

President Update to FRC Members December, 2022

Hi All FRC Members

I hope you all are enjoying this Holiday Season. My, did this year go by fast! I was just thinking, this time last year I was a year younger. Wow! Please stay safe the rest of the year.

I've decided to start listing the FRC Members who have signed up during each month, whether they are new members or renewals. Since this is the first month that I'm doing this, I may have missed someone. If so, my apologies. **Please welcome all of our new and renewal members!**

New and Renewal Members Since Last Update

Chelsea Winters – Family Membership
Maura M Reimer – Individual Membership
Mark Bogosian – Family Membership
Deborah Schmidt – Individual Membership
Kelly Kathleen Murphy – Family Membership
Michael Murphy – Family Membership
Laura Semonche – Individual Membership
Michael Thompson – Individual Membership
Leisa Houlder – Family Membership

FRC Annual Meeting

This meeting will be held on Tuesday, January 17 at 6:00 pm at Aquatic Brewing. All FRC members are invited to this social gathering where you can catch up with friends and meet some of our new members. A review of what we accomplished in 2022 will be presented as will a request for your ideas on what we might be able to add to our calendar for 2023.

Also, voting for new members of the FRC Board of Directors will take place.

You should have received an email invitation for this event. PLEASE RSVP to info@falmouthrunningclub.org to let us know if you will be attending. We look forward to seeing you there.

Friday Night 5 Miler

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

2023 Mayflower Wind Cape Cod Marathon Weekend

Good News Here. USATF-NE has an annual Grand Prix Championship Series of races for different distances. We submitted a bid to have the **2023 Mayflower Wind Cape Cod Marathon be the USATF-NE Championship Marathon**. After all bids were submitted,

all active USATF-NE members had an opportunity to vote for their favorite. Yes, indeed, we came up on top for the Marathon. This designation, which will bring some very fast marathoners to our event, is the result of the hard work and dedication that is displayed every year by our Race Committee, our 700 or so fabulous volunteers and the runners who participate in what we think is the Best Marathon around. Thank You All.

The Race Permit Application for the CCM has been submitted to Town Hall. We're planning on opening registration for all races within our event sometime around mid-January.

The Run Show Boston

Since I've been CCM Race Director (5 years now), Leslie and I (now Kathy) have attended the Running USA Industry Conference in February at various locations. It's a great conference where one can meet with many thought leaders in the running field and attend various sessions to learn how we might be able to continually improve our CCM event.

In 2023 we're changing it up and we'll be attending a different event, the Run Show Boston at the Hines Convention Center on February 3 & 4. We'll have a booth where we'll showcase the 2023 Mayflower Wind Cape Cod Marathon Weekend. Other races will be there as will be exhibitors covering a wide swath of the running industry. Did I mention that there will be thousands upon thousands of attendees there? We'll be focusing on promoting our event and looking for ways learn how to improve the CCM. I believe we can still get some free tickets to attend. Reach out to Kathy if you are interested. info@capecodmarathon.com

Boston Marathon Invitational Bib Numbers

Thank you to all FRC members who expressed interest in receiving one of the 4 Invitational Bib Numbers for the 2023 B.A.A Boston Marathon. The recipients are:

Tasha Whited
Nicole Depferd
Chris Risko
Erin Lyons

We thank all 4 recipients for their dedication to the Club during the past year and we wish them well in their training for the best marathon on the planet

Fun Runs at Aquatic Brewery

This past Sunday, December 18, was a busy day for FRC. It started with the Women's Walk and Talk from the FRC office at 7:30 am, followed by the Pop-up-Tent-Sale in the FRC office at 11:00 am, where we displayed the new FRC branded tent. After the sale, was the first annual Ugly Christmas Sweater contest as part of the Aquatic Brewing 5K at 11:30, followed by beer, pizza and Christmas cookies. A good time was had by all.

Remember to checkout Aquatic Brewing 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.

The last Walk and Talk of the year last Sunday, December 18.

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

Also, plans are underway for a **Nutrition Presentation** by our own [Julianna Coughlin](#). Details to follow.

The permit application for the Women Run Cape Cod 5K race has been submitted to Town Hall. Mary has secured Timber for the Runner Number Pick Up. There's no stopping Mary now. The race is scheduled for Mother's Day, May 14, 2023.

If you have any questions, you can reach **Mary** at frcwomensfit@gmail.com.

FRC Wednesday Track Workouts

FRC Track Workouts, organized by [Dan McCarthy](#), are now underway every Wednesday at 5:30 pm at the Falmouth High School Track. Now that winter is upon us, Dan has asked that runners sign up for these track workouts via email, dwmpr@yahoo.com or text, 315 263-8658. If no one signs up, he and [Maggie](#) will not be out on the track wondering if anyone is going to show up. If you are looking to improve your running, these workouts are great, but PLEASE signup beforehand. Thanks.

FRC Board of Directors Openings

The Nominating Committee would like to remind you that Candidates for open positions on the Board of Directors have until **9pm on December 27th** to notify the Committee (see below) of your desire to run for a position on the Board. Please include in your email a brief explanation of why you would like to serve on the Board.

There will be three (3) open At-Large seats available for this election. They are all two (2) year terms. The Secretary and President's terms are also up for election and Kathy MacDonald and Jack Afarian have expressed a desire to stay on the Board in those positions.

All members who desire to be a Candidate for the Board of Directors will be included on the ballot. The election will be held at the Annual Meeting on January 17th at Aquatic Brewing

Nominating Committee

Steve Morris stevedmorris@verizon.net
Ken Gartner kj.gartner@comcast.net

FRC Spring Races

I'll be reminding you every month about our four spring races. Details regarding registration are being uploaded to the FRC website.

For volunteer opportunities at these events, contact the following Race Directors:

Seagull Six, Sunday, March 6 – **Mike Norton**, mnortopn@lawrencelynch.com

Cape Cod Trail Race, Date TBD – **Chris Risko**, c.risko@hotmail.com **Matt Auger**, mauger3369@gmail.com

Women Run Cape Cod 5K Sunday, May 14 – **Mary Tolland**, frcwomensfit@gmail.com

Surf Drive Mile, Sunday, May 21 – We do have an FRC member who is interested in being Race Director for this race. Details will be finalized within a few weeks.

I want to thank all of the Race Directors, whose efforts make these races successful every year.

Hangover Classic

Yes, this classic event will be returning on January 1, 2023. You should have received an email about it. There will be a 5K run or walk followed by a pot-luck breakfast and a Champagne Toast to celebrate the new year all starting at 8:30 am at the FRC office. Please RSVP with what you will be bringing to info@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. I will respond to you as soon as possible.

Respectfully,

Jack Afarian
President
Falmouth Running Club