

## President's Update to FRC Members January, 2024

Hi All FRC Members,

Happy New Year everyone! Welcome to 2024. Geez, I remember back in the late 1990s when those of us in the IT world were trying update all the software so that planes wouldn't drop out of the sky, trains wouldn't derail, hospitals wouldn't shut down and the world wouldn't explode. Well, obviously none of that happened and we were able to go for the first run of the year 2000. It doesn't seem that long ago, but my running speed tells me it was a different lifetime. Anyway, it was nice to see many FRC members at the FRC office for the Hangover Classic. A good time was had by all.

As happens every year, our FRC Annual Meeting will be upon us. The date is Tuesday, January 23. Hopefully many of you will be able to attend.

We're in the midst of planning for our 4 Spring Races. Registration will open for the Seagull 6 Spring Classic on Monday, January 15. The registration for the other three races will be opening soon.

Registration for the Cape Cod Marathon in October will be opening on Monday, January 15.

**We are now looking for a Race Director for the Surf Drive Mile.**

More details on all of the above follows below.

Please remember to stay safe by wearing your Reflective, High-Visibility gear in the dark and watch out for that black ice. Good news is that the days are getting longer. Well, the days aren't actually getting longer. They're still are 24 hours long, but we're getting more daylight. Stay safe out there.

**VERY IMPORTANT - FRC Board of Directors Nominations for 4 open positions is now closed. Voting via email is currently open. You should have received an email on this. See details 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!**

**Justin Wickens** – Individual  
**Sharon Ghelfi-Adams** – Individual  
**Mary Burkinshaw** – Individual

**Robert Backman** – Individual  
**Mike Norton** – Individual  
**Clair Reardon** – Individual

**Alysha Carse** – Family  
**Laurie Collins** – Individual  
**Aristia Ninos** - Individual  
**Thomas Stracqualursi** – Family  
**Jean-Marie Astarita** - Family  
**Andria Salas** - Individual  
**Maxwell Buckland** - Family  
**Deb Kirkwood** – Family

**Jeff Carse** - Family  
**Sue Harman** – Individual  
**John Holmes** – Individual  
**Elizabeth Manney** – Family  
**Denise Acquaviva** – Individual  
**Kathleen Buckland** – Family  
**Samuel Buckland** – Family  
**Alan Kirkwood** - Family

My apologies if I have missed anyone.

### **Friday Night 5 Miler**

Surprise, Surprise. These runs continue every week. Like the mail carriers, nothing will prevent them from running. If you have any questions about these, please reach out to **Ken Gartner** at [kj.gartner@comcast.net](mailto:kj.gartner@comcast.net).

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

In case you missed it in last month's Update, the Cape Cod Marathon has been voted again to host the **2024 USATF-NE 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. Registration will open on Monday, January 15 and we're ready to go.

### **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 through the winter, however, **the Walk and Talk for this Sunday, January 14 HAS BEEN CANCELLED.**

The Holiday Craft Event at the FRC office and the Bowling Night at Timber were both well attended. The Boxing For Fitness program has conducted two of the scheduled four classes.

**Mary Tolland** is also working on organizing the following.

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

We will continue sending you emails on all of the activities within initiative. If you have any questions, you can reach out to **Mary Tolland** at [frcwomensfit@gmail.com](mailto:frcwomensfit@gmail.com).

## FRC Wednesday Track Workouts

These track workouts will be continuing through the winter, weather and track conditions permitting. Unbeknownst to any of us, our permit for using the track had expired a couple of years ago. We recently were granted a new permit to use the track (with lights) through 2024. We will be applying to renew the permit every year. That being said, **Dan McCarthy and Maggie Manning** will be continuing their great job with getting many of you out there on the track. Thanks to all of you who are participating in this activity. 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 Elections

The deadline has passed for applying for the open positions on the FRC Board of Directors. Email voting is underway for those who cannot attend the Annual Meeting. As you know, this year, the **Vice-President** and **Treasurer** officer terms will be expiring. There are also **two At-Large** terms that will be expiring. In person voting will be held at the Annual Meeting. If you have any questions, you can reach **Steve Morris** at [stevedmorris@verizon.net](mailto:stevedmorris@verizon.net).

## FRC Hangover Classic

About 25 FRC Members met at the office on New Year's Day to participate in the "Hangover Classic". The weather was awesome for the 3+- mile loop and everyone enjoyed the post run food and drink. We'll do it again next year, so mark your calendars.

## FRC Annual Meeting

**If you have not replied already, please RSVP to Kathy, so that we can plan accordingly.** 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

At the meeting, we will be reviewing this year's achievements and plans for 2024. We will also be closing the voting to elect four new members of the Board of Directors. We will also be voting on whether to implement some proposed changes to the Club's Bylaws. You should have received an email containing information on these proposed Bylaws changes. 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 – **OPEN****
- 

**We are looking for a Race Director for the Surf Drive Mile. This race runs along Surf Drive and finishes at the Beach House on Surf Drive near Walker Street. It's a low-key, family friendly race that accepts walkers and strollers, but also is a great opportunity for faster runners to see how fast they can run a mile on a flat, fast course. If there is any wind it is usually at the runners back.**

**The Race Director position would be a great opportunity for someone who wants to dip their toes into the world of race directing. If you are interested or want to find out more about this event, please reach out to me, Jack Afarian, at [president@falmouthrunniungclub.org](mailto:president@falmouthrunniungclub.org).**

## **FRC Merchandise**

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