

## President's Message to Falmouth Running Club Members April 2021

Happy April everyone. I think I ate too many Easter Eggs, so I'm glad the FRC 5 X 5K Virtual Challenge is coming so that I'll be a bit more focused on getting out there more frequently for a good run.

FRC membership is growing, enthusiasm is building and COVID, which has impacted all of us, hopefully is being controlled to the point where we can start getting back to doing some of the things we love. As you read this update, you'll see that we are still limited with what we can do as a running club, however we are making great strides in some areas. Take a look.

### The FRC Races

The permit application for the annual **Cape Cod Marathon Weekend Event** is still pending. We don't expect approval from the town of Falmouth to occur until the Massachusetts COVID restrictions allow road races to be conducted. We do expect to eventually receive approval and be able to conduct a live event this year. With that in mind, we opened registration on March 23. We do state on the race website that event will be virtual if COVID restrictions on road races are still in effect at the end of October. Despite that, registrations are well above what we expected, indicating that runners desperately want to get back to live racing. As in past years, we will make every effort to conduct a safe, fun and well-organized two-day event.

The Women's Fitness program is off and running. A vital part of that initiative is our proposed **Women Run Cape Cod 5K Race**, which we had intended to conduct in September. With all that is going on now, we felt that we did not have enough time to thoroughly prepare for this event. Therefore, we have decided to remove our permit request for September. Instead, we will be resubmitting this application later this year with an event date of May 8, 2022, which is Mother's Day. If approved, the plan is to keep Mother's Day as the permanent day for this race. A key component of this race is to give complimentary race entries to all girls 16 years of age and younger, adding to our commitment to Youth Running.

Previously we decided to cancel the live version of the **Seagull Six Race** because of COVID. We have now also decided to eliminate the virtual edition of the race. The traditional date of this "Old School" type of race in Woods Hole is late March. Later this year, we will be having discussions on the future of this event.

The **Cape Cod Trail Races** event, which is conducted in April, was cancelled last year and cancelled again this year. We are in the process of refunding entry fees for the runners who registered for the 2020 event and deferred to the 2021 event. Similar to the Seagull Six, we will be discussing the future of this event also.

Another casualty is this year's **Main Street Mile**, which is normally conducted in September. This one-mile race attracts swift runners trying to run a fast mile on a flat course, as well as families participating with young children looking to have a fun time. We are hoping that this long-standing event will be able to return in 2022.

The **Friday Night 5 Miler**, which has been ongoing since forever ago, is still going strong. Starting and finishing in the Falmouth Town Hall Square, this fun, low-key activity is a great way to start your weekend.

As you can see, a number of races that we normally conduct will not be on the calendar this year. We certainly would like to continue to hold these events, but unless we can conduct them as safe, fun, well organized events, they are in jeopardy of being dropped permanently. To prevent that from occurring, we need committed Race Directors and a group of dedicated Volunteers. If you are interested in keeping these races alive, please reach out to me. Also, the Board of Directors needs your input regarding these races, whether it be comments, questions, concerns and suggestions as we try to determine the future of these events. We want to be known as a running club that conducts high class events, regardless of field size. If we are unable to do that, we regrettably will lose these races.

### **5 X 5K Virtual Challenge**

Registration for this event is currently open and will remain open until Sunday, May 2. The concept is to run or walk a 5K (3.1 miles) every week for 5 consecutive weeks. Kathy MacDonald has done a tremendous job, bringing this great idea of hers to a reality. Through this event, we are raising money to donate to [Tommy's Place - Home](#), which is a vacation home for kids fighting cancer. Remember, this Challenge is open to everyone, not just FRC members. So, if you have not registered yet, please consider joining us and getting your family and friends to also participate to support this worthy cause. Click here to register [5 X 5K Registration](#)

### **Women's Fitness Program**

Mary Tolland conducted a very successful "Meet & Greet" kickoff meeting for this initiative on Wednesday, April 7 at the Gus Cauty Community Center. Enthusiasm was abundant as participants discussed various ideas about what they might want included in this program. The first "Walk & Talk" was held on Sunday, March 28 at Falmouth Heights Beach. The next one is scheduled for Sunday, April 18 starting at 8:00 am at the Harbormaster Parking Lot (next to Flying Bridge Restaurant!). The walk will head out to Falmouth Heights Beach and back. Mary has started initial plans for a seminar on Nutrition, which will include a guest speaker and a follow up question and answer session. Due to COVID restrictions, this may be conducted as a zoom meeting. Hopefully, future seminars will be able to be held in person. Other future activities that may be included are an outdoor yoga/meditation session, a ladies' night out and group fun runs. Please contact Mary if you have any comments or questions.

### **FRC Name Change Update**

The name change from the "Falmouth Track Club Corporation" to the "Falmouth Running Club Corporation" has been legally approved by the State of Massachusetts. The Club Bylaws have been amended accordingly. All of the races that the club hosts are in the process of being trademarked.

Lindsay Benson and Julianna Coughlin are leading the effort to design new FRC merchandise. Email conversations between them and USA Racing, our merchandise partner, have started. Information on items and availability will be communicated as plans roll out.

### **FRC Website**

Changes have been made to the website, but admittedly, they are going slowly. This will continue to be the case until we can find a new website Administrator. Let me know if you are interested in contributing to this and please be patient as we work our way through this effort.

### **FTC History Preservation**

Russ Pelletier is organizing his thoughts and topics to cover in his bi-monthly “Did You Know” historical articles. There are tons of material for him to choose from, which will keep him busy, but may not keep him out of trouble. Expectations are that the first article will be published sometime in June. Meanwhile, Courtney Bird is trying to figure out how to condense 40+ years of the FTC/FRC history on to 2 pages of website space. Plans are to include Russ’ articles and Courtney’s history on the club website.

As stated previously, we will also be displaying some historical memorabilia in our new office space.

### **Membership Update**

Julianna Coughlin continues to do a great job with this with her youthful vitality and creative mind. Membership in the club continues to grow. As of today, there are 142 members signed up on our new membership platform. This includes new members and those existing members who have rejoined. There are still quite a few existing members, whose membership runs out at the end of April. If you are in this group, please remember to “Join”.

### **BAA Boston Marathon Bib Numbers**

Our Letter of Intent (LOI) to request Invitational Bib Numbers for this year’s Boston Marathon has been submitted to the BAA. As of today, we have not heard back as to whether or not the FRC will be receiving any of these bibs. As soon as I find out, I will communicate out to all y’all. You probably already know this, but the BAA has moved its “Live” date for the Marathon from April to September 12, but similar to many other races, they are still awaiting approval. “Right on Hereford, Left on Boylston”; the two best turns in road racing on the planet!!! Just sayin...

### **Relocation of the FRC Office**

In the near future, this will no longer be a topic. Yes, we are getting closer to the day when we actually move into our new office space. We are still expecting that we will be moving sometime around the end of April, although that may move into May. You will be notified of the actual date as soon as we know.

### **Other Items**

Yes, the Fun Runs from the FRC Office/Aquatic Brewing are still on our activities list. We’re looking forward to starting them as soon as COVID restrictions loosen. Details to follow as the situation changes.

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.

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