's Fitness Initiative

Mary Tolland is keeping the ball rolling with the FRC Women's Fitness Program in 2023.

Walk and Talks were held on February 5 & 12. Dates for next Walk and Talks have not yet been determined. Remember, All of these walks start at 7:30 am at the FRC Office, 661 Main Street, Falmouth.

Bowling Night at Timber Axe Bar and Bowl took place on Wednesday, February 02/15. By all accounts, it was a fun time.

A **Women's Nutrition Presentation** by our own **Julianna Coughlin** was held on January 29, 5:30 pm at the FRC Office. All attendees enjoyed a healthy presentation and I hear there was a bit of wine in the house.

Registration for the 2nd annual **Women Run Cape Cod 5K** is now open. Mary has secured **Timber Axe Bar and Bowl in Falmouth Town Hall Square** for the Bib Number Pick Up Saturday afternoon, May 13. The race is scheduled for Mother's Day, May 14, 2023. Yes, we can use volunteers to help out with this race.

If you have any questions on any of the above activities, you can reach out to **Mary** at frcwomensfit@gmail.com.

FRC Wednesday Track Workouts

FRC Track Workouts at the Falmouth High School Track, organized by **Dan McCarthy**, are continuing to be conducted every Wednesday at 5:30 pm. Dan has asked that runners sign up for these track workouts via email, dwmpr@yahoo.com or text, 315 263-8658. If no one signs up, he and **Maggie Yates** will not be out on the track wondering if anyone is going to show up. If you are looking to improve your running, these workouts are great, but PLEASE signup beforehand. Thanks.

FRC Spring Races

As mentioned above, registrations for all of these races are now open. Dates and Race Directors' info is below.

Seagull Six, Sunday, March 26 – Mike Norton, mnorton@lawrencelynch.com

Cape Cod Trail Race - April 30 – Chris Risko, c.risko@hotmail.com

Women Run Cape Cod 5K Sunday, May 14 – Mary Tolland, frcwomensfit@gmail.com

Surf Drive Mile, Sunday, May 21 – Steve Rondeau has recently volunteered to be the Race Director for this race. He can be reached at srondeau1@yahoo.com **This being the first race that he directs, I'm sure he will welcome all the volunteer help he can get.**

SouthCoast Wind Cape Cod Marathon Weekend – October 7 & 8 – Jack Afarian, director@capecodmarathon.com

I want to thank all of the Race Directors, whose efforts make these races successful every year.

For volunteer opportunities at the 4 spring races, please contact **Tasha Whited** at tasharuns4life@gmail.com.

If you are looking for ways to get more involved with Your Running Club, please reach out to Kathy MacDonald at info@falmouthrunningclub.org or Jack Afarian at president@falmouthrunningclub.org.

FRC Merchandise

As always, all FRC merchandise is available for purchase from the FRC website or in person at the FRC office. You will be able to either pick up your gear at the FRC office or have it shipped to you. **FYI, we only have 3 FRC winter hats left.**

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