

President's Message to Falmouth Running Club Members July 2021

Hi Everyone,

Welcome to summer. I hope you're staying committed to your exercise and healthy lifestyle habits these days, whether it's running, walking, hiking, kayaking, canoeing, cycling, spinning, swimming, yoga, cross-fit or whatever else gets you out there and keeps you motivated. If you are, congratulations! If you're not, well there's no better day than today and no better time than right now to start it up again. Go get 'em.

Relocation of the FRC Office

Ah, yes. The FRC office move. Things are continuing to move along. Let's see, the flooring has been completed, the ceiling panels have all been installed, the walls have been painted, the shelving for the storage area has been built, the two large panes of glass for the offices have been installed. The wiring and connections for the Open Cape internet are underway. The HVAC installation needs to be completed, the phone system needs to be installed and the bathroom fixtures and flooring need to be done. I'm probably missing a few items, however, once these are completed and a thorough cleaning of the space is completed, we should be ready to move in. That is, after the occupancy permit gets approved. So, there doesn't appear to be that much more to do. We'll get in there eventually.

Women's Fitness Program

Mary Tolland continues to do an amazing job with this initiative. I hope you have been staying informed of the activities that taken place or are still planned for the rest of this month. If you have any questions or suggestions, or if you want to get involved with the planning and execution of some of these events, please reach out to Mary.

Women Run Cape Cod 5K

You may remember that Mary Tolland submitted a race permit for this new FRC race, which is a key component of the FRC Women's Fitness program. Initially the plan was to conduct the inaugural running of this race in September, 2021, but we decided to move it to May 8, 2022, which is Mother's Day. A new permit application will be submitted soon and then the planning for this event will begin in earnest. Stay tuned for more on this FRC event.

Youth Running

Caleb Gartner and Brandon Pokraka, the two high school students who have been awarded the Margaret Bradley/Paul Phinney Scholarships from the FRC, will be receiving their \$1,000 checks within a couple of weeks.

Caleb Gartner ran well at the USATF high school nationals in Eugene, Oregon. His distance medley relay team was fourth overall, finishing just 2.5 seconds out of first place, despite a fall by one of their runners.

The FRC youth runners will be competing in the USATF fall cross country events as well as the Footlocker championships in Van Cortland Park in New York in November.

FRC Race Timing

At the last FRC Monthly Meeting, the Board of Directors generally agreed that the concept of FRC race timing would be a good activity for the club if we were able to perform it efficiently, accurately and were able to conduct it up to the standards that runners have come to expect. That being the case, I recently sent an email to all FRC members, asking for volunteers to join this team. In order to continue with this activity, we (the FRC) will need someone who would be dedicated and committed to being the team leader and we would need a dedicated team of volunteers to perform all needed activities on race day.

Courtney Bird, who originated this activity and has successfully led the effort for many years, is retiring. He is willing to train the leader and all team members. If you are interested in the leadership role, which will be financially compensated, or are interested as a volunteer member of the team, please send an email to me by July 31. If there is not sufficient interest in participating on the race timing team, this activity will end.

Friday Night 5 Miler

As the summer rolls along, the number of runners who participate in this weekly event continues to be around 25. The run starts at 5:30 in Town Hall Square. If you haven't run it yet, you may want to give it a try.

Wednesday Night Track Workouts

Ken Gartner has started up workouts at various locations. Some are at the Falmouth High School track. Others are on trails or hills. If you are interested in joining these workouts, you should reach out to Ken.

We are in discussions on how we can expand these workouts to include all levels of runners and walkers at the track. Details will be communicated out to you soon.

Falmouth Road Race- August 15

Although this is not an FRC activity, many FRC members participate in this great event by either running it or volunteering their time. I expect that most of you know that FRC member, Jennifer Edwards, who has been in a leadership role with the FRR for many years, is now the Executive Director. She and her team have been doing a tremendous job with planning and organizing this year's event despite all of the COVID challenges.

If you are interested in helping in a volunteer capacity, you can sign up at <https://falmouthroadrace.com/get-involved/volunteer/> OR you can volunteer with the medical team at <https://falmouthroadrace.com/get-involved/join-medical-team/> You don't have to be a certified medical professional to volunteer in the medical program.

If you want to RUN the Falmouth Road Race and haven't been able to register, let me know ASAP. I have a few (that means not many) bib numbers that can be made available to FRC members.

Cape Cod Marathon Weekend

Registrations are going well and we are continuing to outpace our 2019 numbers. As of July 24, here is how they stand.

Marathon:	2019 – 585,	2021 – 777
Half:	2019 – 788,	2021 – 939
Chowdah Challenge:	2019 – 44,	2021 – 72
Relay Teams:	2019 – 49,	2021 – 37
5K: (New):		2021 – 27

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

Medals have been ordered.

Tee Shirts will be ordered this week.

The CCM Race Committee has openings for any of you who would like to join this group. I will be sending out a separate email within a few days regarding this.

New FRC Merchandise

For those of you who have ordered new FRC merchandise, you should be receiving your gear within the next couple of weeks. Soon we will be working on some additional items, including some cooler weather merchandise.

Mashpee Beach and Back 5K – August 29

We have designated the Beach and Back 5K in Mashpee as the first race that we, as a running club, will be entering. This will be a good opportunity to show off your new FRC shirts and to socialize with club members. Runners and walkers of all abilities are encouraged to participate. Hope to see many of you there. You can register at [Beach and Back - RaceWire Events](#)

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. I will respond to you as soon as possible.

Respectfully,

Jack Afarian
President
Falmouth Running Club