

President's Update to FRC Members July, 2023

Hi All FRC Members,

I hope you all are enjoying this nice summer weather. Most of our time now is focused on the SouthCoast Wind Cape Cod Marathon, which will be here in about 2 ½ months. We're in great shape at this point. There still are other activities going on including the Youth Summer Running Camp, Walk and Talks and Couch-To-5K training.

Membership continues to be strong. As of today, we have 306 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!

William Porter – Individual
Mary Webb – Family
Ron Chapman – Family
Brian Connolly – Individual
Brian Calderbank – Family
Ellen Mace – Individual
Joan Pelletier – Family
Swing Robertson - Individual

Daniel Webb – Family
Harrison Webb – Family
Tracy Chapman – Family
Denise Calderbank – Family
Jill Polvinen – Individual
Russ Pelletier – Family
Thomas Burt – 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 June “**Friday Night 5 Runner of the Month**” is **Christoph Renkl**. As part of the award, he will receive a FREE pair of running shoes, compliments of **Kevin Petrovek and Hanlon Shoes** on Main Street in Hyannis. Congratulations **Christoph!**

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

As in the past few years, not counting the COVID interruption, I attended the Utica Boilermaker 15K Runners' Expo to promote the Cape Cod Marathon. It's a good way to spread the word about our event to thousands of long-distance racers. It's a great world-class race with elite runners from around the world as well as many of us slower runners. The spectator support all along the route and the on-course music is amazing. It also includes a great post-race party. In fact, it's my 3rd favorite race after Boston and the New Bedford Half. If you haven't run it, it may be a good race to put on your race bucket list.

So much for Utica. Now onto the CCM. 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 still lagging behind a bit. Race tee shirts and finisher medals have been ordered.

The registration numbers through July 20 are:

- Marathon – 808
- Half Marathon – 1118
- Marathon Relay – 36
- Chowdah Challenge – 50
- 5K – 97
- Kids' Fun Run – 40
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Couch To 5K

The following has been provided by [Adria Bodell](#), who will be coaching this activity.

FRC Couch to 5K

Has it been a while since you've been running and you'd like to get back into it? Or would you like to try a 5K for the first time?

Join the FRC Couch to 5K group, just in time to run the 5K as part of the Cape Cod Marathon Weekend on October 7. We'll be using an adapted version of Jeff Galloway's Couch to 5K plan, meeting and running together a couple times a week to keep us all moving and motivated and doing the rest on your own.

Who - Anyone interested in running a 5K distance. We encourage you to bring your children who may like to start running. Those under 16 must be accompanied by an adult.

When - 8 weeks, August 7 - October 5. We will meet and run together on Mondays and Thursdays at 5:30 pm. You will do 2 other runs on your own during the week.

How - email Adria Bodell at adriaFRC@gmail to register or with any questions

FRC Youth Running

Henry Gartner put in another great performance winning the annual Paul White race in North Falmouth.

FRC Summer Youth Running Camp

This program is well underway. Two weeks into it, participation is very good. The last week (session 3) will be held on 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. August dates will be published soon.

There is a plan to have Laurie Warren, MSN of "Create Vibrant Health" facilitate a 28toGreat nutrition program in September. Date to be determined.

There is a Charcuterie presentation to be scheduled for early fall with Chef from "Perfect Strangers" in Boston. He will come to Falmouth to present.

Details/costs to be worked out.

An additional complimentary yoga session at **Gratitude Yoga** will be planned for September.

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

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

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

Stuff at the ASICS Falmouth Road Race

Race day August 20 is fast approaching. If you have some available time and would like to help out at the FRC tent at Falmouth High School, please reach out to FRC Member **Diana Clark**. She will be coordinating all of the activities for our tent space 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 tent. If you would like to volunteer at this fun event (and I'm sure you do), contact Diana at dianakbrennan@yahoo.com.

FRC Night at The Run House

The FRC Night at The Run House was very well attended. Quite a few members took advantage of the 20% discount on purchases. I bought a nice pair of ASICS Nimbus 25 shoes. Hopefully they will get me out there running at least on a semi-consistent basis.

In the next month or so, when some of the employees go back to school, store manager **Adam Vess** will be having some open positions if anyone is interested in some full or part-time work. Candidates with experience in retail or graphic design are encouraged to apply but all runners are welcome. If you are interested, please email adam@therunhouse.com for details.

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