

## President's Update to FRC Members December, 2023

Hi All FRC Members,

This will be a short update this month ( actually not as short as I thought), but with some important information. I hope everyone is adjusting to the colder weather and shorter days. Remember to wear your Reflective, High-Visibility gear in the dark and watch out for that black ice. Stay safe out there.

**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 **333 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!**

**Renee Gruner-Mitchell** – Individual  
**Jack MacDonald** – Individual  
**Andrew Voorhis** – Individual  
**Andrew Arki** – Individual  
**Sarah Lapp** – Individual  
**Meg Siderwicz** – Individual  
**Amare Rolle** – Family  
**Laura Semonche** - Individual

**Caitlin Sullivan** – Individual  
**Maura M Reimer** – Individual  
**Amy Jones** – Individual  
**Kathleen Cook** – Individual  
**Nicole Davies** – Individual  
**Mark Bogosian** – Individual  
**Jaelah Rolle** – Family

My apologies if I have missed anyone.

### Friday Night 5 Miler

The colder, darker Friday Night Runs continue at Town Hall Square at 5:30pm. The November **"Friday Night 5 Runner of the Month"** is **Rachel Dragos**. 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 **Rachel!**

## 2024 Cape Cod Marathon Weekend – October 12 & 13, 2024

You all know that we hosted the 2023 USATF-NE Grand Prix Marathon Championship. Thanks to all of you who volunteered to make the 2023 Cape Cod Marathon such a huge success, we have been chosen again this year to host the 2024 USATF-NE Grand Prix Marathon Championship. So that means we will be back again on the grounds of the Mullen Hall School on Sunday, October 13, welcoming some of the best marathoners in New England. Nicely done everyone. Plans have already started.

## 2024 Boston Marathon Invitational Entries

We had 10 FRC Members request one of the four Invitational Entries for the 2024 Boston Marathon. It was a very difficult task for the Board of Directors to pick the four recipients. As you know, being very active with the FRC, including volunteering, plays an important role in the decision. All 10 of the requestors have been informed of the results, which are listed below.

[Neel Aluru, Ashley Farnsworth, Dori Gray and Joe Sennott](#) have been chosen to receive the entries. We wish them the best with their training as they embark on their journey to Boston on Monday, April 15.

## Fun Runs

In addition to the **Sunday morning (11:30 am) 5K** runs at [AQUATIC BREWING](#) there are two other fun runs you may be interested in trying.

**Thursday mornings at 6:00** at Old Dock Square in West Falmouth. If you have questions about this run, contact [Helen Malinowski](#) at [helenisabelle@gmail.com](mailto:helenisabelle@gmail.com)

**Monday mornings at 7:30** at The Run House 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](mailto:jcoughlin195@aol.com).

## Women's Fitness Initiative

The **Walk and Talks** are continuing. The next one is scheduled for this **Sunday, December 10**.

[Mary Tolland](#) is also working on organizing the following.

- **Holiday Craft Event – Monday, December 11**, 6:30pm at the FRC Office
- **Bowling Night** at Timber will be on **Monday, December 18 at 6:30pm**
- **Boxing For Fitness** at the Sweat Studio (4 Classes) will start **January 1**

- **Slow Flow Yin Yoga class** at Gratitude Hot Yoga Center on Wednesday, **January 17** in Falmouth

You will be receiving emails on all of these activities and if you have any questions, you can reach out to [Mary Tolland](mailto:Mary.Tolland@frcwomensfit@gmail.com) at [frcwomensfit@gmail.com](mailto:frcwomensfit@gmail.com).

### **FRC Wednesday Track Workout - 1 Year Anniversary**

On Wednesday, October 15, we celebrated the 1-Year Anniversary of the FRC Track Workouts at the Falmouth High School Track. [Dan McCarthy and Maggie Manning](#) have done a great job over the past year with getting many of you out there on the track. Thanks to all of you who participated in this event. Hopefully participation will continue to grow. If you have any questions about these workouts, please reach out to Dan at [dwmpr@yahoo.com](mailto:dwmpr@yahoo.com) or text, **315 263-8658**.

### **FRC Board of Directors Nominations/Elections**

We are approaching the deadline for applying for one of the open positions on the FRC Board of Directors. This year, the Vice-President and Treasurer officer terms will be expiring. There are also two At-Large terms that will be expiring. If you are interested in joining the BOD and have not yet applied, please reach out to [Steve Morris](#), who 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. If you have any questions, you can reach Steve at [stevedmorris@verizon.net](mailto:stevedmorris@verizon.net).

### **FRC Hangover Classic**

Yes, we will again be hosting the “Hangover Classic” run from the FRC Office on Monday, January 1, 2024. You will be receiving an email in a few days with all of the details.

### **FRC Annual Meeting**

As stated in last month, [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. An RSVP email will be sent out soon.

At the meeting, we will be reviewing this year’s achievements and plans for 2024. We will also be voting to elect four new members of the Board of Directors and will be voting on whether to implement some proposed changes to the Club’s Bylaws. You will be receiving an email containing information on these proposed Bylaws changes in a couple of weeks. And, of course you will also be able to ask any questions you may have about our Club.

## FRC 2024 Spring Races

If you can volunteer at any of the four FRC Spring Races, please reach out to **Tasha Whited** at [tasharuns4life@gmail.com](mailto:tasharuns4life@gmail.com). She will be coordinating all of the volunteer activities.

Registration for Race Director **Mike Norton's** Seagull 6 Spring Classic will open on Monday January 15. Race date is Sunday, March 24.

The race dates for the other three races are:

- **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**

## FRC Merchandise

For those of you who have ordered the new FRC long sleeve shirts (pictured below), they will be arriving in a couple of weeks and will be shipped out to your mailing address. As always, all other 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 office or have it shipped to you.



Questions? [info@falmouthrunningclub.org](mailto: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](mailto:info@falmouthrunningclub.org) or **Jack Afarian** at [president@falmouthrunningclub.org](mailto: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](mailto:president@falmouthrunningclub.org). I will respond to you as soon as possible.

Respectfully,

Jack Afarian  
President  
Falmouth Running Club