

President's Update to FRC Members March, 2023

Hi All FRC Members,

Geez, this year's (non) winter weather will soon be a thing of the past and in a few days, spring will be upon us. Of course, this means the FRC spring races will soon be here.

One of the goals of the Falmouth Running Club is to help support a healthy lifestyle within the local community, mainly through running and walking. Our spring races display our commitment to that goal by offering the local community a variety of races at very affordable race entry fees. When you run, walk or volunteer at one of our races, remember that your individual efforts are contributing to the goals of our Club. I want to thank all of you who have either registered to run/walk or have volunteered to help at one or more of these races this year.

Our Club membership continues to grow. Over the next few months, many memberships will be expiring and you'll see an avalanche of renewals on the list below. As a result of this, you'll notice that the total number of members will fluctuate quite a bit. Thank you all for being such great FRC members.

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

Jennifer Ashe – Individual
Julie Wozniak – Family
Michael Bunker – Individual
Lisa Medora – Individual
Lisa Schlesinger – Individual
Daniel Lake – Family
Christine Goff – Family
Karin Smith - Family
Dana Smith - Family
Hadley Smith – Family
Gerard Morda – Individual
Paul McCadam – Individual
Maida Kelly – Individual
Dori Gray – Individual
Chris Risko – Family
Peter Tittiger – Family
Ryan Loiter – Family
Thomas Smith - Individual

My apologies if I have missed anyone.

Total membership currently stands at 290

Friday Night 5 Miler

As I mentioned last month, **Ken Gartner** has started to acknowledge a **Friday Night 5 “Runner of the Month”**. So, for February, the award goes to **Hannah Mark**, who consistently shows up on Fridays and was one of only a couple of runners who ran with Ken on one of the nasty, cold, wet Fridays in February. As part of the award, Hannah received a pair of FREE running shoes from Hanlon Shoes on Main Street in Hyannis. Congratulations Hannah!

Race Results of Note

Tokyo Marathon

Congratulations to FRC Members **Kathy MacDonald, Bob MacDonald** and **John Banner**, who completed the **Tokyo Marathon** on Sunday, March 5. For all three, it completed their quest to run all 6 marathons of the Abbott World Marathon Majors challenge, which consists of the Boston, Chicago, New York, London, Berlin and Tokyo marathons.

New Balance National High School Mile

Also, the **Gartner boys** continued their running rampage. Both Henry and Silas competed in the **National High School Mile** race in Boston at the New Balance indoor track facility last weekend. **Henry** ran well, but was not up to his normal times due to him recovering from COVID. **Silas** ran a 7second PR 4:40 and finished 3rd in the freshmen event out of 70 participants.

FRC Spring Races

The start of the FRC Spring Races is just about upon us. Registration is open for all four races. In less than 2 weeks, **Race Director Mike Norton’s Seagull Six Spring Classic** kicks off on Sunday, March 26. If you are not running or walking it and still want to be part of the fun, there may still be opportunities to volunteer on race day. Contact Tasha Whited if you are interested at tasharuns4life@gmail.com.

After the Seagull 6, we have a string of three races spread over just four weeks. **Race Director Chris Risko’s Cape Cod Trail Race** on Sunday, April 30 at the Crane Wildlife Management Area on Route 151 in Falmouth actually consists of three different race distances. Runners can compete in the 10K, 20K or 30K by completing the 10K loop once, twice or three times. For info about this race reach out to Chris at c.risko@hotmail.com

Next up after the CCTR is **Race Director Mary Tolland’s Women Run Cape Cod 5K**, which will be held on Mother’s Day, Sunday, May 14. This race,

intended for women and girls features a flat out-and-back course that starts and finishes in Falmouth Town Hall Square. This is a great opportunity for the males in our club to show our support for women's running by getting out there and volunteering on race day. Mary has secured **Timber Axe Bar and Bowl in Falmouth Town Hall Square** for the Bib Number Pick Up Saturday afternoon, May 13. For more info you can contact Mary at frcwomensfit@gmail.com

Last, but not least, **Race Director Steve Rondeau's Surf Drive Mile** will be held on Sunday, May 21 along Surf Drive. This family friendly race features very low entry fees and a flat 1-Mile course that starts on Surf Drive just west of Elm Road and follows Surf Drive to finish at Beach House near Walker Street. For more info you can contact Steve at srondeau1@yahoo.com

Of course, registration and more information about all of these races is available on the FRC website www.falmouthrunningclub.org

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

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

As you know, after the 4 FRC Spring Races, we take a break from hosting races and put our efforts into our flagship race, the SouthCoast Wind Cape Cod Marathon Event. Actually, a lot of work has already been put into this, but so much more work is ahead of us. Registration is open. The numbers through March 15 are:

- Marathon – **246**
- Half Marathon – **262**
- Marathon Relay – **16**
- Chowdah Challenge – **21**
- 5K – **27**
- Kids' Fun Run – **12**

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.

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

Fun Runs at Aquatic Brewery

These popular Sunday morning (11:30 am) 5K runs will continue to be popular. FRC will continue to provide pizza for the runners. In addition to the pizza, The CCM has 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 check out 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

The FRC Women's Fitness Initiative is alive and well.

A **45 minute Spin Class** has been scheduled for Monday, April 10 at 6:30 pm at Fitness Directions, 27 Falmouth Heights Road.

Walk and Talks for April will be scheduled soon.

Also, the return of **Pickle Ball** will be coming in April on Tuesdays.

Adria Bodell is coordinating a Couch-To-5K training program leading up to the Women Run Cape Cod 5K.

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

FRC Wednesday Track Workouts

FRC Track Workouts at the Falmouth High School Track, organized by **Dan McCarthy and Maggie Manning**, are continuing to be conducted every Wednesday at 5:30 pm. The participation in these workouts is growing as the weather moves from winter into spring. If you have any questions, please reach out to Dan at dwmpr@yaho.com or text, 315 263-8658.

B.A.A. Boston Marathon

About a month from now, April 17 to be exact, the four FRC Members who were awarded an Invitational Bib Number will be toeing the line in Hopkinton. We wish **Nicole Depferd, Erin Lyons, Chris Risko, Tasha Whited** and any other FRC Members who are training for the best marathon on the planet that their last few weeks of training go well.

Boston Marathon Long Run Training

We are planning a long training run for those preparing for Boston or any other spring marathon. The event is scheduled for Saturday, March 25 at 8:30 a.m. at the FRC Office. You should have received an email from the Club with all of the details.

FRC Booth at ASICS Falmouth Road Race

The Falmouth Running Club will have a booth (or tent) at the ASICS Falmouth Road Race Expo this year. The race is scheduled for Sunday, August 20, 2023. We will have our booth at Falmouth High School the prior Friday and Saturday. FRC Member **Diana Clark** will be coordinating all of the activities for our booth and will be looking for volunteers to set up, break down and to take shifts during the Expo. If you would like to volunteer at this fun event (and I'm sure you do), contact Diana at dianakbrennan@yahoo.com.

Get Involved

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.

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