

## President Update to FRC Members May, 2022

Hi FRC Members,

Can you believe it? We've had 3 FRC races since our April Update. That's 3 races in 29 days. Oh My! Details for the Cape Cod Trail Race, the Women Run Cape Cod 5K and the Surf Drive Mile are below. None of these races would have been possible without the outpouring of volunteers from you, our FRC members. Some of you have been volunteering for many years and some new members have been getting involved to support these great races. Thank You! Thank You! Thank You! If you have yet to volunteer at one of our events this year, you've been missing out on a lot of fun. Not to worry, we have the Mayflower Wind Cape Cod Marathon Weekend Event quickly approaching. We need 700 volunteers for the October 1,2 weekend so that we can conduct a safe, world class event, so please help out if you can.

On a sad note, long time FTC/FRC member **Carolyn Bird**, wife of Courtney Bird, passed away peacefully at home on May 4. There are not enough accolades to describe Carolyn, who tirelessly gave her time and energy to the running club, the Cape Cod Marathon and the entire Falmouth community for many, many years. All of us miss her dearly.

There will be a celebration of Carolyn's life service at St. Barnabas Church on July 4 (her birthday), followed by a second celebration of this remarkable woman's life at the Bird's residence. Details will be emailed to all FRC members.

### FRC Races

**Cape Cod Trail Races – April 24 – Matt Auger and Chris Risko** brought this race back to the Crane Wildlife Management Area on Route 151 after the two-year Covid absence. There were 74 runners, with about half of them running the 10K and the other half running the 20K. Trail runners always seem to have an enjoyable time running through forests and fields and the CCTR was another example of that, as so many runners crossed the finish line with huge smiles on their faces. Now that this event is back on the spring calendar, we'll work on starting the planning process and the promoting of this event earlier so that we'll have more time to reach out to trail runners. The intent will be to grow the field size of this event while keeping it safe, fun and manageable. Congratulations go out to Matt and Chris and all of the volunteers who came out to help with this event. A donation has been made to the Robotics Team at Mashpee High School for their volunteer efforts on race day.

**Women Run Cape Cod 5K – May 8.** The inaugural Mother's Day "Women Run Cape Cod 5K" was held on Sunday, May 8. Thanks to the tremendous efforts of First-Time-Race-Director **Mary Tolland** and her dedicated team of volunteers, the event was a resounding success. A special shout out goes to **Scott Ghelfi** and **Jennifer Edwards** and the **Falmouth Road Race** for their support. There were 176 women and girls registered for this event that was intended to support and promote women's running in the Falmouth community and surrounding areas.

Donations from the proceeds from the race have been made to the “**Girls on the Run**” organization and the **Falmouth High School Running Program**.

**Surf Drive Mile – May 22.** This 1-mile race debuted with 140 registered runners on a beautiful, sunny day on Surf Drive. A light tailwind helped push the runners along. In the end, 14-year-old FRC member **Silas Gartner** crossed the finish line first with his older brother **Caleb Gartner** just one second behind. In the female division, Falmouth Academy’s 14-year-old Elise Casso was the first female to finish. It was nice to see so many young boys and girls taking part in this race, which is one of FRC’s Youth Running Program initiatives. Finisher Medals, donated by the CCM medal vendor, Ashworth Awards, were awarded to all finishers. Surf Drive Mile tee shirts, donated by the CCM shirt vendor, USA Racing, were given to all participants. Thanks go out to all the FRC volunteers as well as to the group of Falmouth High School volunteers.

### **Mayflower Wind Cape Cod Marathon - October 1, 2.**

Plans here are moving along on schedule. As was the case last year, Martha’s Vineyard Bank Charitable Foundation has generously signed on as the “Official Hydration Sponsor” for the event. Race Shirts from USA Racing and Finisher Medals from Ashworth Awards have been ordered. New for this year is the CCM 5K, which would have debuted last year, but... This race starts in Town Hall Square at 8:15 am on Saturday. The course follows the first 2 ½ kilometers of the Half Marathon course and then returns in the opposite direction back to the Town Hall Square start/finish line. It’s actually the same 5K course as the Women Run Cape Cod 5K.

Registrations for all of the races within the weekend event are moving along well, with over 2,200 runners registered to-date. As the months roll by, updates will continue to appear in this monthly FRC update.

### **Congratulations FRC Members at the 2022 BAA Boston Marathon**

Congratulations to all of the FRC members who toed the line in Hopkinton for this year’s BAA Boston Marathon! Hopefully you attained your goals and are now enjoying your well-deserved post marathon rest and recovery period. Also, thanks to all of you who volunteered in some capacity for this race before race day and on race day. I volunteered at the Hydration Station near the 4-mile mark and I think I handed out about a gazillion cups of water. Those of you who did run the race can thank FRC member, **Jennifer Edwards**, for all of the water and Gatorade along the course, as she once again coordinated all of the logistics for all of the Hydration Stations along the course.

### **Friday Night 5 Miler**

With the warmer weather and longer daylight hours, the number of runners participating in this long-running FRC staple continues to rise. Ken Gartner continues to attract a solid group of runners for this Friday evening “Classic”. **Carolyn Bird** may hold the female record for most Friday Night 5 Milers run. If she is not the record holder, she is in the top three. Remember, the official start time is 5:30 pm, but you can run the course earlier if

you can't make 5:30. It always starts and finishes in Falmouth Town Hall Square. Thank you to everyone who has run and continues to run this super course and thank you also to those of you who have not yet run it, but will very soon.

### **Fun Runs at Aquatic Brewery**

These popular runs continue to attract 15 – 25 runners on Sundays at 11:30 am at Aquatic Brewing. After the runners complete the **5,000 Meters Nearby the Sea** course, they enjoy some pizza (provided by FRC) and a beer or two at the Brewery. This event occurs on most Sundays. You can find the schedule for the runs on the Aquatic Brewing website [Home — AQUATIC BREWING](#) or on the FRC Calendar of Events. If you haven't run one of these yet, get yourself out there as the nice weather is finally here.

### **Open House at the 661 Main Street Office – April 28**

The **FRC Open House** at our new office at 661 Main Street was held on Thursday, April 28. It was nice to see so many FRC members in attendance. Food, drinks and a great social gathering was enjoyed by all. It was a pleasure to re-acquaint with fellow members and to meet some new members to the club.

### **FRC Youth Running**

**Anne and Jim Preisig** will be resurrecting their youth running camp this summer after a two-year absence due to COVID. The program is conducted at the Falmouth High School Track and the surrounding trails. The dates for camp are the 3 weeks of Aug 2 - Aug 19. As has been done in the past, it will be Tuesdays and Thursdays from 5:30 pm – 6:45 pm. Reach out to Anne if you are interested. [acpreisig@hotmail.com](mailto:acpreisig@hotmail.com).

### **Women's Fitness Initiative**

Now that the Women Run Cape Cod 5K is in her rear-view mirror, **Mary Tolland** will be leading more activities in this space. Look for communications from her in the near future.

### **High School Scholarships**

Milo Van Mooy, captain of Falmouth High School XC and Track teams has been awarded a \$1,000 college scholarship from FRC.

### **Global Running Day**

Global Running Day is Wednesday, June 1<sup>st</sup>. FRC is planning on doing a fun run/walk from the office at 5:30 pm to celebrate. We'll be running the same route as the Aquatic Brewing "5,000 Meters Nearby the Sea" course (or shorter, if you prefer). There will be socializing and refreshments at the office after the run. Please mark your calendars and RSVP to Kathy MacDonald if you will be able to join us.

## **FRC Merchandise**

All FRC merchandise will be available for purchase from the FRC website starting June 20. You will be able to either pick up your gear at the FRC office or have it shipped to you.

## **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