

President's Update to FRC Members May, 2023

Hi All FRC Members,

Well, the second race of the FRC Spring Race Series is in the books. The **Cape Cod Trail Races**, held on April 30, was very successful. We more than doubled the registered runners from last year. You can read the details below.

To follow that up, in just a few short days, the third race in the series, the **Women Run Cape Cod 5K**, will be held on Mother's Day, May 14 on Town Hall Square. If you haven't yet registered for this race, **which is intended for women and girls**, you still have a few days to do so. Also remember, we can always use volunteers.

A week after the women and girls run, we close out our Spring Race series with the **Surf Drive Mile**, which will be held on Sunday, May 21. If you want to run a fast (or slow) mile with no hills and no turns, just an abundance of Surf Drive scenic beauty, this race is for you. Yup, if you're not otherwise participating, we can always use more volunteers.

We had a dozen FRC members run the Boston Marathon on Patriots Day. See the list below. Also, take note of the Boston Athletic Association Invitational Bib Number Program that gives FRC members an opportunity to receive a bib number without having to run a qualifying race.

As always, while everything else is auto-magically running, the SouthCoast Wind Cape Cod Marathon Weekend Event has all the wheels turning to be ready for our debut at Mullen Hall School in October. See the update below.

If the number of Renewal and New FRC Members is any indication, we must be doing things the right way because our membership continues to grow. We are always trying to recruit new members, so if you are enjoying your membership, please reach out to friends and relatives who you think might enjoy it also. Everyone is welcome; runners as well as walkers, fast people as well as not so fast (me), young people as well as not so young (me). Basically, anyone who is interested in a fun and healthy lifestyle can join our family.

So, here are a bunch of new and renewal members since my last Update.

THANK YOU ALL for being such great FRC members.

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

Maggi Yates – Family
Mark Chrusz – Family
Liz Lawlor – Family
James Egan – Individual
Tom Steele – Family
Brianna Steele – Family
Molly Trexler – Individual

Dwight Pfundstein – Family
Kathleen Thomas – Family
Brian Lawlor – Family
Karla Steele – Family
Isaac Steele – Family
L.A. Grandmont – Individual
Ed Swartz – Individual

Erin Lyons – Family
Skipper Manter – Family
Janet Vacon – Family
Mary Jo Bradley – Family
Tasha Whited – Individual
Glenn Pokraka – Family
Richard Sherman – Individual
Tom Irwin - Family
Anthony Kirincich – Family
Margaret Manning – Family
Diana Clark - Family
Michael Clark – Family
Jeanne Cerulle – Individual
George Staffier – Family
Dale Lathrop – Family
Paisley Mueller – Family
Adam Ross – Family
Dianne Durso – Individual
Glenn Savoy – Family
Scott Brown – Individual
Wendy Ghelfi – Family
Marjorie Pitts – Family
Doris L Beatty – Individual
Joe Sennott – Family
Holly Sennott - Family
Robert Mascali – Family
Madeleine Marken – Individual
Jessica Whritenour – Family
Vaughn Whritenour - Family
Elise Casso – Family
Laurie Bartlett – Family
Kenneth Gartner – Family
Henry Gartner – Family
Stephen Lockhart – Individual
Jeanne Cosgrove – Family
Andrew Peters – Individual

Cameron Day – Family
Gary Vacon – Family
Keith Bradley – Family
Chris Morrissey – Individual
Jennifer Edwards – Family
Elizabeth Buckley – Family
Bernice Irwin – Family
Jody Kirincich – Family
Dan McCarthy – Family
Peggy Daly – Family
Stephanie Guyer-Stevens – Individual
Candace Lofgren - Individual
Rebecca Staffier – Family
Wendy Lathrop – Family
Lauren Comley – Individual
Mike Mueller – Family
Mary Ellen Ross – Family
Lee Levitt – Family
Stephanie Savoy - Family
Mark Murphy – Individual
Scott Ghelfi – Family
Paul DiAngelis – Family
Greg Horning – Individual
Luke Sennott – Family
Angie Covington – Individual
Gina Mascali - Family
Steve Waxman – Individual
Robert L Whritenour – Family
Michael Casso – Family
Heather Hass – Family
Allan Bartlett – Family
Silas Gartner – Family
Nathan Gartner – Family
William Steffancin – Family
Kelly Benton – Individual

My apologies if I have missed anyone.

Friday Night 5 Miler

As the Friday Night 5 Miler continues to roll along, the April “**Friday Night 5 Runner of the Month**” is **Mike Irving**. As part of the award, **Mike** will receive a FREE pair of running shoes, compliments of **Kevin Petrovek and Hanlon Shoes** on Main Street in Hyannis. Congratulations Mike!

FRC Spring Races

As mentioned above, the second race in the FRC Series of 4 Spring Races, the **Cape Cod Trail Race**, was held on Sunday, April 30 at the Crane Wildlife Management Area on Route 151 in Falmouth. There was a bit of damp weather, but overall, it wasn't too bad. Through the efforts of **Race Director Chris Risko** and many other FRC members, registrations for this year's race grew by over 100% from last year. (74 in 2022, 159 in 2023) Oh My!

This super trail race gave runners the option of running the 10K course once, twice or three times. 82 runners registered for the Long Run 10K. 34 runners registered for the Longer Run 20K and 43 runners registered for the Longest Run 30K. By all accounts, everyone enjoyed the day. Congratulations to all the runners.

One of the coolest things about this race is that each runner received a Quahog Shell Medal straight from the ocean. Each medal was hand decorated by students at Mullen Hall School.

A huge **THANK YOU** goes out to all of the **FRC Volunteers** who were there to ensure a safe and fun event, especially to **Tasha Whited** who rounded up all of the volunteers.

In a couple of days, **Race Director Mary Tolland** takes control of the FRC racing scene with the **Women Run Cape Cod 5K**, which will be held on **Mother's Day, Sunday, May 14**. As you know by now, 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** rounds out the FRC Spring Races 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. Yes, just like our other races, if you're not running or walking it, we can use your volunteer support on race day. For more info you can contact Steve at srondeau1@yahoo.com

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

For volunteer opportunities at the two remaining FRC Spring Races, please contact Tasha Whited at tasharuns4life@gmail.com.

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

Everything is moving along nicely for the SouthCoast Wind Cape Cod Marathon Event. Registration numbers are where they should be at this time. The designs for the race tee shirts and finisher medals have been finalized. The shirts are somewhat similar to last year's design with a cool twist. The medals are actually in the shape of a long sleeve race shirt and they match the colors of the shirts.

We're working with USATF-NE Officials to get our modified Marathon, Half Marathon and 5K courses measured and certified soon. We're also working on finalizing the logistics of our new Start/Finish area and Runners' Expo and Number Pickup at Mullen Hall School.

The registration numbers through May 9 are:

- Marathon – **472**
- Half Marathon – **501**
- Marathon Relay – **19**
- Chowdah Challenge – **30**
- 5K – **38**
- Kids' Fun Run – **23**

As part of the partnership between the Falmouth Running Club/Cape Cod Marathon and Kevin Petrovek's Hanlon Shoes in Hyannis, The SouthCoast Wind Cape Cod Marathon will be allotting 6 complimentary entries for any of the 2023 CCM races to Hanlon Shoes. At Kevin's discretion, he will be choosing the 6 winners on August 31.

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 Sunday morning (11:30 am) 5K runs continue be popular. FRC will be continuing to provide pizza for the runners through the month of May. We will then revisit this program in the fall.

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

Walk and Talks are being scheduled for June. Check your inbox for specific dates. Mary is talking with **Gratitude Yoga** in Falmouth to organize a yoga session for FRC members. Dates will be confirmed soon.

Pickle Ball at the Ghelfi's has started. Thanks go out to FRC Member **Wendy Ghelfi** who hosts this activity every Tuesday.

The Couch-To-5K training program has successfully prepared a number of FRC members for the upcoming WRCC 5K. Good Luck to all participants.

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/Global Running Day

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@yahoo.com or text, 315 263-8658.

On **Global Running Day, June 7**, FRC will be celebrating the day in conjunction with the regular Wednesday Night workout. Join fellow FRC members with a run of any distance followed by a cold treat from a visiting Ice Cream Truck at the track.

B.A.A. Boston Marathon

Congratulations to all of the FRC members who ran Boston this year! To the best of my knowledge here they are in no specific order.

Nicole Depferd -Invitational Bib Recipient

Chris Langlais

Maura Reimer

Scott Ghelfi

Daniel Renaud

Anne Preisig

Erin Lyons – Invitational Bib Recipient

David Elvin
Glenn Pokraka
Chris Risko – Invitational Bib Recipient
Tasha Whited – Invitational Bib Recipient
Linda Luthman

Historically, the Falmouth Running Club receives 3 or 4 Invitational Bibs from the Boston Athletic Association every year. This is not a guarantee, but we expect it will continue until further notice. The FRC Board of Directors has the tough job of awarding these Bibs to FRC members who have demonstrated their commitment to the Club, mainly through volunteering and participating in our events during the past year. We usually receive many more requests than we can award, so this is a tough decision to make. We try to award these Bibs to members who have not already received one in the past. Keep this in mind if you might be toying with the idea of running the best marathon on the planet in 2024.

FRC College Scholarship Winners

As part of the Falmouth Running Club's commitment to Youth Running, the Club annually awards \$1,000 college scholarships to deserving graduating high school runners. This year's recipients and schools they will be attending in the fall are:

Josephine Oberton - Gordon College, Wenham, MA
Joseph Simpkins - Penn State University, State College, PA
Henry Gartner - Stonybrook College, Stony Brook, NY
Bianca Greco – Westminster College, Salt Lake City, UT

The recipients will be awarded their scholarship checks at the FRC Monthly Meeting on Tuesday, June 13.

Stuff at the ASICS Falmouth Road Race

Registration for the FRR is now underway, but not for much longer. Check the [2023 — The 2023 ASICS Falmouth Road Race Application — Race Roster — Registration, Marketing, Fundraising](#)

Before you know it, the **ASICS Falmouth Road Race** will be upon us. This year's race will be held on Sunday, August 20, 2023. Every year, FRC Member and Executive Director of this great race, **Jennifer Edwards**, expertly coordinates all of the activities for the weekend. I know many of you will be running the race. There

will also be many volunteer opportunities before and during the race. You can register to volunteer at [Volunteer - Falmouth Road Race](#).

I will be coordinating the **Bicycle Valet Program** on race day. This program allows registered runners to ride their bike on race day morning to a fenced off and secured area near the finish line. The runner would leave the bike there and hop on a bus to Woods Hole, so no waiting in long lines to get the bus. After the race the runner simply walks over and retrieves his or her bike. You **MUST REGISTER** for the Bicycle Valet Program and there is limited space. Details on how to register for this program will be coming soon.

As mentioned previously, The Falmouth Running Club will have our booth at the Bib Number pickup outside at the Falmouth High School the Friday and Saturday before the race. 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. We will be promoting the Falmouth Running Club and the SouthCoast Wind Cape Cod Marathon at the booth. 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. Let us know your thoughts.

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