

President's Message to Falmouth Running Club Members May 2021

It can't be May, can it? I thought we were supposed to be in our new office by now. What's up with that? I guess I'll have to address that later in the body of this update. As the weather tries and tries to warm up and more and more people are getting vaccinated, isn't it about time for us to ditch the masks? Looks like that will be the case real soon.

If you were on the Zoom monthly meeting on the evening of May 11, you already know that a lot is going on within and outside of the FRC. The 5 X 5K Virtual Challenge is in full swing, with plans being made for a post-event party. New Club merchandise is being designed. The Women's Fitness Program is rolling along. We received our Invitational Bib Numbers for this year's Boston Marathon. High School Scholarship recipients have been determined. Plans for the Cape Cod Marathon Weekend Event are proceeding nicely. We have a new FRC Website Administrator. Last but not least, we have our first "Did You Know" historical article. Oh My!

So, let's get into some of the details.

Falmouth Running Club Name Change

This most likely will be the last update on this topic. All of the legal steps have been completed. The next step is to design our new FRC merchandise, which is underway. More on that below.

5 X 5K Virtual Challenge

We are currently in the third week of this very successful Challenge, which will end Sunday night, May 30. A total of 190 runners and walkers are participating in the event. Thanks to all of them, we are expecting to donate well over \$1,000 to help support Tommy's Place - Home, which is a vacation home in Falmouth for kids fighting cancer.

Kathy MacDonald is planning a two-night post-event celebration to mark the conclusion of the event. The first night will be at the new FRC office and the second night will be at Tommy's Place. The dates will be June 2nd and 3rd. You will be receiving an email within a few days, which will contain all the details of this fun party. Participants will be receiving their tee shirts at this event. Those who chose to have their tee shirts shipped to them should be receiving them soon.

Relocation of the FRC Office

I'm probably more tired of writing about this topic than you are reading about it. This, seemingly endless process, is actually moving along, albeit slowly. Construction delays and other obstacles have certainly impeded progress, but it is still moving forward. As mentioned above, we will be hosting the first night of the 5 X 5 Challenge celebration at the new office location at 661 Main Street. Although we will not yet be moved into the office, the construction will be at a stage that will allow us to host the celebration in the space.

Women's Fitness Program

This program is off to a great start. **Mary Tolland** has hosted the initial Meet & Greet and three "Walk & Talk" gatherings. The "Walk & Talk" get togethers will be ongoing every few weeks or so. Mary will communicate the date and location of each one via email.

The next scheduled activity will be a Zoom seminar on Women's Nutrition, entitled "Better with Every Bite" ~ "Nutrition for Every Woman". You should have received the email containing the details from Mary. The facilitator will be **Julie Nicoletti**, founder of Kinetic Fuel in Westwood, MA.

Julie is a nationally recognized Sports Nutritionist who specializes in coaching adults as well as student and professional athletes. Currently, she is the team nutritionist for the NHL Boston Bruins and AHL Providence Bruins.

Mary being Mary, has many more ideas for the FRC Women's Fitness Program, so stayed tuned. Please contact her if you have any questions or comments.

This program has not only gained momentum within the FRC, but also is gaining visibility and support from the local community. Through the efforts of FRC member Jennifer Edwards, Executive Director of Falmouth Road Race, Inc. we received a generous donation on behalf of FRR, Inc. to help fund activities of this program. This will allow us to continue offering health and fitness programs and services to many women and young girls. **A huge Thank You goes out to Jennifer and the entire FRR, Inc. organization!**

FRC Website

I am very happy to announce that FRC member **Hannah Mark** has volunteered to be the FRC Website Administrator. Hannah, who currently lives off Cape (actually outside of Massachusetts), will be returning to Falmouth in August to work at WHOI. She has already made some significant contributions to the content on the website and is a welcome addition to the FRC team. Hannah is a past finisher of the Cape Cod Marathon and may lace up the running shoes to participate again this October.

Membership

Membership in the FRC is steadily growing. As of this writing, there are about 200 members signed up on our new membership platform. **Julianna** will be reaching out to those who were members last year, but have not yet rejoined. We are planning on adding an option to renew memberships for a 3-year period, with a discounted overall membership fee.

B.A.A. Boston Marathon Bib Numbers

We have received notification from the Boston Athletic Association that the Falmouth Running Club has been granted three Invitational Entries into the 2021 B.A.A. Boston Marathon, which is scheduled for Monday, October 11. Normally we have a process for FRC members to apply for one of these bib numbers, stating why they should be considered for receiving one. However, this year the FRC Board of Directors decided to award the 2021 bib numbers to the members who received them last year, since there was no "live" Boston Marathon due to COVID. That being the case, **Lindsay Benson, Jill Polvinen and Anne Preisig** have received the bib numbers and will be happily floating down the roads of Hopkinton, Ashland, Natick, Framingham, Wellesley, Newton, Brookline and Boston to the best two turns in road racing, "Right on Hereford, Left on Boylston". All FRC members wish Lindsay, Jill and Anne, as well as any other FRC members who run this year's Boston Marathon, cool temperatures and a slight tailwind.

Youth Running Program

Due to COVID, not a lot has been happening in this space, however, as part of this program, the FRC annually awards college scholarships to deserving high school seniors. This year, two students have been chosen to receive scholarships. We will be announcing the names of the students after they have been notified.

Cape Cod Marathon Weekend

As of May 10, road races are legal in Massachusetts, with some COVID restrictions still in place. We fully expect that these restrictions will soon be eliminated. Even so, we have not yet received approval from the town of Falmouth to conduct our event.

On Wednesday, May 19, the town of Falmouth will be meeting to discuss special events that will now be allowed under the new guidance. I will be attending that meeting via Zoom. After the meeting, I'll send out an update on the status of our event.

All that being said, our registrations are moving forward. As of today, registrations for the races within the Cape Cod Marathon Weekend Event are going very well. Comparing our numbers for 2021 against 2019, we are doing very well. As of today, here is how they stand.

Marathon: 2019 – 270, 2021 – 465

Half: 2019 – 287, 2021 – 519

Chowdah: 2019 – 18, 2021 – 58

Relay Teams: 2019 – 30, 2021 – 20

We have not yet opened registration for the **CCM 5K**, which is a new addition this year and has not yet been approved by the town. The **Kids' Fun Run** registration will open in early September.

Leslie and I met with Ashworth Awards, our finisher medal vendor, to discuss designs for this year's races. For the Marathon and Half Marathon, we are looking into the option of purchasing medals that are made right here in Massachusetts using recycled steel rather than medals that are made offshore. We'll start looking into runner tee shirts and bib numbers once we conclude our efforts with the 5 X 5K Challenge.

Cape Cod Trail Race Refunds

There were 45 runners who deferred their entry for the 2020 event to the 2021 event. Because the 2021 event was cancelled, we gave them the option to request a refund or donate their entry fee to support the FRC Youth Running Programs. 18 runners generously donated their entry fee and 6 runners requested a refund. We received no response from 21 runners. We will leave these options open for a while, then just put any remaining entry fees toward the Youth Running Programs.

Friday Night 5 Miler

This Friday Night favorite is still going strong. With COVID restrictions, runners have been able to run the course at any time of the day on Friday. We may get back to the normal, semi-formal 5:30pm start at some point. Stay tuned for an update on this.

There is a possibility that one of the Women's Fitness Program "Walk & Talk" may take place in conjunction with the Friday Night 5 Miler. These participants would have the option of walking/running some or all of the course. To be determined.

New FRC Merchandise

We had a meeting with our merchandise vendor, USA Racing, to discuss the items that we would like to offer our members and to begin the design process. Lindsay and Julianna have come up with some great ideas. Most likely we will start with matching singlets and shorts (a running kit), jacket, running pants, short sleeve running shirt and a short sleeve casual shirt. We will also have items such as our new car sticker, a pint glass or something similar and a hot/cold YETI-type-but-not-as-expensive water bottle.

The design (which is pretty cool) of the singlet and shirts is coming along nicely and will most likely be finalized soon. The jacket, pants and other items will mainly just have a version of our logo on them.

No, we don't know yet when these will be available, but great progress is being made.

FTC History Preservation

Thanks to **Russ Pelletier's** super idea, the first "Did You Know" historical article has been completed and is posted on the FRC Facebook page and published on the FRC Website. **Helen Kennedy** wrote the article about the FTC Women of the 80's and 90's. It's a great article that hopefully will be the first of many informative pieces to come. There's even a throwback photo of the group. If you haven't had an opportunity to read it yet, check it out.

Thank you, Helen, for taking the time to do the research and putting it all together for us.

Other Items

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. I will respond to you as soon as possible.

Respectfully,

Jack Afarian
President
Falmouth Running Club