

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

Hi All FRC Members,

My apologies for sending this Update so late in the month, but at least I snuck it in before the end of the month. This time of year, we are mainly focused on Club races; the four Spring Races and the Cape Cod Marathon. We conducted the FRC Annual Meeting on January 23, where we added three new Members of the FRC Board of Directors. All of our four Spring Races are now open for registration. If you are not running in them, **please consider volunteering**. It's your involvement with these races that makes them successful. Our flagship event, the Cape Cod Marathon Weekend Event is also open for registration. Yes, we are looking for many volunteers at this super event.

More details on all of the above follows below.

There's only about three more weeks of winter. Please remember to stay safe by wearing your Reflective, High-Visibility gear in the dark and watch out for that black ice.

Membership continues to be strong. As of today, we have **338 members**. Please remember to reach out to friends and relatives who you think might enjoy our club. Everyone is welcome; runners and 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!**

**Marie Keyes** – Individual

**Heather Klimm** – Individual

**Beverly Naigles** – Individual

**Matt Auger** – Family

**Robert Rippondi** – Individual

**Mary Sue Englund** – Individual

**Kyla Gadbois** – Family

**Eliana Roth** – Family

**Wendy Carroll** – Family

**Karin Smith** – Family

**Hadley Smith** – Family

**Maida Kelly** – Individual

**Julie Wozniak** – Family

**Melinda Hurley** – Individual

**Inge Biekert** – Individual

**Sharon Lees** – Individual

**Scott Hanson** - Individual

**Grey Auger** – Family

**David Daganhardt** – Individual

**David Gadbois** – Family

**Leya Gadbois** – Family

**Henry Stankiewicz Jr.** - Individual

**Jack Carroll** – Family

**Dana Smith** – Family

**Jill Nicholson** - Individual

**Karen Phillipino** – Individual

**Chris Risko** – Individual

**Michael Bunker** – Individual

**Laurie Benton** – Family  
**Alan Harris** – Family  
**Lauren Comley** – Individual  
**Andrew Langlois** – Family  
**Preston Langlois** - Family

**Dave Benton** – Family  
**Katrina Harris** – Family  
**Mananjo Jonahson** - Individual  
**Susan Langlois** – Family  
**Ian Quino Fernandez** - Individual

My apologies if I have missed anyone.

## **FRC Annual Meeting**

On Tuesday, January, 23 we conducted the FRC Annual Meeting at the Aquatic Brewery. In addition to everyone having a good time, with plenty of food and Aquatic beer, we actually conducted some important business. At the meeting, we reviewed last year's achievements and plans for 2024. We also welcomed three new members of the Board of Directors as well as implementing a few changes to the FRC Bylaws.

So, the FRC Board of Directors consists of:

- President – **Jack Afarian**
- Vice President – **Ron Chapman** (New Member)
- Treasurer – **Chris Langlais**
- Secretary – **Kathy MacDonald**
- At-Large – **Tasha Whited**
- At-Large - **Adria Bodell**
- At-Large - **Diana Clark**
- At-Large – **Dori Gray** (New Member)
- At-Large – **Joe Sennott** (New Member)

Thanks to all of you who voted and to **Steve Morris**, who coordinated all phases of the election process.

We would like to express our sincere thanks to **Ken Gartner**, **Mary Tolland** and **Steve Morris**; the three BOD Members whose terms expired this year. All of them have made significant contributions to the FRC over the years. They will be missed on the BOD, but I'm sure they'll be continuing to make contributions to our Club.

## **Friday Night 5 Miler**

As they have for a gazillion years, these runs continue every week at 5:30 PM in Town Hall Square. 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 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. Thanks goes out to all of you who participated in the 2023 event either through running or volunteering or both. Nicely done everyone. Registration opened January 15. Early numbers are positive:

- Marathon – 225
- Half Marathon – 282
- Marathon Relay Teams – 15
- Chowdah Challenge – 13
- 5K – 31
- Kids' Fun Run - 16

So far, we have registrations from 34 states and 4 countries (Canada, UK, Sweden, Germany)

## Running USA Conference

Kathy MacDonald, the CCM Race Administrator, and I attended the Running USA Conference in Orlando, Florida January 31 – February 3. The conference was one of the best that we have attended, with many informative learning sessions. We both came back with some new ideas on how to continue improving all of the FRC races. As a bonus (for us), the USA Olympic Marathon Trials were held in Orlando the day after the conference, so we were able to watch the fastest American marathoners compete to run the Olympic Marathon this summer in Paris. The top three men and women now have their sights set on the Olympics.

## Fun Runs

In addition to the **Sunday morning (11:30 am) 5K** runs at **[AQUATIC BREWING](#)**, 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)**

**Thursdays at 5:00 PM, Julianna Coughlin leads an evening edition of “Walk and Talk”** at **The Run House**, 227 Main Street. If you have any questions, you can reach out to **Julianna** at **[jcoughlin195@aol.com](mailto:jcoughlin195@aol.com)**.

## Women's Fitness Initiative

The **Walk and Talks**, led by **Mary Tolland**, are continuing through the winter. Stay tuned for more activities. We will continue sending you emails on all of the activities within this initiative. If you have any questions, you can reach out to **Mary** at [frcwomensfit@gmail.com](mailto:frcwomensfit@gmail.com).

## FRC Wednesday Track Workouts

These track workouts will be continuing through the winter at Falmouth High School. **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 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 is coordinating all of the volunteer activities.

**Registrations for all four FRC Spring Races are open.**

The race 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 – Joe Sennott**

## 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