

## President's Update to FRC Members September, 2023

Hi All FRC Members,

Summer? What Summer? In a couple of days, it will be officially gonzo. I hope you all had some great times The ASICS Falmouth Road Race snuck up on us and now it seems like it happened quite a while ago. That being the case, the SouthCoast Wind cape Cod Marathon Weekend is less than 3 weeks away. Oh My!

I know I've talked a lot about this, but we need 700 volunteers to pull off this great event. With many, many changes to the venues and the courses this year, the need for volunteers is greater than ever. I want thank the hundreds of volunteers who have registered, but we can always use more dedicated, enthusiastic volunteers to join us. So, if you know some people who you think would like to join our volunteer team, please encourage them to register. Our Volunteer Director, Mike Oliveira, can give you all the information you need at [volunteer@capecodmarathon.com](mailto:volunteer@capecodmarathon.com).

Membership continues to be strong. As of today, we have **322 members**. Please remember to reach out to friends and relatives who you think might enjoy our club. Everyone is welcome; runners as well as walkers, fast people as well as not so fast (me), young people as well as not so young (me again). Basically, anyone who is interested in a fun and healthy lifestyle can join.

So, here's the list of new and renewal members since my last Update.

**THANK YOU ALL** for being such great FRC members.

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

**Jane Bagley** – Individual

**Petrina Oldfield** – Individual

**Paul McCadam** – Individual

**Cathy O'Rourke** – Individual

**Linda Luthman** – Family

**Jess Seery** – Individual

**Megan McGoff** – Individual

**Peter Trimble** – Family

**Kathy Chute** – Family

**Meabh Purcell** – Family

**Michelle Itzkowitz** – Individual

**Brian Studley** – Family

**Heather Kolpa** – Individual

**Cindy McCann** – Individual

**Rhonda Crowfoot** – Individual

**Gerry Fine** – Individual

**Ali Luthman** – Family

**Mary Ann Graham** – Individual

**Kurt Achin** – Individual

**Denise Trimble** – Family

**Julian Davis** – Individual

**Otogojii (Esther) Gavazza** – Individual

**Paula Baxter** – Family

**John Turner** - Individual

My apologies if I have missed anyone.

## Friday Night 5 Miler

As the Friday Night 5 Miler continues to grow and roll along with about 35 runners participating each week. The past few weeks have seen a group of about 20 young **SEA** runners who seemed to enjoy the run immensely. The June “**Friday Night 5 Runner of the Month**” is **Mike Deasy**. As part of the award, he will receive a FREE pair of running shoes, compliments of **Kevin Petrovek and Hanlon Shoes** on Main Street in Hyannis. Congratulations **Mike!**

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

Registration closes September 29. The numbers are looking good through September 18:

- Marathon – 983
- Half Marathon – 1,762
- Marathon Relay – 84
- Chowdah Challenge – 54
- 5K – 266
- Kids’ Fun Run – 100

You may have noticed that our pole banners are still not up on the light posts on Main Street. Weather has created a delay. Hopefully they will be installed this week. Everything else appears to be in good shape. We’re less than 3 weeks away now.

**THE LONG RUN** training run took place on Sunday, September 17.

**Kathy and Bob MacDonald** laid out three courses; 20 miles, 11 miles and 3 miles. They also set up self-serve water/Gatorade stations along the courses. About 36 runners showed up to take advantage of doing a long run with others. Plenty of great food and drink were waiting at the FRC office for when runners returned. Homemade chili from the **Conference Table** and various baked goods highlighted the refreshments.

CCM Marathon course has been measured and the paperwork needed to get the course certified is being worked on by USATF-NE. The Half Marathon has been measured also, but may not be certified by race day.

## Fun Runs at Aquatic Brewery

These Sunday morning (11:30 am) 5K runs continue to be popular. 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**

**Mary Tolland's** Walk and Talks are continuing. Check the FRC website calendar for dates.

A "Feel Your Best" class is being offered by Laurie Warren. It's scheduled for 9/20. Please reach out to Mary if you are interested.

Pickle Ball is continuing at the Ghelfi's. Thanks go out to FRC Member **Wendy Ghelfi** who hosts this activity every Tuesday.

If you have any questions regarding any of the above activities, you can reach out to **Mary Tolland** at [frcwomensfit@gmail.com](mailto: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. If you have any questions, please reach out to Dan at [dwmpr@yahoo.com](mailto:dwmpr@yahoo.com) or text, 315 263-8658.

## **FRC Board of Directors Nominations/Elections**

FRC Board of Directors members serve two-year terms and may serve up to two consecutive terms. Hmm... Term Limits, what a novel idea. There are four officers; President, Vice President, Treasurer and Secretary. There are also five At-Large members. The terms are arranged so that one year there are four positions open and the next year, there are five. This allows us to have fresh ideas about what is best for the club. This year, the Vice-President and Treasurer officer positions as well as two At-Large positions will be expiring. Think about it. A position on the BOD may be just what you want.

Steve Morris will be coordinating the nomination and election process, which will be starting next month. Look for communications from Steve in your email soon.

## **ASICS Falmouth Road Race**

Congratulations to all of you who ran this year's ASICS Falmouth Road Race. Thank you to all of you who volunteered to make it another successful race. Our FRC had a tent stationed outside of the Expo to promote our club and the Cape Cod Marathon. Thanks to the volunteer gathering efforts of Diana Clark, we had the most attended tent/booth ever. There always seemed to be 5 or 6 FRC members on hand to talk about the club or to sell some FRC merchandise and last year's CCM race shirts. We ended up offloading a LOT of shirts and added to the FRC bank account. Thanks to all of you who helped out. Diana is also recruiting members to be on hand for the FRC Booth at the CCM Expo. Please donate a few hours there if you are available.

### **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](mailto:info@falmouthrunningclub.org) or **Jack Afarian** at [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. Let us know your thoughts.

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