

## President Update to FRC Members November, 2022

Hi All FRC Members

Happy Thanksgiving to everyone! We have a few FRC members who have recently completed marathons and one member who has raced a bit farther than 26.2 miles. We also have quite a few members who ran the Falmouth in the Fall race. I tried to include everyone, but please pardon me if I have left you off of the list.

We have a few important decisions coming up soon, including the awarding of the 2023 B.A.A Boston Marathon Invitational Bib Numbers and the filling of the open positions on the FRC Board of Directors. We are also busy planning the date and location of the FRC Annual Meeting and completing the work necessary to get the Mayflower Wind Cape Cod Marathon improvements in place for next year. So, here we go...

### FRC Member Marathons Plus

**London Marathon**  
[Shannon LeBlanc](#)

**Chicago Marathon**  
[Julianna Coughlin](#)  
[Paul DiAngelis](#)

**NY Marathon**  
[Tasha Whited](#)

**Falmouth In The Fall**  
[Dori Gray](#)  
[Chris Langlais](#)  
[Alexandra Solimano](#)  
[Thomas Stracqualursi](#)  
[Bill Steffancin](#)  
[Shannon LeBlanc](#)  
[Erin Lyons](#)  
[Cameron Day](#)  
[Mark Murphy](#)  
[Mary Tolland](#)  
[Hannah Mark](#)  
[Diana Clark](#)  
[Michael Clark](#)  
[Helen Malinowski](#)  
[Susan Peters](#)

### **Grand Canyon Rim-To-Rim Run (44 Miles)**

[Glenn Pokraka](#) – Yes, there were ups and downs along the way for Glenn. Look for an email coming to your inbox soon with details about his great adventure.

## Youth Competitive Running Over the Years

I know that I wrote in last month's Update that I would include details on the many successes that have come out of this program, however there have been so many to include that I have not yet been able to complete the list. That being said, we will send out a separate email to you in the next week or so, that will showcase what **Ken Gartner** has been able to achieve with the kids over the years.

## Friday Night 5 Miler

As you know by now, these weekly runs will continue through the fall and winter. You know the drill, Friday, 5:30 pm in Town Hall Square. Enjoy!

## Mayflower Wind Cape Cod Marathon Weekend Changes for 2023

You should have received a separate email regarding changes to the 2023 Mayflower Wind Cape Cod Marathon Weekend Event. I won't go into all the detail here, but basically all of the pre and post race activities will take place on the grounds of the Mullen Hall School. The Half Marathon will no longer take place in Town Hall Square and the Marathon will no longer be at the Village Green. There is impending bridge replacement work that requires us to make course changes. We are in the process of updating the CCM website with all of the changes. The 2023 race dates are Saturday, October 7 and Sunday, October 8. If you did not receive my previous email on this topic, let me know and I'll send it to you.

## Boston Marathon Invitational Bib Numbers

As you are aware, the FRC has received 4 Invitational Bib Numbers for the 2023 B.A.A Boston Marathon. So far 8 FRC members have submitted a request for one. The deadline for applying is November 30. We will announce the recipients soon thereafter.

## Fun Runs at Aquatic Brewery

These runs that start at 11:30 AM every Sunday, unless otherwise noted on their website, will be continuing through the winter. The Falmouth Running Club will be sponsoring the post-run pizza. Remember to check out their website for details on upcoming events. [AQUATIC BREWING](#) Also, if you haven't done it yet, sign up for their mailing list.

## Women's Fitness Initiative

**Mary Tolland** is keeping the ball rolling with the FRC Women's Fitness Program. On Wednesday, November 2, 19 women attended the **Instructional Boxing Class** next door at Sweat Studio.

**Walk and Talks** are scheduled through December. The remaining dates are **This Sunday, 11/27**, 12/11, 12/18.

Plans are underway for a **Bowling Night at Timber**.

The **Pickleball** season is over and will resume on Tuesday nights in the Spring.

The permit application process for the **Women Run Cape Cod 5K** race is underway. The race is scheduled for Mother's Day, May 14, 2023.

If you have any questions, you can reach **Mary** at [frcwomensfit@gmail.com](mailto:frcwomensfit@gmail.com).

### **FRC Wednesday Track Workouts**

Track workouts for FRC members have started on Wednesdays at 5:30 pm at the Falmouth High School track. FRC member **Dan McCarthy** will be coaching these sessions. If you have any questions about the format or anything else about this activity reach out to Dan at [dwmpre@yahoo.com](mailto:dwmpre@yahoo.com)

### **FRC Board of Directors Openings**

A Nomination Committee consisting of **Ken Gartner** and **Steve Morris** has started looking for FRC members who would like to join The FRC Board of Directors. If you are interested and have not yet been in contact with Ken or Steve, please reach out to them. We will announce those who have applied for the two open positions on December 1.

### **FRC Spring Races**

We have set the dates for three of the four FRC Spring Races. Details regarding registration will be on the FRC website soon. If you are planning on running these races, Great! If not, we can always use more volunteers on race days.

For volunteer opportunities at these events, contact:

**Seagull Six** – **Mike Norton**, [mnortopn@lawrencelynch.com](mailto:mnortopn@lawrencelynch.com)

**Cape Cod Trail Race** – **Chris Risko**, [c.risko@hotmail.com](mailto:c.risko@hotmail.com) **Matt Auger**, [mauger3369@gmail.com](mailto:mauger3369@gmail.com)

**Women Run Cape Cod 5K** – **Mary Tolland**, [frcwomensfit@gmail.com](mailto:frcwomensfit@gmail.com)

**Surf Drive Mile** – Yes, we do **need a Race Director** for this event. If you have ever wondered about being a race director, this low-key, 1-Mile race would be a great place to start. You'll have plenty of support from our other race directors. Please reach out to me if you are interested. [president@falmouthrunningclub.org](mailto:president@falmouthrunningclub.org).

### **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](mailto:president@falmouthrunningclub.org). I will respond to you as soon as possible.

Respectfully,

Jack Afarian  
President  
Falmouth Running Club