

President's Update to FRC Members January, 2023

Hi All FRC Members,

Happy New Year to Everyone! I hope you all enjoyed time with family and friends during this past Holiday Season. As you'll read in this update, our Club has achieved quite a bit over the past year. I want to thank all of you for your contributions toward our successes. I hope you all have a very healthy 2023 and wish you success in achieving all of your personal goals. Get out there, have fun and stay safe.

As I stated in my December President's Update, 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 second month in a row that I've done this, I guess I'm on a streak, eh? My apologies if I've missed anyone. [Please join me in welcoming all of our new and renewal members!](#)

New and Renewal Members Since December Update

[Kathleen Cook](#) – Individual
[Mike Norton](#) – Individual
[Robert Backman](#) – Individual
[Nicole Davies](#) – Individual
[Alysha Carse](#) – Family
[Jeff Carse](#) – Family
[Meg Siderwicz](#) – Individual
[Emily Bryson](#) – Family
[Adam Driscoll](#) - Family
[Michael Irving](#) - Family
[Anne-Marie landoli](#) - Individual
[Pat Gales](#) - Individual
[Bob Crowley](#) – Family
[Nathan Remillard](#) – Individual
[Gina Donovan](#) – Individual
[Lindsey Close](#) – Individual
[Pat Noone](#) – Individual
[John Homes](#) – Individual

Total membership currently stands at 257.

In my December Update, I listed **Kelly Kathleen Murphy** joining with a new family membership. It should have been **Kerry Kathleen Murphy**. My apologies to Kerry.

2022 Falmouth Running Club Recap

2022 was a great year for the Falmouth Running Club. At the **FRC Annual Meeting** on January 17, 2023, I talked about what we were able to accomplish in 2022. For those of you who were not able to attend that meeting, here are the highlights.

- **Brought back our Spring Races (and then some)**

2022 saw the return of the two traditional spring races; the **Seagull Six Spring Classic** (March) and the **Cape Cod Trail Races** (April) returned to the race calendar. We also debuted the **Women Run Cape Cod 5K** on Mother's Day. This women's race, which is part of the FRC Women's Fitness program, will be held every year on Mother's Day. Last, but not least, we modified the Main Street Mile and turned it into the new **Surf Drive Mile**. This one-mile race, which was conducted the weekend prior to the Memorial Day weekend, has two goals; to provide a low-entry-fee fun run/walk for families and to offer an opportunity for faster runners to challenge themselves on a flat and fast race course along Surf Drive.

The plan is to conduct all four of these races in 2023 and for many years to come.

- **Announced 2023 B.A.A. Boston Marathon Bib Recipients**

Every year, the Falmouth Running Club is fortunate to be awarded a few Invitational Bib Numbers for the B.A.A. Boston Marathon. In 2022, we received four of these bib numbers for the 2023 Boston Marathon. The four FRC members who received these Bibs demonstrated their commitment to the FRC by volunteering at Club activities throughout the year and by demonstrating their commitment to a healthy lifestyle through running. The recipients are:

- **Nicole Depferd**
- **Erin Lyons**
- **Chris Risko**
- **Tasha Whited**

- **Continued the FRC Women's Fitness Program**

The Women's Fitness Program continued to thrive in 2022 because of the efforts of **Mary Tolland**. She continued the **Walk and Talks** and **Pickle Ball** sessions. She also organized a **Boxing Night** next door to the FRC Office and directed the inaugural running of the **Women Run Cape Cod 5K**.

- **Conducted the following New or Ongoing Events:**

Here I've listed the events and the FRC members who had the most influence on making these events successful.

- Friday Night 5 Miler – Every Friday at 5:30 pm in Town Hall Square – **Ken Gartner**
- Hangover Classic – January 1 from the FRC Office – **Kathy MacDonald**

- B.A.A. Prep Long Run from FRC Office – March 26 – **Kathy MacDonald**
 - FRC Open House – April 28 – **Kathy MacDonald** and **Mary Tolland**
 - Global Running Day Fun Run from the FRC Office – June 1 - **Kathy**
 - FRC Summer Party – July at Liam’s -**Kathy**
 - Youth Running Program – throughout the year – **Ken Gartner**
 - Summer Youth Running Camp – **Anne & Jim Preisig** with asst. coaches
 - **Chris Langlais, Hannah Mark, Jason Cullinane**
 - Falmouth Road Race Series of Training Runs – July & August – **Tasha Whited**
 - FRC Tent at Falmouth Road Race – August – **Many FRC Volunteers**
 - FRC Booth at MW/CCM Expo – October – **Many FRC Volunteers**
 - Last Long Run prior to MW/CCM – September - **Kathy MacDonald**
 - Run to support Veterans - November - **Kathy**
 - Wednesday Night Track Workouts – **Dan McCarthy**
 - Ugly Christmas Sweater 5k at Brewery - **Kathy**
 - Pizza for Sunday Aquatic 5K – Sundays throughout the year
 - We also had many, many FRC volunteers and participants in the **Falmouth Road Race** and the **Falmouth in the Fall** race, which are both expertly directed by FRC member **Jennifer Edwards**
 - Mayflower Wind Cape Cod Marathon Weekend Event – **Dozens of FRC Members and 700 other Volunteers** make this event happen
- **Expanded Communications to Club Members**
 - We’ve successfully kept FRC Members informed of what is going on within our Club by:
 - FRC postings on Instagram and Facebook – **Lindsay Benson**
 - MW/CCM postings on Instagram and Facebook – **Julianna Coughlin**
 - President’s Monthly Updates to FRC Members
- **Donated FRC Cape Cod Marathon Race Shirts**
 - Mother Nature is sometimes kind and sometimes not so kind. As a result of the cancellation of the 2021 Mayflower Wind Cape Cod Marathon Weekended due to the devastating storm that hit Falmouth, we were able to donate over 2,500 leftover CCM race shirts from that cancelled event, mostly to the **Massachusetts Coalition for the Homeless**
- **Continued to make Financial Donations to:**
 - The Annual VIPS Elementary Schools Track Meet
 - N Falmouth, E Falmouth, Teaticket and Morse Pond Schools
 - Falmouth Chamber of Commerce
 - Falmouth Chorale
 - Massachusetts State Track Coaches Association

- High School Scholarships
 - “Girls on the Run” via the Women Run Cape Cod 5K
 - \$22,000 from the Mayflower Wind Cape Cod Marathon to various school groups and other worthy local non-profits
- **Sad Note**

On May 4, we lost long-time FRC Member **Carolyn Bird** after a long battle with a tough illness. For over 30 years, Carolyn tirelessly co-directed the Cape Cod Marathon with her husband Courtney. Together, they built that event into a “Must Run” race on the New England fall racing calendar. She also was a regular participant in the Friday Night 5 Run. In addition to her dedication to the Marathon and the Friday Night 5, Carolyn’s passion was singing with her beloved Falmouth Chorale. Those of us who had the pleasure of knowing Carolyn will tell you she was one of the nicest people you’ll ever meet. We all miss her dearly.

Happenings Since the December President’s Update

FRC Hangover Classic

Like many races that were cancelled for a year or two due to COVID, this classic Falmouth Track Club event made its return on January 1, 2023. Approximately 20 FRC members started the year off on the right foot by participating in this walk/run. With Mother Nature providing a bonus weather day, we all welcomed the temperatures in the low 50’s and enjoyed the post-run pot luck breakfast and champagne toast.

FRC Annual Meeting

As mentioned above, this meeting was held on Tuesday, January 17 at 6:00 pm at Aquatic Brewing. You’ve just read the details of the happenings, above. We want to give a huge Shout out to Aquatic Brewing owners **Alex Bergan** and **Greg Horning** for hosting the event.

At the meeting, three FRC members were elected to the FRC Board of Directors as At-Large Members. FRC BOD members serve two-year terms and are eligible to serve two consecutive terms (more or less). Our three new BOD members are **Adria Bodell, Diana Clark and Tasha Whited**. Please join me in congratulating the new members and thanking them for their desire to contribute more to our Club. Also, at the end of the meeting, the new BOD elected Jack Afarian (me) to his second two-year term as FRC President. The 9 member FRC BOD consists of four Officers and 5 At-Large members. The current BOD is as follows:

- President – **Jack Afarian**
- Vice President – **Ken Gartner**
- Secretary (& Membership) – **Kathy MacDonald**
- Treasurer – **Chris Langlais**
- At-large – **Steve Morris**
- At-Large – **Mary Tolland**
- At-Large – **Adria Bodell** (new member)
- At-Large – **Diana Clark** - (new member)
- At-Large – **Tasha Whited** - (new member)

Friday Night 5 Miler

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

2023 Mayflower Wind Cape Cod Marathon Weekend

The Race Permit Application for the CCM has been submitted to Town Hall. We anticipate receiving approval for this event from the Town at the Special Events Working Group Meeting which is scheduled for Tuesday, February 7. Registration for all races within the MW/CCM Weekend Event is now open. We also have submitted race permit applications for the Seagull 6, the Women Run Cape Cod 5K and the Surf Drive Mile.

The Run Show Boston – Feb 3 & 4

Since I've been CCM Race Director (5 years now), Leslie (now Kathy) and I 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 4 & 5. 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 in attending. info@capecodmarathon.com

Fun Runs at Aquatic Brewery

These popular Sunday morning (11:30am) 5K runs will continue through the winter. The FRC will also continue to provide pizza to the runners.

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 in 2023.

The next few **Walk and Talks** are scheduled for February 5 and February 12. These walks start at 7:30 am at the FRC Office, 661 Main Street, Falmouth.

Plans are set for the **Bowling Night at Timber Axe Bar and Bowl**. The date is February 02/15 (Wednesday).

A **Women's Nutrition Presentation** by our own [Julianna Coughlin](#) is scheduled for January 29, 5:30 pm at the FRC Office. You should have received an email with details regarding this event.

Registration for the 2nd annual **Women Run Cape Cod 5K** will open on Monday, January 23. Mary has secured **Timber Axe Bar and Bowl in Falmouth Town Hall Square** for the Runner Number Pick Up Saturday afternoon, May 13. The race is scheduled for Mother's Day, May 14, 2023. Yes, we can use volunteers to help out with this race.

If you have any questions on any of the above activities, you can reach out to [Mary](#) at frcwomensfit@gmail.com.

FRC Wednesday Track Workouts

FRC Track Workouts, organized by [Dan McCarthy](#), will continue through the winter as long as there are members who sign up for this activity. Which is conducted every Wednesday at 5:30 pm at the Falmouth High School Track. 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 Yates](#) 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 sign up beforehand. Thanks.

FRC Race Registrations

Registration is now open for the following two FRC races:

Seagull Six, Sunday, March 26 – **Mike Norton**, mnorton@lawrencelynch.com

Mayflower Wind Cape Cod Marathon Weekend – October 7 & 8 – **Jack Afarian**, director@capecodmarathon.com

Registration will soon open for the following three races:

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

Women Run Cape Cod 5K Sunday, May 14 – **Mary Tolland**,
frcwomensfit@gmail.com Registration is scheduled to open on Monday,
January 23

Surf Drive Mile, Sunday, May 21 – **Steve Rondeau** has recently volunteered to be the **Race Director** for this race. He can be reached at srondeau1@yahoo.com **This being the first race that he directs, I'm sure he will welcome all the volunteer help he can get.**

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

For volunteer opportunities at these events, please contact the listed Race Directors

If you are looking for ways to get more involved with Your Running Club, please reach out to Kathy MacDonald at info@falmouthrunningclub.org or Jack Afarian at 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. **FYI, we only have 4 FRC winter hats left.**

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