

President's Update to FRC Members April, 2023

Hi All FRC Members,

I hope you are enjoying the super Falmouth spring weather. Of course, spring is prime time for racing. Our slate of four FRC Spring Races is underway. The first race, the Seagull Six was successfully held on Sunday March 26 with 230 registered runners. See details on this race below. The other three races will be following a few weeks later. The B.A.A Boston Marathon will be held in two days with at least 11 FRC Members ready enjoy the best marathon on the planet. The SouthCoast Wind Cape Cod Marathon Weekend in October is rolling right along with all preparations on schedule.

Our Club membership continues to grow. Over the next few months, many memberships will be expiring and you'll see an avalanche of renewals on the list below. As a result of this, you'll notice that the total number of members will fluctuate quite a bit. Thank you all for being such great FRC members.

Please join me in welcoming all of our new and renewal members!

Andrew Langlois – Family
Karen Phillipino – Individual
Kathy MacDonald – Family
Steve Conroy – Individual
Nicole Depferd – Family
Lenny Collins – Individual
Jack Afarian – Individual
David Jost – Individual
Patrick Morin – Family
Kathleen Shaw – Family
Helen Gordon – Individual
Dave Benton – Family
Jack Sheerin – Individual
Eleanor Todd – Family
David Elvin – Family
Robert Boulanger – Individual
Erin Grillo – Family
Michael Grillo – Family
Elliot Grillo – Family
Jeffrey DiMatteo – Family
James Tietje – Individual
Lynne Riley – Family
Breeda Considine – Individual
Matthew Benson – Family
James Benson – Family
Susan Gallagher - Individual

Justin Wickens - Individual
Jo Harvey - Family
Bob MacDonald – Family
Catherine Wilson – Individual
Mike Depferd – Family
Shannon Rauch - Individual
Douglas Carr – Family
Sarah Knowles – Individual
Neil Finkston – Individual
Ryan Weaver – Family
Laurie Benton – Family
Ian Quino Fernandez – Individual
Robert Todd – Family
Chris Langlais – Family
Alexander Elvin – Family
Irene Mazmanian – Individual
Janet Simons Folger - Individual
Genevieve Grillo – Family
Jack Whitehead – Family
Vernice DiMatteo - Family
Brian Shacter - Individual
Bill Riley – Family
Alexandra Solimano – Individual
Lindsay Benson – Family
Finn Benson – Family
Erika Slater – Family

Cliff Calderwood – Family
Elizabeth Manney – Family
Mary Tolland - Family
Hannah Mark – Individual
John Banner - Individual
Stephen Bodell – Family
Matt Stone – Family
Erin Sadlowski – Individual
Ashley Fairbanks – Family
Neel Aluru – Individual

Nigel Calderwood – Family
Thomas Stracqualursi – Family
Michael Tolland – Family
Shannon LeBlanc - Family
Adria Bodell – Family
Bette Simollardes – Individual
Robin Stone – Family
DJ Fairbanks – Family
Margaret Fairbanks – Family

My apologies if I have missed anyone.

Total membership currently stands at 311

Friday Night 5 Miler

As the Friday Night 5 Miler continues to roll along, the March “**Friday Night 5 Runner of the Month**” is **Al Price**. As part of the award, Al will receive FREE pair of running shoes from Hanlon Shoes on Main Street in Hyannis. Congratulations Al!

FRC Spring Races

Well, the **Seagull 6 Spring Classic** was successfully run on Sunday, March 26. Mother Nature cooperated with some fine running weather. Registrations were up from last year’s 203 to this year’s 230, bolstered by the Thirsty Irish Runners, who sent over 50 runners. Thank you TIRs!

There were some fast times out there, with overall winner Jacob Logan of Pocasset posting a time of 30:18. Not too far behind were the **Gartner boys, Henry 30:30, Silas 32:51** and **Nathan 33:15**. FRC also had three other runners in the top ten, **Mike Deasy, Chris Langlais and Jack Sheerin**. The top three women were Lee Moynihan of Sandwich posting a time of 39:34, Emily Travers of Sandwich 41:38 and Kelsee Giorgio of Maynard 42:17. Not far behind was top **FRC woman Hannah Mark 43:50**.

My understanding is that there was quite the post-race merriment at Liam’s with the TIR’s living up to their name. Thanks go out to **Race Director Mike Norton**, who put on an excellent race. Also, thanks to **Kathy MacDonald, Ed Giordano** and all of the **FRC Volunteers**. You all helped to make it a very successful day. We also had FHS teacher Susan Schmidt’s French Club doing a great job volunteering at the water station.

Next up in the FRC Series of 4 Spring Races is the **Cape Cod Trail Race on Sunday, April 30** at the Crane Wildlife Management Area on Route 151 in Falmouth. Registrations are way ahead of last year thanks to the hard work of **Race Director Chris Risko**. This is a great opportunity for you to hit the trails for 10K, 20K or 30K. If you're not into trail racing, we can always use your help by volunteering on race day. For info about this race reach out to **Chris at c.risko@hotmail.com**

Two weeks after the CCTR, **Race Director Mary Tolland** takes control of the FRC racing scene with the **Women Run Cape Cod 5K**, which will be held on **Mother's Day, Sunday, May 14**. As you know by now, this race, intended for women and girls features a flat out-and-back course that starts and finishes in Falmouth Town Hall Square. This is a great opportunity for the males in our club to show our support for women's running by getting out there and volunteering on race day. Mary has secured **Timber Axe Bar and Bowl in Falmouth Town Hall Square** for the Bib Number Pick Up Saturday afternoon, May 13. For more info you can contact Mary at frcwomensfit@gmail.com

Last, but not least, **Race Director Steve Rondeau's Surf Drive Mile** rounds out the FRC Spring Races on Sunday, May 21 along Surf Drive. This family friendly race features very low entry fees and a flat 1-Mile course that starts on Surf Drive just west of Elm Road and follows Surf Drive to finish at Beach House near Walker Street. Yes, just like our other races, if you're not running or walking it, we can use your volunteer support on race day. For more info you can contact Steve at srondeau1@yahoo.com

Of course, registration and more information about all of these races is available on the FRC website www.falmouthrunningclub.org

For volunteer opportunities at the remaining FRC Spring Races, please contact Tasha Whited at tasharuns4life@gmail.com.

2023 SouthCoast Wind Cape Cod Marathon Weekend – October 7 & 8, 2023

Everything is moving along nicely for the SouthCoast Wind Cape Cod Marathon Event. Registration numbers are where they should be at this time. We're getting ready to finalize the design for the race tee shirts and finisher medals. We expect to have the modified Marathon, Half Marathon and 5K courses measured and certified soon. We're also working on finalizing the logistics of our new Start/Finish area and Runners' Expo and Number Pickup at Mullen Hall School. The registration numbers through April 14 are:

- Marathon – **318**
- Half Marathon – **340**
- Marathon Relay – **18**

- Chowdah Challenge – **23**
- 5K – **34**
- Kids' Fun Run – **15**

We're excited about the new partnership that we have with Hanlon's Shoe Store in Hyannis. Not only is owner Kevin Petrovek donating the shoes for the Friday Night Runner of the Month, but he is also offering a discount on running shoes for FRC members. Also, starting in April and going through September, anyone who buys a pair of running shoes will be entered into a monthly raffle to win a free entry into the CCM Marathon, Half Marathon or 5K. Sweet.

Yes, we will need many volunteers at this event. **Mike Oliveira, our Volunteer Director** will be coordinating all volunteer activities. Please reach out to him at volunteer@capecodmarathon.com

Fun Runs at Aquatic Brewery

These Sunday morning (11:30 am) 5K runs continue to be popular. FRC is continuing to provide pizza for the runners. In addition to the pizza, The CCM has agreed to provide **two complimentary Marathon Relay Team entries** to Aquatic Brewing; one of which will be chosen by raffle. See details on their website.

Remember to check out 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

The FRC Women's Fitness Initiative is alive and well.

14 FRC Members attended the 45 minute Spin Class on Monday, April 10 at 6:30 pm at Fitness Directions, 27 Falmouth Heights Road. Fitness Directions is also a sponsor for the WRCC 5K.

While **Mary Tolland** was enjoying some well-deserved vacation time in sunny Florida, **Bernice Irwin** stepped in to conduct a couple of the Walk and Talks. The remaining Walk and Talks in April are scheduled for Sunday, April 16 and Sunday April 30.

Continue to check your email for the schedule for Pickle Ball on Tuesdays, which are hosted by FRC Member **Wendy Ghelfi**.

If you have any questions regarding any of the above activities, you can reach out to **Mary Tolland** at frcwomensfit@gmail.com.

FRC Wednesday Track Workouts

FRC Track Workouts at the Falmouth High School Track, organized by **Dan McCarthy and Maggie Manning**, are continuing to be conducted every Wednesday at 5:30 pm. The participation in these workouts is growing as the weather moves from winter into spring. If you have any questions, please reach out to Dan at dwmpre@yahoo.com or text, 315 263-8658.

B.A.A. Boston Marathon

In 2 days, the four FRC Members who were awarded an Invitational Bib Number will be toeing the line in Hopkinton. We wish **Nicole Depferd, Erin Lyons, Chris Risko, Tasha Whited** well as they make their way to Boston. Other FRC Members who are running (to my knowledge) include **Chris Langlais, Maura Reimer, Scott Ghelfi, Daniel Renaud, Anne Preisig, David Elvin, Glenn Pokraka**

To all of you, remember, **Right on Hereford, Left on Boylston.**

Boston Marathon Long Run Training

Runners came from near and far to get the last of the long miles in before the Boston (or another spring) Marathon. (Or no marathon at all! 😬 - Go Janet!). They had the options of an 18 mile route or a 20+ mile route with enough hills to make them stronger. Some even added more miles on! Both routes were provided with 2 water/fuel stops to keep them powered up. Back at the office, post-run stories, laughs and food were shared by everyone. Congratulations to **Anne Preisig, Chris Risko, Nick Carroll, Glenn Pokraka, David Elvin, Ian Quino Fernandez and Janet Erison** for completing the runs. A big THANK YOU goes out to **Kathy MacDonald** who organized the event.

FRC Booth at ASICS Falmouth Road Race

As mentioned in last month's Update, The Falmouth Running Club will have a booth (or tent) at the ASICS Falmouth Road Race Expo this year. The race is scheduled for Sunday, August 20, 2023. We will have our booth at Falmouth High School the prior Friday and Saturday. FRC Member **Diana Clark** will be coordinating all of the activities for our booth and will be looking for volunteers to set up, break down and to take shifts during the Expo. If you would like to volunteer at this fun event (and I'm sure you do), contact Diana at dianakbrennan@yahoo.com.

Get Involved

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.

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