

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

Well, the biggest thing that has happened between last month's update and this month's is that we received final approval from the town of Falmouth to conduct the Cape Cod Marathon Weekend Event in-person without any COVID restrictions. I'll discuss more on this, below. The second biggest thing is that the 5 X 5K Challenge that was conducted in May was a huge success (see the update below).

Actually, the race that **Caleb Gartner** recently ran may supersede both of the above (See Youth Running, below)

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

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

This successful five-week event concluded with our two-night tee shirt pickup celebration on June 2nd at our almost completed new office and June 3rd at the soon to be completed Tommy's Place. In addition to the tee shirt pickup, there were raffles for some cool stuff that was donated by the following:

Bucatino Restaurant	2 - \$50 gift cards
Maine Coast Sea Jewels	2 – hand-made sea glass pendants
Sweat Studio	2 - Virtual Punch Cards - \$150 each
Kathy MacDonald	1 - \$20 gift card to Quicks Hole Tavern
<b>OFTM</b>	2 - apparel/mugs gift bags
A Running Passion	2 - Goodies/Coffee/mugs/SS water bottle gift bags
Cape Cod Winery	2 - Bottles of wine
East End Tap	2 - \$25 gift cards
Liam Maguire's	2 - \$25 gift cards
Aquatic Brewing	2 - \$25 gift cards (plus beer samples)
Ghelfi's Candies	2 - \$20 gift cards

(For those of you who don't know, **OFTM** stands for Old Fashioned Ten Miler, which is a great 10 Mile race hosted by the Wampanoag Road Runners in Foxboro every February. If you haven't run it and you're looking for a well organized, fun winter race, you should check it out.)

In addition to the raffles, 10 lucky participants won \$25 Marathon Sports gift cards (they did not have to be present to win). Also, the attendees at the celebration had an opportunity to sift through bins to pick out some free FTC merchandise.

The participation of 190 FRC members and non-members allowed us to contribute \$1,400 to Tommy's Place. We presented the check to FRC member, Russ Pelletier, who is on the fundraising committee for Tommy's Place.

A special shout out goes to **Kathy MacDonald**, who conceived the idea of the 5 X 5K event and worked tirelessly to coordinate all of the activities and communications that led to its huge success. Also, thanks go out to the FRC members who helped Kathy during the event and during the two-night celebration.

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

No prediction on move-in date, however as of today, the good news is that the ceiling grid is in place and the finish work (doors and trim) is in progress. After that comes painting and flooring. More good news is that Longfellow has agreed to move our belongings from the old office to the new office. Once the move is complete, we will have an Open House Celebration.

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

This program continues to generate a lot of interest. So far there has been the initial Meet & Greet at the Gus Canty Recreation Center, three Walk & Talks and the Women's Nutrition Zoom meeting. You should have received the most recent email from **Mary Tolland** with details on upcoming events.

The next Walk & Talk will be on Saturday, June 12<sup>th</sup> at 7:45am. Meet at the Harbormaster parking lot (next to the Flying Bridge Restaurant).

A Pickle Ball social is being planned at **Wendy Ghelfi's** home on Thursday, June 17<sup>th</sup> at 5:30pm. RSVP to Mary at [mct57@aol.com](mailto:mct57@aol.com).

FRC member **Nancy Tucker** is interested in coordinating Walks during the week. M-F at 10am or 4pm. Please reach out to her at [nancytucker@gmail.com](mailto:nancytucker@gmail.com).

If you have ideas about what you would like to see as part of this program, please reach out to Mary.

### **Youth Running**

The two high school students who received the Margaret Bradley/Paul Phinney Scholarships from the FRC are **Caleb Gartner** and **Brandon Pokraka**. Caleb will be attending Columbia University where he will be running track and XC. Brandon will be attending U-Mass.

**Representing FRC, Caleb recently won the Elite 800 Meter race at the USATF Outdoor Meet in a time of 1:51.9, which qualified him for the high school nationals** at the end of June at Hayward Field in Oregon. As a footnote, Hayward Field is also the venue that will host the US Olympic Trials this month.

**Ken Gartner** will start back up the Youth Running Program in a couple of weeks once school is out. In addition to the workouts, it may include some summer 5Ks and USATF XC races in the fall.

### **FRC Race Timing**

At the last FRC Monthly Meeting, we started the discussion as to whether we will continue this activity within our Club. The FRC Board of Directors will continue discussions over the next couple of weeks to try to come to a resolution on this. If the Board does decide that this is a worthwhile activity to continue, there is one big stumbling block. That being we will need someone who would be dedicated and committed to volunteer to lead the effort and coordinate all of the activities of the team at races that we would time. **Courtney Bird, who has led the effort with this for many years is retiring.** If you are interested in volunteering as the leader or as a member of the timing team, you can reach out to me for now. Regardless of what the FRC Board decides, without a full team of volunteers, this activity will end.

### Friday Night 5 Miler

**Ken Gartner** has started up the Friday Night group run at 5:30, so if you prefer to run this course in a group, show up and be ready to run by 5:30. You may also continue to run the course any time during the day if that works out best for your schedule. If you do that, remember to send your time to Ken.

**Mary Tolland** has talked with Ken concerning the walkers who participate in her Walk & Talks. All walkers are certainly welcome to join in the Friday Night 5 Miler and walk the entire course or just a portion of it. It's totally up to you and it's a good way to meet other FRC members and other folks who may not have yet joined our running club.

### Cape Cod Marathon Weekend

As mentioned above, the Falmouth Select Board has given final approval to conduct the 2021 Cape Cod Marathon Weekend Event. The event will take place over the weekend of October 30 & 31. **New for this year is the addition of a 5K race that will take place on Saturday in conjunction with the Half Marathon.**

Registrations continue to out-pace the numbers we had for our 2019 event. We just recently opened registration for the 5K. The only race that is behind a bit is the Team Relay. As of June 8th, here is how they stand.

<b>Marathon:</b>	2019 – 343,	2021 – 609
<b>Half:</b>	2019 – 385,	2021 – 689
<b>Chowdah Challenge:</b>	2019 – 23,	2021 – 66
<b>Relay Teams:</b>	2019 – 36,	2021 – 25
<b>5K: (New):</b>		2021 – 13

**Kids' Fun Run** registration will open in early September (FREE Event)

Now that we have approval to proceed with the CCM, phone meetings and email communications have been conducted with the following vendors:

- **Start/Finish Line** setup (barriers, start/finish chutes, overhead banners, announcer setup, etc.) – **Eagle Events** - Mike Thompson
- **Finisher Tee Shirts** – **USA Racing**, Jeff Mills & team
- **Race Merchandise** – **USA Racing**, Jeff Mills & Team (ongoing since registration opened)
- **Registration** (ongoing for months now) – **RunSignup** – James Armington
- **Race Timing** – **Bay State Timing** – John & Debbie Burke
- **Tents & Tables** - **American Tent & Table** – Glenn Sylvester
- **Porta-Johns** – **United Site Services** - Michelle Stratton
- **Mile Marker and Decorative Flags** – **Baldwin Event Services Team** – Jay Toole
- **Finisher Medals** – **Ashworth Awards** – Luke Baiungo
- **Volunteer Hoodies** – **Mobile Sports Promotions** – Jeff Burton (we are actually using the hoodies that we bought from Jeff for the 2020 event that were not used because of COVID.
- **Chowdah Challenge Mugs** – **Mobile Sports Promotions** – Jeff Burton

### New FRC Merchandise

**Lindsay Benson** and **Julianna Coughlin** expect to finalize the initial FRC merchandise offering after our meeting with USA Racing on Friday afternoon, June 10. Once that is done, we will communicate an approximate date when you will be able to start placing orders.

### **FTC History Preservation**

There is some sad news to report. Long time Falmouth running legend and great guy, **Ron LaFreniere**, passed away earlier this week. The next installment of the "Did You Know" articles will be to commemorate Ron's life. **Russ Pelletier** is busy gathering memories from those who knew Ronnie best. Look for this article to be posted on Facebook soon. It will also be added to the History section of the FRC website.

### **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.

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