

President's Message to Falmouth Running Club Members September 2021

Hi Everyone,

As we enter the fall season, more and more races are starting to pop on the race calendar. Just in Falmouth, we have the races of the **Mayflower Wind Cape Cod Marathon Weekend** at the end of October and then two weeks later, on November 14 is **Falmouth in the Fall**, which is run over the same course as August's ASICS Falmouth Road Race. To be successful, both of these races need your support by either running in them or volunteering. There are still volunteer opportunities at the CCM, especially at Number Pickup. Falmouth in the Fall can use course monitors. Please contact me if you can volunteer at either event.

Other activities within the club are continuing smoothly. The Women's Fitness program has conducted numerous activities and more are planned, the new Women Run Cape Cod 5K is in the planning stages, the **Friday Night 5 Milers** are gaining in popularity and we will be starting a weekly FRC member workout in October.

FRC membership continues to tick up as we now have 237 members.

The specifics follow...

New Office Open House

Yes, we are actively utilizing the new office and are filling it with CCM hoodies, runner bags, water cups, banners, etc. Needless to say, the space will hardly be conducive to an Open House until after the post-CCM cleanup. We're probably looking at early December for the Open House. Details to follow.

FRC Races

At the last FRC Monthly Meeting, the Board of Directors decided to continue conducting our traditional races. The **Seagull 6** (March), **Cape Cod Trail Races** (April) and the **Main Street Mile** (September and maybe rebranded) are planned to be on the 2022 schedule. Exact dates will be determined soon. We will be using consistent timing, registration and marketing for the races and will be requesting more volunteer support from our FRC membership. BOD members will be taking on more responsibility for ensuring the all of the races will be conducted safely and up to the standards expected by runners.

Women's Fitness Program

The Women Fitness Program continues to attract participation. The next two events are: **Saturday, October 9th ~ Walk & Talk @ 8am ~ Meet at Station Grille on Depot Ave, Falmouth**

Thursday, October 21st ~ Bowling Night @ The Lanes in Mashpee Commons ~ 6:30pm ~ Please RSVP to Mary Tolland by 10/16! If you haven't yet joined in any of WF activities, you may want to give these a try. Still in the planning stages are Yoga and a 'Couch-to-5K' training program. If you have any ideas of activities that you would like to be included, please reach out Mary Tolland.

Women Run Cape Cod 5K

We are still waiting on the permit approval process for this race. As a reminder, the planned date for the inaugural running of this women's race is Sunday, May 8, 2022 (Mother's Day). To

encourage girls to participate in this race, all girls 18 years of age and younger race will receive a free entry. Proceeds from the race will be donated to help support women's and girls' causes.

As with all of the FRC races, the **Women Run Cape Cod 5K** will depend on many dedicated FRC volunteers. If you want to get involved with the organizational planning or volunteering on race weekend, please contact Mary Tolland.

FRC Events Calendar

Activities are constantly being added to our newly created Events Calendar to the FRC website. Click on the link below to view it. It's under the 'races tab'. All Friday Night 5 Milers are there as are the monthly FRC meetings, Women's Fitness activities and some local races. If you want anything added to the calendar, reach out to Kathy MacDonald.

<https://falmouthrunningclub.org/races/race-calendars/frc-events-calendar/>

Youth Running

The FRC Youth Running program had a very successful summer. Now, with school commitments and other sports coming into play, things will slow down quite a bit for a while. There may be a couple events later in the fall.

Friday Night 5 Miler

This weekly race continues to have a solid 25 – 35 runners. This event is now on the FRC Events Calendar and the results are posted on the FRC Facebook page as well as on the website. As always, this run starts at 5:30 in Town Hall Square. If you haven't run it yet, you may want to give it a try. You can always shorten the distance that you run if you don't feel like running or walking the entire course.

Wednesday Night Workouts (Walk-Run-Sprint)

The first FRC Wednesday Night Workout will be held at the Falmouth High School Track on Wednesday, October 6 at 6:00 pm. This workout, to be known as the **"Walk-Run-Sprint Workout"** is open to all FRC members whether you want to walk, jog, run, run faster or just hang out for a while with fellow FRC members.. Hopefully we will see many of you there.

Cape Cod Marathon Weekend

With 5 weeks to go before race weekend, registrations are still going well and we are continuing to outpace our 2019 numbers, except for the Relay. As of September 26, here is how they stand.

Marathon:	2019 – 911	2021 – 992
Half:	2019 – 1,436	2021 – 1,530
Chowdah Challenge:	2019 – 58	2021 – 81
Relay Teams:	2019 – 116	2021 – 76
5K: (New):		2021 – 121
Kids' Fun Run	2019 - 54	2021 - 45

Everything that needs to be ordered has been ordered and a lot of "Stuff" is now taking up space in the FRC Office. On Saturday, October 2, the Pole Banners will be hung on light posts in Falmouth Town Hall Square and along Main Street, which will be the start of making the area festive for our event.

As mentioned earlier, we can always use more volunteers, so if you are available race weekend, please let me know. We will have an FRC booth at the CCM Expo/Number Pickup. We need

FRC members to step up and represent our club at this booth at the Expo. Your help is always appreciated.

New FRC Merchandise

We are working on new cool weather FRC merchandise. It should be available for purchase soon. We will send out an email to all members when the goods are available.

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