

President's Update to FRC Members October, 2023

Hi All FRC Members,

Of course, the big update for this month is the 2023 SouthCoast Wind Cape Cod Marathon Weekend. In my humble opinion, we just had the best Cape Cod Marathon Weekend ever. The new venue at Mullen Hall School was perfect for our event, the weather cooperated and hundreds of volunteers showed up to make sure all went well for the thousands of runners. I want to congratulate all FRC members who ran in one of the races and I want to thank all of the volunteers who worked throughout the past year and on race weekend to make our event a huge success. See below for CCM details.

I can't believe I'm even starting to talk about this, but the FRC Spring Races will be sneaking up on us soon. I've included the schedule below.

VERY IMPORTANT - FRC Board of Directors Nominations for 4 open positions will open soon. The Elections will be held in January. See details on this below.

Membership continues to be strong. As of today, we have **329 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!

Judy Damaro – Family
Shannon Rauch – Individual
Ashley Farnsworth - Individual
Pam Amaral – Family
Jeremy Wagner – Family
Beth Grimes - Individual
Liz Donalds – Individual

Craig Damaro – Family
Michael Deasy - Individual
Wayne Stuck – Individual
Jiyoung Park – Family
YoungJae Wagner – Family
Carla Rogers - Individual
Beth Crouch - Individual

My apologies if I have missed anyone.

Friday Night 5 Miler

The September “**Friday Night 5 Runner of the Month**” is **Nathan Remillard**. 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 **Nathan!** As an aside, Nathan also ran the CCM Marathon this year. Congratulations on that, Nathan!

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

Final Race Registrations are as follows:

- Marathon – 1,053
- Half Marathon – 1,881
- Marathon Relay Teams – 96
- Chowdah Challenge – 56
- 5K – 285
- Kids’ Fun Run – 158

We had registrations from 47 states and 14 countries. I may have to take a road trip to Montana, Mississippi and Hawaii next year to recruit some runners from the three states that were absent this year.

As you all know, if you don’t have volunteers, you don’t have an event. Officially, we had 618 registered volunteers and I expect there were more who showed up on race weekend either out on the course or in the start/finish area. I want to thank all of you who helped out this year. So many of you went above and beyond in your volunteering efforts. I would give each of you a big shout out, but I’m sure I would leave out a name or two, so I’ll just leave it at that. You know who you are and THANKS!

Congratulations to all FRC Members who ran in any of the races! We had a few FRC Members win some prize money in their divisions, including **Chris Langlais, Dan McCarthy, Ken Gartner and Cliff Calderwood**

By all accounts, the entire weekend was a **HUGE SUCCESS**. The Mullen Hall School location allowed us to consolidate all of our activities right there on the school property and create a festive atmosphere that was enjoyed by all in attendance. The Number Pickup, the Runners’ Expo and Gear Check were held inside the gymnasium, which was just feet from the start/finish line. The new race courses were designed to maximize ocean views along our fabulous coastline and allow all of the races to start and finish at the exact same spot. Since the event was held over a holiday weekend, with no school on Friday or Monday, we had the time to have the tents erected and most of the barricades set up on Friday so that we were ready to go Saturday morning. Thanks to Relay Director, **Steve Morris**,

the new locations for the four Relay Exchange Zones worked out very well. [Ed Giordano and Chris Risko](#) performed yeoman's work making sure all Water Stations for all races were stocked with water Gatorade, GU Chews and GU Gels and everything else needed there. The space surrounding the circle right outside of the school allowed us to create a start/finish area for pre-race runner staging and post-race runner support for water/Gatorade, heat sheet distribution and medal hand outs. The cinder track was a great spot to conduct the Kids' Fun Run and the infield was spacious enough for our 80 x 20 Food Tent and 20 x 20 Soup Tent. As an added bonus, the school playground kept many youngsters busy throughout the weekend. Last, but not least, the location allowed us to place the 20 x 20 Medical Tent just feet from the finish line. This allowed our crack medical team to quickly respond to any runner in need of assistance.

The races went off without a hitch. We implemented a "Pulse Start" system for the Marathon and Half Marathon that allowed us to control the volume of runners on the roads in the early stages on Shore Street and Surf Drive. Post race, runners gave us rave reviews regarding the race courses and the many enthusiastic volunteers all along the routes. They also enjoyed the food, including the Jack-in-the-Beanstalk apple cider donuts inside the Food Tent and the famous Stephen Bird soups and Clam Chowdah in the Soup Tent. With the super weather, many runners, their families and friends stayed around to enjoy the open space.

Also, not to forget, we hosted the USA Track & Field New England Grand Prix Marathon Championship Race (that's a mouthful, eh?) this year. Twenty two of the top New England Running Clubs sent 147 of their runners to compete in our races, many of whom went home with some prize money (or at least a promise of us mailing it to them. Nine of the twenty two teams also cashed in.

All in all, it was a great weekend. I know I keep mentioning volunteers, but you all are the reason so many runners have a great time at our event. I can't thank you enough!

Fun Runs at Aquatic Brewery

These Sunday morning (11:30 am) 5K runs continue be popular. 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**. [Aquatic also had two teams run in the CCM Relay](#).

Women's Fitness Initiative

The Walk and Talks are continuing every two weeks or so. Please check the FRC website and look for weekly emails for details on the Walk and Talks and for other scheduled FRC events.

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 (CCM prize money winner)** 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 or text, 315 263-8658.

FRC Board of Directors Nominations/Elections

As mentioned in last month's Update, FRC Board of Directors members serve two-year terms and may serve up to two consecutive terms. 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. Elections will take place in January online and in person at the Annual meeting. Details to follow soon. Look for communications from Steve in your email soon.

ASICS Falmouth in the Fall

This race is scheduled for Sunday, November 5 in Woods Hole at 11:00am. Most, if not all of you, know that this race follows the same course as the August race. Good luck to all of you who will be running.

I am the Course Monitor Director for this race. I sent an email to all FRC members asking for volunteers. Thank you to all who have volunteered. At this point, we have all of the locations covered, so no more course monitor volunteers are needed. For those who have volunteered, it would be great if you could stop by the FRC office to pick up a safety vest. For those of you who cannot get to the office, I'll most likely get the vests to you at your volunteer location on race morning.

FRC 2024 Spring Races

Yes, our four 2024 Spring Races will be here before you know it. For your scheduling benefit, the dates are:

- Seagull 6 Spring Classic – March 24
- Cape Cod Trail Races – April 28
- Women Run Cape Cod 5K – May 12
- Surf Drive Mile – May 19

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. 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. I will respond to you as soon as possible.

Respectfully,

Jack Afarian
President
Falmouth Running Club