

**President's Address**  
**2022 Falmouth Running Club Annual Meeting**  
**January 18, 2022**

**Welcome**

Hi Everyone,

First of all, for those of you who may not know me, my name is Jack Afarian and I just completed my first year as President of the FRC. I'm also entering my 5<sup>th</sup> year as Race Director for the Cape Cod Marathon Weekend Event.

Thank you for attending this Zoom version of the FRC Annual Meeting. The initial plan was to have it as an in-person event at Aquatic Brewing with appetizers, beer, wine, water and a lot of socializing. That not being the case, you're on your own for refreshments tonight.

We're hoping that we'll be able to have a long overdue in-person open-house in the new FRC office in April, where you can socialize with other club members. Of course, the above mentioned refreshments will be provided.

A meeting agenda was included in a recent email, but in case you don't have that, the agenda will include:

- FRC Board of Directors Annual Election Process
- Introduction of the Board Members
- Announcement of the 2022 BAA Boston Marathon Invitational Bib Recipients
- 2021 – The year in Review
- Plans for 2022
- Q & A and Open comments
- Meeting Adjournment

## Leslie DiAngelis

Before we get into the details of what did and did not happen with the Club last year, I would like to give a **HUGE THANK YOU** to Leslie DiAngelis for her 14 years of service to the Falmouth Track Club and the Cape Cod Marathon. Leslie resigned at the end of 2021.

Leslie spent 14 years as the Track Club Administrator and Cape Cod Marathon Race administrator. It all started in Courtney Bird's basement, pretty much doing whatever Courtney needed her to do. Over the years, she helped countless club members navigate the waters of USATF membership, insurance and sanction requirements for races, conducting the CCM Runners Expo, trying to get enough volunteers, dealing with town requirements, while she was also volunteering at numerous club activities. She would constantly go above and beyond to help anyone.

She witnessed the move from Courtney's basement to the office in the old building at 661 Main Street, then to the older still building in Town Hall Square and then finally back to the new and current office at 661 main street.

From a personal perspective, she helped me muddle my through my first year of being the Race Director for the Cape Cod Marathon and provided guidance fir the next three years as we battled our way through bad weather, COVID and then last year, a devastating storm that hit just prior to the event. Through everything, she was there and I could not have done it without her.

She will definitely be missed.

## FRC Board Of Directors Annual Election

There are 9 members on the FRC Board; 4 Officers (President, Vice-President, Secretary, Treasurer) and 5 At-Large members. Each person is elected by the club membership for a two-year term and are eligible to serve two terms.

The terms are staggered so that in one year four of the nine positions would expire and the next year, the other five positions would expire. This way there would be an overlap of the expiring positions. This year all five FRC Board members whose term expired expressed an interest to stay on the Board for a second 2-year term.

An email was sent out to membership stating that even though all five people wanted to remain on the Board, any member who had an interest in joining the Board could apply for a position. Since we did not receive any requests from members, these five people have retained their positions and no actual election had to take place.

## **Introduction of the FRC Board of Directors**

Each BOD member will introduce themselves.

Jack Afarian – President:

[Ken Gartner – Vice President:](#)

Kathy MacDonald – Secretary:

[Chris Langlais – Treasurer:](#)

Matt Auger – At Large Member

Julianna Coughlin – At Large

[Steve Morris – At Large](#)

[Steve Rondeau – At Large](#)

[Mary Tolland – At Large](#)

## **Announcement of 2022 BBA Bib Recipients**

- **History and Selection Criteria**

- Over the years, the BAA has awarded “Invitational” Boston Marathon Bib Numbers to local running clubs whose members are active in their club activities, volunteer in the community and would be sufficiently trained to complete the marathon distance. This year the FRC received 3 of these bibs to award to club members.
- The FRC Board then requests members who are interested in receiving one of these bibs, to apply by sending an email with their stating why they should be considered for one of these bibs.

Based on their merits, the Board chose the following three FRC members to receive the Bibs.

- [Kathy MacDonald](#)
- [Hannah Mark](#)
- [Jason Hyatt](#)

We wish them well in their training over the next three months and hope they have a very enjoyable run from Hopkinton to Boston on Patriots Day in April.

## **2021 – The Year in Review**

### **Club Name Change**

Well, we had an interesting start to the year with my recommendation to make changes to the club, including the name change from the Falmouth Track Club to the **Falmouth Running Club**.

The club needed new ideas, better communication out to members about what was going on with the club and an infusion of new members. Although, not all members were in favor of the name change, the overwhelming majority of members voted for the change.

By April, the Commonwealth of Massachusetts had approved the name change.

### **Increase Club Membership**

At the end of January, 2021, we had 150 members. Today we have increased the membership to 266. We also installed a new Membership Director, **Julianna Coughlin**.

### **Improved Communications to Club Membership**

To keep members informed of what was going on with the club, I started a Monthly President's Message, which gets emailed to all active club members.

Other emails have been sent out to inform members of upcoming activities.

**Lindsay Benson**, the FRC Social Media Director has been diligently posting club info on Instagram and Facebook

### **Moved the Office Location to 661 Main Street**

This took longer than anyone expected, but we actually moved in to the new/old space in August 2021. We had planned to have an Open House, but due to COVID space restrictions this has not yet happened.

### **FRC Races**

As you know, not many races were held last year. We had to cancel the Seagull 6 (March), the Cape Cod Trail Races (April) and the Main Street Mile (September).

### **Created the FRC Women's Fitness Initiative**

Through the efforts of Mary Tolland, this initiative was able to get off the ground. Covid did have an impact on indoor events, but Mary successfully started the Meet & Greet, Walk & Talks, Bowling Night and Pickle Ball.

**Jennifer Edwards and the Falmouth Road Race made a significant financial donation to support this important initiative.**

### **5 X 5K Virtual Challenge**

Kathy MacDonald, who seems to have an endless supply of great ideas, created and directed this very successful event. 150 people participated. She created a great tee shirt. We had a two-night event where participants picked up their tee shirts. One night was at the new FRC office. The other night was at Tommy's Place. **The FRC donated \$1,400 from the proceeds of the event to Tommy's Place.**

### **New Club Logo**

**Lindsay Benson** created a few options for the new club logo, which can be used for different applications. One of the logo options is installed above the front door of the new office at 661 Main Street.

### **Updated the FRC Website**

**Julie Waite**, who had managed the website for many years decided that her time had come to turn it over to someone else. **Hannah Mark**, who I still haven't met in person, took up the task and has done a great job with the website. It has been totally refreshed and we have added the Events Calendar, Updated Race Information, among other things

### **BAA Invitational Bib Numbers**

The Club received and awarded the three BAA Invitational Bib Numbers

### **FTC History Preservation**

**Russ Pelletier** has taken on the task of collecting "Did You Know" stories

### **New FRC Merchandise**

This got off to a great start with **Julianna Coughlin** and **Lindsay Benson** creating the designs for singlets, shorts, shirts, pint glasses, wine glasses, etc. This sort of got bogged down with Covid supply issues and then a big demand on our supplier slowed it pretty much to a halt.

### **Established a partnership with Aquatic Brewing**

Owners and FRC Members, **Alex and Greg** have started the "5,000 Meters Nearby the Sea" on Sundays at 11:30, which has proven to be quite popular. There is a 5K course that runners and walkers can traverse and then have a beer at the Brewery and enjoy pizza that is provided by the FRC.

### **Friday Night 5 Miler**

This is continuing to be a popular event. We've been publicizing it more on the FRC website and on Facebook and Instagram. **Ken Gartner** has done a terrific job with this and with getting the results posted.

## **Youth Running Program**

There are three components to this important initiative that the FRC sponsors.

**Competitive Youth Running** that **Ken Gartner** handles

**School Youth Running** that **Anne and Jim Preisig** handle

**The Kids' Fun Run** directed by **Anne Preisig**, is part of the Mayflower Wind Cape Cod Marathon Weekend Event

## **FRC Race Timing**

This activity was ended last year due to lack of interest in continuing it.

## **High School Scholarships**

The FRC awarded two Margaret Bradley/Paul Phinney \$1,000 scholarships to high school seniors intending on attending college. The recipients in 2021 were **Caleb Gartner** and **Brandon Pokraka**.

## **Cape Cod Marathon**

**Julianna Coughlin** did a great job with social media posting throughout the year, but she couldn't prevent Mother Nature from spoiling our event, which we had to cancel due to the storm that struck Falmouth on Thursday prior to the event.

Fortunately, we were able to hand out 200 gallons of **Stephen Bird's** homemade soup and clam chowdah to hundreds of Falmouth residents outside of the Falmouth Recreation Center. FRC members and representatives from Mayflower Wind (our Title Sponsor) and Martha's Vineyard Bank (our Hydration Sponsor) volunteered to help with the distribution. Also distributed were 1-gallon jugs of water along with apples and bananas. We were also able to donate some of the fruit and water to the Falmouth School System.

We are in the process of donating the 2021 CCM race tee shirts to school groups and non-profit organizations. If anyone know of an organization that will accept them, please reach out to me.

We will be recycling the 2021 finisher medals.

2,162 registered runners deferred their entry to the 2022 event.

## Plans for 2022

We will continue many of the activities that we do every year.

**Kathy MacDonald** will serve as the new FRC Administrator and CCM Race Administrator.

## FRC Races

**Will be needing Volunteers for all of the races.**

**Seagull 6 – March 27. Mike Norton is the Race Director. Registration is open.**

Here is a chance to support our club by participating as a runner or volunteer. You can register from the FRC website under “Races”. Contact Mike Norton if you can volunteer. Lindsay Benson has created a new logo for this race. The **Thirsty Irish Runners (TIR)** have designated this race as their Grand Prix Race for March. They have supported this race over the years and will bring a large contingent to the race this year.

**Cape Cod Trail Races** is in the works. **Matt Auger and Chris Risko** are working on details

**Women Run Cape Cod 5K – Mary Tolland is the Race Director.** This **NEW** race will be conducted on Mother’s Day, May 8. Lindsay has also created a logo for this new race. The entry fee will be waived for all girls 18 years of age and younger. This race will be another component of our efforts to support Youth Running. **Scott Ghelfi and The Falmouth Road Race** have generously donated sponsorship funds to this event.

**Main Street Mile** is planned to be the **Surf Drive Mile** the end of May

**Mayflower Wind Cape Cod Marathon** Date change to October 1 – 2. **Loyalty Registration** scheduled to open Friday, January 21. Regular registration to open a week later.

## New Registration Platform

We’ve partnered with **Race Roster** to be our registration partner. This will allow us to have the same registration process for all of our races. They have other functionality that we may be using also.

## Plan to revisit new FRC Merchandise

We do have a few new FRC merchandise items for sale in the office. Stop by if you would like to purchase any. We will try to resuscitate this effort in 2022 and have more FRC merchandise for club members.

## Donate as many CCM Tee Shirts as possible

We still have many 2021 Mayflower Wind Cape Cod Marathon Weekend Event race tee shirts that we are trying to donate to schools or charitable organizations. If you are aware of any organizations that could use the tee shirts, please let em know.

### **Open House at the 661 Main Street Office in April**

Our plans are to have an in-person Open House event at the new office in mid-April. Watch your email for details.

### **BAA Boston Marathon Invitational Bibs for 2023**

If the BAA continues its tradition of awarding Invitational Bib Numbers for the Boston Marathon, we will accept requests for these bibs from FRC members. Past recipients have demonstrated commitment to the club by getting involved with club activities and participating in volunteer opportunities.

### **Women's Fitness will expand**

[Mary Tolland](#) can always use volunteers and ideas for other activities. 2022 may see Yoga and a "Couch to 5K" Training Program.

See Mary for details.

### **Meeting Adjournment**

I want to thank all of you for taking the time to attend and for your questions and comments. The meeting minutes will be posted on the FRC website.

The meeting is now adjourned.

Jack Afarian  
President  
Falmouth Running Club