

President Update to FRC Members June, 2022

Hi FRC Members,

I know I sent this out in a separate email, but in case you didn't get that I want to make sure you all know the details of the celebration of Carolyn Bird's Life, so here they are:

On July 4th, Carolyn's birthday, there will be a memorial service at St. Barnabas Church across from the Falmouth Village Green at 11:00 am. The service will include some of the choral music that she loved.

Following the church service, the second part of Carolyn's celebration will be at the Bird's House, 43 Sippewissett Road, Falmouth from about 1:30 to 5:30 pm. That part will be a reflection of all the parties Carolyn and Courtney have hosted over the years -- open ended with all welcome. Children of all ages will be welcome.

Dress for the service at St. Barnabas and for the celebration afterwards will be informal - jeans, shorts, Hawaiian shirts, Patriots tailgate gear, t-shirts, sneakers, flip-flops (and maybe a raincoat) -- whatever suits your fancy.

Courtney needs to get a firm idea about how many folks will attend so he can have enough food and beverage, porta johns, etc., etc. for everyone. So please RSVP him at his email below to let him know if you plan to attend -- (a) only the service at St. Barnabas at 1:00 am, (b) only the celebration at 43 Sippewissett Road from 1:30 pm to 5:30 pm or (c) BOTH. If you bring family or friends, please specify that as well.

Carolyn devoted more than thirty years of her life to singing in the Falmouth Chorale. It was in her soul. It gave her peace and joy. In Lieu of flowers, you can make a donation in Carolyn's memory to the Falmouth Chorale. It is a 501(c)(3) charitable non-profit dedicated to fostering good music in the community. Be assured that she will thank you for that support! The address is:

Falmouth Chorale
P.O. Box 12
Falmouth, MA 02541.

You can reach Courtney Bird at

courtney.bird@verizon.net
508-457-8802 (cell)

The summer months are typically low key for the club, however there are still things going on that you should know about. So, here goes...

2023 Spring FRC Races – Tentative Schedule

Yes, we did just complete the four FRC spring races, but we do have to commit to next year's dates, so here they are...

Seagull 6 Spring Classic – March 26 Sunday, 2023

Cape Cod Trail Races – April ???

Women Run Cape Cod 5K – May 14 Sunday, 2023

Surf Drive Mile May 21 Sunday, 2023

Women Run Cape Cod 5K

Just a final follow-up on [Mary Tolland's](#) very successful WRCC 5K last month. The race generated over \$2,000 for the FRC which will be used to support club activities throughout the year. A \$1,000 donation was made to Falmouth High School Running Program. A \$1,000 donation will also be made to "Girls on the Run". Plans for next year's race have already started.

Mayflower Wind Cape Cod Marathon Weekend – October 1,2

Activities are moving along on schedule. We have received all of the finisher medals. You can check them out on Instagram or Facebook. The 5K, Half Marathon and Marathon medals were all made onsite at the Ashworth Awards location in Attleboro, MA. We were able to color-coordinate them with the race tee shirts. They look pretty cool. We are continuing to use the same 5-piece medals for the Relay since they have proved to be very popular with the relay team runners.

Registrations are looking very good. As of June 24, the numbers are:

Marathon – 1,057

Half Marathon – 1,411

Chowdah Challenge – 78

5K – 90

Relay Teams – 56

Kids' Fun Run – 34

FRC Summer Party

Thanks to all of you who completed the survey for the party. Details of when and where this event occur will be emailed to all FRC members soon.

Friday Night 5 Miler

We continue to get new runners trying out this staple of our club. Summer visitors are coming back and enjoying it. If you **STILL** have not participated in this fun event, you're missing a great FRC event. It's also a good way to meet other FRC members. If you have any questions, reach out to [Ken Gartner](#).

Fun Runs at Aquatic Brewery

These Sunday morning runs will continue through the summer. FRC has provided post-run pizza for these runs since they started. We are currently thinking about how we might want to partner with Greg and Alex this fall. If you have any suggestions, please pass them along to me.

Aquatic Brewing continues to have many events at the brewery. You can find their schedule of events on the Aquatic Brewing website [Home — AQUATIC BREWING](#). Also, don't forget to sign up for their mailing list.

Falmouth Road Race Training Runs

FRC Member [Tasha Whited](#) has organized group training runs along the FRR course on Thursday evenings. The group meets at the town parking lot at the intersection of Surf Drive and Mill Road. Everyone is welcome to attend. For more details go to the FRC website.

FRC Youth Running

Registration for the FRC youth running camp is open. You should have received an email from the club with all of the details. 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 Preisig](#) if you are interested in helping out at 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.

Falmouth Road Race

The ASICS Falmouth Road Race has given FRC a complimentary booth at their Expo this year. This will be a great opportunity to showcase what we are doing with the club and to recruit new members. **We need a volunteer (maybe someone who has yet to volunteer) to coordinate the staffing/setup/breakdown of the space. Please let me know if you are interested in this opportunity to help the Club.**

Global Running Day

Thanks to everyone who showed up for the FRC Global Running Day fun run on Wednesday, June 1. [Kathy MacDonald](#) organized this fun event that was enjoyed by many FRC members. In addition to the run, there was socializing and pizza post run. We're looking to make this an annual event.

FRC Merchandise

All FRC merchandise is now available for purchase from the FRC website. 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. I will respond to you as soon as possible.

Respectfully,

Jack Afarian
President
Falmouth Running Club