

President Update to FRC Members February, 2022

Hi FRC Members,

As we are moving away from the pandemic, The Falmouth Running Club is moving on to what looks like a much better year in 2022. Our Club races are moving along with registration currently open for 4 races, other activities are continuing and we have established a date for the FRC Open House. [Kathy MacDonald](#) and I are at the Running USA Conference learning how to make our races even better. Membership continues to rise and we now have 274 members.

The specifics for February follow...

New FRC Race Registration Platform

We have signed on with Race Roster to be the registration company for all of the FRC races. By being on the same platform for all races, we will simplify the registration for all of our races. We will also be able to start taking advantage of other capabilities within the Race Roster offering to improve our marketing efforts to potential race registrants, offer them access to training programs and give us a more comprehensive set of tools to communicate with our runners.

FRC Races

Seagull 6 – March 27. With 5 weeks to go until race day, Race Director [Mike Norton](#) has things lining up quite well. Bib number pickup will be at the Woods Hole Community Hall in Woods Hole as usual. Registration is moving along nicely, timing for the race is in place, volunteers are lined and the traditional pint glasses for registered runners have been ordered. The one water station on the course will be handled by a volunteer group from the FHS French Club. As in past years, Lawrence/Lynch is the main sponsor for the race. Post registration paper sign up will be available on the morning of the race. Here is a chance to support our club by participating as a runner or volunteer. You can register from the FRC website under "Races". As in past years, we are expecting a large contingent of runners from our friends in the **Thirsty Irish Running Club**.

Cape Cod Trail Races – April 24. Registration for this event, which will be conducted at the Crane Wildlife Management Area on Route 151, is now open. There will be two race distances, a 10K and a 20K. [Matt Auger and Chris Risko](#), the co-Directors, are working on getting everything under control. A good number of volunteers, especially with parking on race morning, will be needed to ensure that this event succeeds. Please reach out to either Matt or Chris if you can help. Wow, another opportunity to volunteer with a Club activity.

Women Run Cape Cod 5K – May 8. Race Director, [Mary Tolland](#), has this race well under control. This NEW race will be conducted on Mother's Day, May 8 with the start and finish in Falmouth Town Hall Square. As we continue to support youth running in Falmouth, all girls under 18 years old will have their race entry fee waived. Proceeds from

the race will go to the “Girls on the Run” organization and the Falmouth High School running program. [Scott Ghelfi and The Falmouth Road Race](#) have generously donated sponsorship funds to this event as has the [Cape Cod 5 Bank](#).

Surf Drive Mile – May 22. This race is the former **Main Street Mile**. We are trying to change the date from September to May get it moved to Surf Drive, but have not yet received approval from the Town of Falmouth. We will know within a few days if this gets approved. If it does, there will be a lot of work to do in a short period of time. Stayed tuned for more on this.

Mayflower Wind Cape Cod Marathon - October 1, 2. The big change with this event is that we have moved the date to the first weekend in October. This year the dates will be October 1 - 2. [Mayflower Wind will be back as the Title Sponsor](#). To date, there are 1,100 runners registered for the races in this event. In 2021, after the cancellation, 2,162 runners deferred their registration to 2022. So far, about 850 of those runners have registered this year. Most of the 2021 race tee shirts have been donated to various high school running programs, “Girls for Girls in Uganda”, assisted living residences and to the Massachusetts Coalition for the Homeless, who will distribute the tee shirts across the state to many homeless shelters. The finisher medals from last year are being recycled. Most of the other supplies from last year will be able to be used during this year’s event.

Friday Night 5 Miler

This is continuing to be a popular event. We’ve been publicizing it more on the FRC website and on Facebook and Instagram. [Ken Gartner](#) has done a terrific job with this and with getting the results posted.

Fun Runs at Aquatic Brewery

Our partnership with Aquatic Brewing for the Sunday **5,000 Meters Nearby the Sea** fun run continues. As you know, these runs start promptly at 11:30 am and is a loop course that starts and finishes at the Brewery. The Falmouth Running Club will continue to provide complimentary pizza after the run. You can find the schedule for the runs on the Aquatic Brewing website [Home — AQUATIC BREWING](#) or on the FRC Calendar of Events.

Open House at the 661 Main Street Office in April

The Open House at the 661 Main Street FRC Office will be held on Thursday, April 28. Details will be sent to you soon. If you would like to help with the planning for this event, please reach out to Kathy MacDonald at Info@falmouthrunningclub.org.

FRC Donations

The Falmouth Running Club has made a donation to Baystate Running to support youth running.

We will also be making a donation to support the VIPS (Volunteers In Public Schools) youth track meet.

FRC Youth Running Results

On Thursday, February 17, **Henry Gartner** won the **1-Mile Race AND the 2-Mile Race** at the Massachusetts High School Divisional Track Meet.

Women's Fitness Initiative

Mary Tolland continues to lead the "Walk & Talk" events. Check out the FRC website for details on the upcoming 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