

Falmouth Running Club
March Monthly Meeting Agenda
March 14, 2023

- **Call to Order at 7:03pm**
- **Attendees:** Jack Afarian, Mary Tolland, Mike Norton, Diana Clark, Kathy MacDonald, Adria Bodell, Steve Rondeau, Tasha Whited, Chris Risko, Chris Langlais, Steve Morris
- **Acceptance of February Meeting Minutes**
Motion made to approve February meeting minutes; motion seconded. All in favor.
Meeting minutes approved.
- **Member Open Comments (5 minutes)**
N/A
- **Officer Reports –**
 - **Jack** - Health of club is very good. Good progress with spring races. New members trickling in. 283 members.
 - **Ken** - (see addendum below)
 - **Chris** - \$183k in checking account - up from \$170k last month. \$13k additional in Feb \$25k - Ytd. We are in good position. CCM registration fees are up \$19k from last year. (Last year was deferral year so not much cash came in)
 - **Kathy** – nothing to report.
- **On-Going Business**
 - **Seagull 6 Race Update – Mike Norton**
Going well. Volunteers are set per Tasha. French club to man water stop. Has not heard from Ed G. re: water supply. Ed brings water, tables, gloves, cups, etc then cleans up after. Mike to reach out & follow up. Police details all set. Port a Johns ordered & ready to go. Will meet with Community Hall for keys. Derek (Timer) will print list of names & bib numbers to make bib pick up easier. Kathy to have paper registration, online registration & \$ collection available.
 - **Cape Cod Trail Race Update – Chris Risko**
Has volunteers lined up. Will work on more after Seagull6 is over. Parking will need volunteers as well as number pick up. Ed G. will handle water stops. Course should be good to go. Timing is set (Derek). Working on giveaways (mugs?) with USA Racing. Will John Banner help?? Jack to

send contact info re: Port a Potties. Chris needs to reach out to Jack In The Beanstalk re: post-race food.

- **Women Run Cape Cod 5K Update – Mary Tolland**

70 participants so far. Police detail is secured – 2 details. Hannah will cycle sweep. FD will loan first aid kits. Timer set, announcer set, Julianna will help with announcing. Mary working on charms for giveaways. Timber Axe & Bowl will offer up pre-race & race day bib pick up inside. Sponsorships are coming in. CC5 gave \$1000 grant, as well as FRR. Food is being worked on. Carnations hopefully coming from Windfall. Volunteers are coming through. Tasha to sing National Anthem. VIPS charity may help with water stop. Mike to put out pre-race road signs. Mary wants to do press release after race with The Enterprise. Falmouth Hospital Stroke Awareness program wants to be involved/collaborate – will have table at race. Jenny from Sweat Studio to do pre-race warm up.

- **Surf Drive Mile Update – Steve Rondeau**

36 participants – oldest is 73/youngest is 6. Working with local schools to get the word out. Should see a spike in registrations in next week or so. Lawrence Lynch is the sponsor for shirt, medals to donated by Ashworth Awards. Lots of work to do in April. Timer is all set. Will solidify policy, food, port potty, etc. in coming weeks.

- **2023 Cape Cod Marathon Update – Jack Afarian**

601 registrations for all races. 239 in marathon, 255 in half marathon. 218/306 is the average from previous years. Everything in place to date. To finalize the shirts/medals in April.

- **Women’s Fitness Update – Mary**

Had several Walk & Talks this year, had a bowling night. Pick ball to start in the spring on Tuesday nights at Wendy Gelfi’s.

A spin class at Fitness Directions is coming in April. **Jack:** can men be involved? Mary: yes, if they want to come. There is a limited number of spots.

- **Friday Night Five – Runner of the Month - Ken**

At the end of each month the winner of the free shoes from Hanlon Shoes in Hyannis will be announced.

- **Other Stuff?**

- **New Business**

FRC Grand Prix/ Volunteer Challenge – Discussion by All

Jack: doesn't think we should pursue at this moment. Maybe next year?

Mary: it is a lot of work – should be wait? and would love to help at some point. **Kathy:** Not at this time. **Diana:** loves idea but maybe next year.

Adria: good idea but needs work & time to work out details. **Steve R:** great idea but a lot of work so don't want to rush in. **Tasha:** shelf it until all races are over and work on a plan for 2024. Will be happy to brainstorm.

Chris L: shelf it for now and tackle it later in year. Maybe partner with another organization that already has a GP. Maybe offer a mini-GP? – maybe do a survey to club members? **Chris R:** Cool idea. Not many FRC members run the trail race, but it could boost numbers in CCTR.

o Long Run – Boston Training

From office on March 25th. 2 routes offered. Food offered post run.

o FRC/CCAC Joint Activity – Any activity on this?

Mary at CCAC responded to Tasha but still working on a date to meet.

Jack: It would be good to meet after our spring races are over.

o Couch-To-5K Update – Adria

Kick off meeting coming up – 11 participants have interest. 5 joined the Club specifically for this program. Participants will meet 2x/week. Program ends at WRCC5k. Adria would like to use office as meeting ground. Kathy will try to find office key for her. Kathy to leave sign in sheets with waiver.

o Spring Race Volunteers Update – Tasha

Volunteers are coming out of the woodwork! Right now, focusing on Seagull 6.

o FRR Expo FRC Booth – Diana

Reached out to Meghan at FRR – they will offer same 10x10 for free or a 10x20 for \$600 – (outside). Diana has all paperwork to secure space.

Show of hands voted for the 10x10 free tent. Diana to send me paperwork.

o Mass. State Meet Runners

Did Silas run & do well?

• Other Stuff - ?

- o Mary:** Dan McCarthy (Track Coach) is running New Bedford half marathon and raising monies for Ronald McDonald House – should Club make a donation? **Jack:** motion to donate \$100, Adria 2nd – all in favor!

- **Meeting Adjournment at 7:58pm**

ADDENDUM

Friday night run is going well, had a very large turnout this past Friday about 25 runners, I think. And we had times all over the spectrum...fast and slow and in between.

We did award our February runner of the month to Hannah (reason being she was only one of two runners who ran the course on the ultra-frigid night several weeks ago) And she received a free pair of shoes from Hanlon's shoes in Hyannis.

Regarding all state track meet:

Silas ran and did well, only freshman in the race actually and it was a very very fast field in the two mile. Winner was sub 9:00. Henry qualified but was recovering from Covid.

Henry and Silas both ran new balance indoor nationals the next week in Boston at the new track up there...Silas placed very well in the freshman mile with a 7 second pr at 4:40. In high school nationals you are not allowed run for your school. Makes no sense, I know - So they both were running for FRC in that race.