

President Update to FRC Members July 29, 2022

Hi All FRC Members

I hope you all are enjoying these warm summer days. I know many of you are planning on running in the ASICS Falmouth Road Race this year. Be careful when training out there in the heat and remember to drink early and drink often on your training runs. Before you know it, fall will be upon us and along with that comes the Mayflower Wind Cape Cod Marathon Weekend. Details on the progress of this event are below. We also have a few other events going on, so take a look below.

Mayflower Wind Cape Cod Marathon Weekend – October 1,2

Activities are continuing on pace. The other day Kathy and I did a physical inventory of what we have in the office and what we need to procure prior to this event. We seem to be in pretty good shape at this point. Registration for all of the races continue to be strong.

As always, we need many more volunteers, especially Course Monitors for the Marathon, so **PLEASE**, if you will be around for this event, we could use your help. Best way to do this is to reach out to our Volunteer Director, **Mike Oliveira** at Volunteer@capecodmarathon.com

Registrations are looking very good. We have runners from 43 states and 6 countries registered to run. As of July 29, the numbers are:

Marathon – 1,182
Half Marathon – 1,796
Chowdah Challenge – 84
5K – 137
Relay Teams – 72
Kids' Fun Run – 45

FRC Summer Party

The FRC Summer Party will be held this Saturday (tomorrow), July 30 from 3:00 pm to 5:00 pm at Liam Maguire's Irish Pub in their outside back location. Music, food and a cash bar will be available. Stop by if you can to socialize with fellow FRC members. Hope to see you there.

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

Although the attendance has been lower during the summer months, these Sunday morning runs will continue through the summer. As mentioned in a previous update, once fall rolls around FRC will be partnering again with the brewery to provide some sort of refreshment after the runs.

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

These informal runs are continuing up until the week of the Road Race. FRC Member [Tasha Whited](#) has organized these 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

The annual FRC Youth Running Camp has completed this 3-week event, which was held at the Falmouth High School Track. [Anne and Jim Preisig](#), along with assistant coaches [Chris Langlais](#), [Hannah Mark](#) and [Jason Cullinane](#) ran a very successful camp this year. Roughly, about 120 kids participated. Nice job everyone!

Women's Fitness Initiative

[Mary Tolland](#) will be leading the next [Women's Walk & Talk this Sunday, July 31 from 7:30 am to 9:00 am starting at the FRC Office, 661 Main Street](#). Please check the FRC for other upcoming Women's Fitness Initiatives.

ASICS Falmouth Road Race

Yes, the [ASICS Falmouth Road Race](#) is celebrating its **50th Anniversary** this year! Oh My! Road Race weekend will be full of fun activities and many of the people who have made this race so popular will be in town to help with the festivities. The FRC has been given a complimentary booth at their Expo this year. We can still use a few more volunteers to help staff our booth. I hope to see you there at some point during the expo.

This will be a great opportunity to showcase what we are doing with the club and to recruit new members. FRC merchandise will also be available for sale at our booth.

FRC Merchandise

As always, all FRC merchandise is available for purchase from the FRC website or in person at the FRC office. 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