

President's Update to FRC Members June, 2023

Hi All FRC Members,

Well, we're done, at least when it comes to the 2023 FRC Spring Race Series. I must say that I'm quite impressed by the efforts of the Race Directors, the FRC Administrator (Kathy), the Volunteers and the Participants in all of our events. The details of the last two races, the Women Run Cape Cod 5K and the Surf Drive mile are below. Thanks go out to the Race Directors, Mike Norton, Chris Risko, Mary Tolland and Steve Rondeau for stepping up and doing a great job

The SouthCoast Wind Cape Cod Marathon Weekend Event has all the wheels turning at full speed to be ready for our debut at Mullen Hall School in October. See the update below.

A new running and walking store has opened on Main Street in Falmouth. See below for details.

Membership continues to be strong. As of today, we have 298 members. Please remember to reach out to friends and relatives who you think might enjoy our club. 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 again). Basically, anyone who is interested in a fun and healthy lifestyle can join.

So, here's the list 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!

Emily Stone – Family
David Gaylord – Family
Emma Gaylord - Family
Jennifer Tolland – Individual
Kirby Matthes – Individual
Jack Carroll – Family
Sue Carey – Individual
Mary Lou Renner – Individual
Cathy McCarron – Family
Linda Barney – Individual
Jason Cullinane – Family
Leslie DiAngelis - Family
Mark Clark – Individual
Brandon Petkauskos – Individual
Linda Boardman – Individual
Dave McPherson – Family
Mary Bunker Ryther – Individual
Dan Darcy – Individual

Michael Stone – Family
Mary Lardie Gaylord – Family
Holly Sirois - Individual
Kim Langlais – Individual
Amanda Demo – Individual
Wendy Carroll – Family
Jenny Cunningham – Family
Heather Hogue – Family
Bert Entwistle - Family
Paul Hartel – Individual
Pam Triest-Hallahan - Individual
Leslie St. Amant – Individual
Craig Danziger – Individual
Helen Malinowski – Individual
Danielle Freeman – Individual
Patricia McPherson – Family
Serena Sung-Clarke – Individual
Adam Vess - Individual

My apologies if I have missed anyone.

Friday Night 5 Miler

As the Friday Night 5 Miler continues to roll along with about 25 runners participating. The May “**Friday Night 5 Runner of the Month**” is **Christie Hegermiller**. As part of the award, she will receive a FREE pair of running shoes, compliments of **Kevin Petrovek and Hanlon Shoes** on Main Street in Hyannis. Congratulations **Christie!**

; FRC Spring Races

Our third race in the FRC Spring Race Series, the 2nd annual **Women Run Cape Cod 5K**, was held on **Mother’s Day, Sunday, May 14**. Mother Nature treated the runners to a beautiful sunny day and by all accounts, everyone had a great time. 249 runners were registered (up from 176 last year). **Race Director Mary Tolland** had everything under control. The overall winner (age 18+) was Elizabeth Stockman, with Reiko Sagioka and Jennifer Tolland finishing 2nd and 3rd respectively. The under-18 winner was 15-year-old **FRC Member Elise Casso**. 11-year-old C. Femino and 12-year-old D. Clements fished 2nd and 3rd respectively. All participants received a super looking WRCC 5K tank top with their entry and a flower at the finish line.

Last, but not least, **Race Director Steve Rondeau’s Surf Drive Mile** rounded out the FRC Spring Races one week later on **Sunday, May 21 along Surf Drive**. 151 runners were registered for the race compared to 140 last year. The weather gods were not as kind to Steve, as rain the night before flooded parts of Surf Drive. Fortunately, the **super Falmouth DPW crew** came to the rescue and pumped out enough water to clear the path for the runners. Thanks guys! A “Thank You” letter was sent to DPW Director **Peter McConarty**.

FRC members took 1st, 2nd and 3rd place in both the Male and Female divisions. To nobody’s surprise, 15-year-old FRC member **Nathan Gartner** finished as 1st male in 5:18 after racing a 1500 meter race the day before. **Robert Todd** (5:35) and **Mike Norton** (5:58) finished 2nd and 3rd respectively.

Elise Casso, yes the same 15-year-old who won the under-18 division a week before at the WRCC 5K, finished 1st in 5:55. **Hannah Mark** (6:19) and **Serena Sung-Clarke** (6:21) finished 2nd and 3rd respectively.

Not only did we have some speedy runners in this event, but we also had many other runners, walkers and parents running and walking with their children. After all, that’s what this race is all about.

I want to congratulate everyone who ran or walked any of these four races and thank all the volunteers who made the races very successful. Actually, all four races had more registered runners this year than last year. Nicely done, everyone.

A special thanks goes out to [Tasha Whited](#) who coordinated the volunteers for all four FRC Spring Races.

The dates for the 2024 Spring Races have been set. They are:

- Seagull 6 Spring Classic – March 24
- Cape Cod Trail Races – April 28
- Women Run Cape Cod 5K – May 12
- Surf Drive Mile – May 19

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

With the end of the Spring Races, the SouthCoast Wind Cape Cod Marathon now takes center stage for our Club. Our major sponsors are in place with SouthCoast Wind as the “Title Sponsor”, The Enterprise Newspapers as the “Official Media Sponsor” and Martha’s Vineyard Bank Charitable Foundation as the “Official Hydration Sponsor”. We look forward to working with all of our sponsors over the next four months leading up to race weekend.

Registration numbers continue to be where they should be for the Marathon, Half Marathon and 5K. At this point, the Relay and Chowdah Challenge are lagging behind a bit. So, if you know a few runners who want to participate as a team, get them to register for the Relay. If you know runners who, how do I say this, are somewhat more ambitious, there’s plenty of room left for them in the Chowdah Challenge.

We will be ordering the race tee shirts and finisher medals within the next couple of weeks.

We’re still working with USATF-NE Officials to get our modified Marathon, Half Marathon and 5K courses measured and certified. This is no small undertaking, but it is critical to have it completed prior to race weekend. No worries though. We’ll get it done.

The registration numbers through June 23 are:

- Marathon – **676**
- Half Marathon – **820**
- Marathon Relay – **26**
- Chowdah Challenge – **48**
- 5K – **64**
- Kids’ Fun Run – **32**

I can’t overstate the fact that we will be needing many volunteers to make this great event succeed. [Mike Oliveira, our Volunteer Director](#) is actively coordinating all volunteer activities. If you or someone you know, can volunteer, please reach out to Mike at volunteer@capecodmarathon.com

FRC Youth Running

On May 20, at the Battle Road TC Twilight Meet at Regis College, 15-year-old **Nathan Gartner** ran 4:12.53 in the 1500 Meter race to finish 17th out of 36 runners, most of whom were much older than Nathan. He was the 1st 15-year-old.

FRC Summer Youth Running Camp

Anne Preisig will once again be coaching this youth group running program for boys and girls entering grades 1 – 12. There will be 3 one-week sessions on Tuesday and Thursday evenings at the Falmouth High School track. Dates are:

Session 1: July 11 & 13

Session 2: July 18 & 20

Session 3: July 25 & 27

For more information or to signup online, go to [Youth Summer Running – Falmouth Running Club](#)

You can also reach out to Anne at acpreisig@hotmail.com.

Fun Runs at Aquatic Brewery

These Sunday morning (11:30 am) 5K runs continue to be popular.

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

Mary Tolland's Walk and Talks are continuing. Check your email and the FRC website for dates.

15 FRC members attended a complimentary yoga session on June 21 at **Gratitude Yoga**. Another session will be planned in September.

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

Another Couch-To-5K training program will start after the Falmouth Road Race. The intent is to get new runners prepared for the CCM 5K in October.

A fitness Class with Jeannine Valle from Cardio Sport is in the works. Stay tuned for the date.

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. 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 celebrated the day in conjunction with the regular Wednesday Night workout. Fellow FRC members ran a short distance or a long distance around the track, then enjoyed a cold ice cream treat from a **Ghelfi's. Thanks Scott!**

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 were awarded their scholarship checks at the FRC Monthly Meeting on Tuesday, June 13.

Stuff at the ASICS Falmouth Road Race

Congratulations to those of you who will be running this year's race, which will be held on Sunday, August 20. If you will not be running the race, there will be many volunteer opportunities before and during the race. You can register to volunteer at [Volunteer - Falmouth Road Race](#).

As I mentioned previously, 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 the start in 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. To participate in this program, you must be a registered runner and you **MUST REGISTER** for the Bicycle Valet Program. Understand that 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

of race weekend. 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.

New Running/Walking Store in Falmouth

A new running and walking store, The Run House, has just opened at 227 Main Street in Falmouth, which is just two doors down from the La Cucina restaurant. Co-Owner Dan Darcy and Store Manager Adam Vess, have offered a 10% discount for FRC members. Check them out when you get a chance. While there, you just may run into FRC's Julianna Coughlin, who has joined their team.

We will be working with The Run House to set a date for a "Shopping Night" at the store, which will also include some food and drinks. Stay tuned for details. We will also start talks regarding how we may be able to collaborate on different events and activities.

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