

President's Update to FRC Members November, 2023

Hi All FRC Members,

Since my last Monthly Update, a lot has occurred.

- I believe the dust has settled for the Cape Cod Marathon.
- All invoices have been paid.
- The fast runners have all received their prize money.
- We've started to make plans for next year.
- A lot of you volunteered or ran the Falmouth in the Fall race.
- A few of you ventured down to NYC for the Marathon.
- We have Invitational Entries for the Boston Marathon.
- Plans are underway to celebrate the 1-Year anniversary of the Wednesday Track Workouts.
- Another member has been chosen as the "Runner of the Month".
- Nominations for the FC Board of Directors are underway.
- A new Fun Run will be starting this coming Monday.
- We have some new FRC long sleeve tee shirts for sale.
- Plans for our four Spring Races has started.
- The FRC Annual Meeting has been scheduled.

Other than that, not much is going on. The details on the above are below.

VERY IMPORTANT - FRC Board of Directors Nominations for 4 open positions is now open. The Elections will be held in January. See details on this below.

Membership continues to be strong. As of today, we have **329 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!

Steven Benton – Individual
Lawrence Falls – Individual

Thomas Harvey – Individual
Tor Clark - Family

My apologies if I have missed anyone.

Friday Night 5 Miler



Even in the dark, participation in the Friday Night Run is strong. 20 people ran yesterday. The October “**Friday Night 5 Runner of the Month**” is [Sarah Knowles](#). 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 **Sarah!** As an aside, Sarah runs the Friday Night 5 course every week at 6:00am. Nice job, Sarah!

2024 SouthCoast Wind Cape Cod Marathon Weekend – October 12 & 13, 2024

Since we had such a good time hosting the 2023 USATF-NE Grand Prix Marathon Championship, we decided to bid for the 2024 USATF-NE Grand Prix Marathon Championship. We have submitted our application and should find out by the end of December whether we have been selected.

We have finalized the dates of our future CCMs. Every year we will be conducting our event at Mullen Hall School over the Indigenous Peoples Holiday Weekend (formerly the Columbus Day Weekend). In 2024, the dates are October 12 & 13.

The reasoning for choosing this weekend is that it is a 4-day weekend. Friday is a Teachers’ Day, so there is no school that day. We’ll be able to put our barriers and banners in place and we’ll be able to set up the Runners’ Expo in the gym. The tent company will also be able to erect the tents on Friday. This allows us to open the Runners’ Expo at 3:00pm on Friday and be ready for the start of the Half Marathon Saturday morning. On Monday, the tent company will remove the tents and we’ll have that day to ensure that the school property is totally cleaned. On Tuesday morning, we want it to look like we were never there.

A change we’re making next year is that the 5K will be moved to Sunday. This change was made for two reasons. The first is that there was a small issue with

the back of the pack of 5K runners running into the first few runners in the Half Marathon at the intersection of Shore Street and Clinton Ave. Moving this race to Sunday will give us 25 more minutes before the Half Marathon runners reach that intersection, so this issue should be resolved. The second reason is that it will even out the number of runners between Saturday and Sunday. We have about 600 more Half Marathon runners than Marathon runners, so moving about 300 5K runners from Saturday to Sunday gives us about the same number of total runners each day.

We have about 30 members on the Cape Cod Marathon Race Committee. As is the case every year, there probably will be a few members who decide to retire from the committee. I expect that will happen again this year. So, if you think you may be interested in joining the committee, just let me know. I'll be asking the committee members if they are planning on staying on the committee. Once I know who will be staying on, I'll let you know of any openings.

2024 Boston Marathon Invitational Entries

You all should have received an email from me letting you know that the FRC has received four Invitational Entries to the 2024 Boston Marathon. The text of that email is below.

October 30, 2023

Dear FRC Members,

The Boston Athletic Association (B.A.A.) has generously awarded four (4) Invitational Entries for the 2024 Boston Marathon to the Falmouth Running Club. **If you would like to be considered for one of these Invitational Entries, please email your request to me, Jack Afarian.** PLEASE INCLUDE YOUR INVOLVEMENT IN THE FALMOUTH RUNNING CLUB OVER THE PAST YEAR as well as a brief statement explaining why you should be considered as a recipient. Please email your request to president@falmouthrunningclub.org no later than November 30, 2023.

Preference will go to those members who have been very involved in FRC activities, especially volunteering, over the past year and who have not received an Invitational Entry in the past. You do not need a Boston Marathon Qualifying Time, nor do you need to be a fast runner. However, you should be confident that you will be able to complete the 26.2 miles of the Boston Marathon course. You will also be expected to wear Falmouth Running Club apparel during the race.

If you do receive one of the Invitational Entries, you will be responsible for registering for the race and paying the \$375 entry fee.

After November 30, 2023, the FRC Board of Directors will meet review all requests and vote on which FRC members will receive these Invitational Entries. If you are chosen to receive one of the Invitational Entries, you must agree to comply with the following B.A.A. terms and conditions.
Terms & Conditions

1. Each participant, in signing the race entry form, agrees to comply with terms and conditions on the entry form and those posted at www.baa.org. Any conflicts will result in disqualification of the participant and review of the club's standing with the Boston Athletic Association.

2. Participant will NOT be eligible for a deferment if unable to participate.
3. Applications must be used solely by official members of the club that the entries are issued to. These members MUST live in the same geographic location in which the club is based. There will be no exceptions.
4. You acknowledge that you are authorized to act on behalf of the club identified in this agreement.
5. Apart from the qualifying time standard, all other entry requirements must be met.
6. These special invitational entries may not be transferred to another party, sold, auctioned, used as awards or distributed in any other manner.
7. You will not allow or encourage athletes from the club to run the Boston Marathon as unofficial runners.
8. "BOSTON MARATHON®", "B.A.A. BOSTON MARATHON®", and the B.A.A. Unicorn logo are registered trademarks of the Boston Athletic Association. Use of these trademarks without written permission for the B.A.A. is prohibited.

Fun Runs at Aquatic Brewery

These Sunday morning (11:30 am) 5K runs continue to be popular. Remember to check out Aquatic Brewing's website for details on upcoming events. **AQUATIC BREWING** Also, if you haven't done it yet, sign up for their **mailing list**.

NEW! Fun Runs at The Run House



A **NEW** Fun Run has started on Monday mornings at 7:30am. These start and finish at The Run House at 227 Main Street. There is a 5K and 10K loop. If you have any questions, you can reach out to the CCM Social Media Director **Julianna Coughlin** at jcoughlin195@aol.com.

Women's Fitness Initiative

The Walk and Talks are continuing. The next one is scheduled for tomorrow, **November 12**. Mary Tolland is also working on organizing the following.

- Bowling Night at Timber
- Yoga Class at Gratitude Yoga in Falmouth
- Sweat Studio – Fitness Class
- Holiday Craft Event

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 Workout - 1 Year Anniversary

On Wednesday, October 15, we will be celebrating the 1-Year Anniversary of the FRC Track Workouts at the Falmouth High School Track. **Dan McCarthy and Maggie Manning** are planning different distances. There will be food, a raffle and maybe other fun activities. If you have any questions, please reach out to Dan at dwmpr@yahoo.com or text, 315 263-8658.

FRC Board of Directors Nominations/Elections

As mentioned in my last two monthly Updates, nominations for open positions on the FRC Board of Directors are currently underway. Board Members serve two-year terms and may serve up to two consecutive terms. There are four officers; President, Vice President, Treasurer and Secretary. There are also five At-Large members. The terms are arranged so that one year there are four positions open and the next year there are five. This allows us to have fresh ideas about what is best for the club. This year, the Vice-President and Treasurer officer positions will be expiring. There are also two At-Large positions that will be expiring. Think about it. A position on the BOD may be just what you want.

Steve Morris is coordinating the nomination process, which ends on January 9, two weeks prior to the FRC Annual Meeting. Elections will then take place online and in person at the Annual meeting. Look for communications from Steve in your email soon. If you have any questions, you can reach Steve at stevedmorris@verizon.net.

FRC Annual Meeting

Alex and Greg at Aquatic Brewing are allowing us to conduct the Annual FRC Meeting at their Brewery. The date for this important meeting is Tuesday, January 23, 2024 at 6:00pm. Hopefully you will be able to attend.

In addition to the announcement of the BOD elections, we will be reviewing this year's achievements and plans for 2024. You will also be able to ask any questions you have about our Club.

ASICS Falmouth in the Fall

A big Thank You goes out to all of you who volunteered at the Falmouth in the Fall race on Sunday, October 5. I was responsible for the Course Monitors along the course and I was amazed at how many of you volunteered at all of the intersections. The staff at the Falmouth in the Fall also sends along a big Thank You to all of you. Great Job, Y'all.

Congratulations to all of you who ran the race! I saw many of you as you passed by the Falmouth Yacht Club just before that little hill at the end. Good effort by all of you.

FRC 2024 Spring Races

Information on how to volunteer for all four races in 2024 will be available soon. Keep an eye on your email for details.

For your scheduling benefit, the dates are:

- Seagull 6 Spring Classic – March 24, Race Director – **Mike Norton**
- Cape Cod Trail Races – April 28, Race Director – **Chris Risko**
- Women Run Cape Cod 5K – May 12, Race Director – **Mary Tolland**
- Surf Drive Mile – May 19, Race Director – **Steve Rondeau**

Volunteers Needed for VIPS Track Meet

Every year, VIPS (Volunteers in Public Schools) conducts a track meet for the Falmouth Elementary schools. This takes place at the Falmouth High School Track. See below for details.



The **VIPS Elementary Track Meet** Planning Committee is looking for volunteers for their annual Elementary Track Meet on Saturday, November 18, 2023. The event is held at the outdoor track at Falmouth High School.

If you are interested in volunteering please contact:
<https://www.falmouthvips.org/contact-us.html>
or call:
508-548-1621

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.

Also, we have NEW long sleeve tee shirts that you can order below.

CHECK THESE OUT!!



NEW!! LONG SLEEVED SOFT VINTAGE TEES

\$25.00 (plus flat rate shipping)

HURRY ITEMS ONLY AVAILABLE FOR PRE-ORDER UNTIL CYBER MONDAY!!

Shirts are available only in our Gear Store:

<https://runsignup.com/Club/Store/MA/Falmouth/FalmouthTrackClub>

Order now before it's too late!

(Did we mention they make great holiday gifts)

Questions? info@falmouthrunningclub.org

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.

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