

## President's Update to FRC Members March, 2024

Hi All FRC Members,

Now that Spring has arrived, according to the calendar anyway, it's time to consider all of our four Spring Races that are now open for registration. If you are not running in them, **please consider volunteering**. It's your involvement with these races that makes them successful. Our flagship event, the Cape Cod Marathon Weekend Event is also open for registration. Yes, we are also looking for many volunteers at this super event. More details on the above races follows below.

We had a few FRC Members travel across the planet to participate in the **Tokyo Marathon** and more than a few are planning on running the **Boston Marathon**. See the names, below.

"**Race Raves**" is canvassing the country to determine the Best Half Marathon in every State. Our Cape Cod Marathon Half is in the running for Massachusetts, so if you have not yet voted, please consider to vote for us here. [Vote Here: VOTE](#)

Our Buddies at "**The Run House**" on Main Street here in Falmouth are having a SHOE NIGHT at their store on Thursday, March 28 from 4:30pm to 6:30pm. They will be showcasing the new "On Running" shoes. I don't know much about these shoes, but you may want to stop by to check them out.

**Membership** continues to be strong as we are getting closer to the 350 number. As of today, we have **342 members**. Thanks to all of our new members who joined and to our existing members who have renewed. Please remember to reach out to friends and relatives who you think might enjoy our club. As always, everyone is welcome; runners and 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!**

**Chelsea Winters** – Family  
**Peter Tittiger** – Family  
**Mark Chrusz** – Family  
**Paul Sandford** – Individual  
**Chris Langlais** – Individual  
**Michael Depferd** – Family  
**Janice Burton** – Family

**Jack Sheerin** – Individual  
**Ryan Loiter** – Family  
**Pat Gales** – Individual  
**Brandon Petkauskos** - Individual  
**Nicole Depferd** – Family  
**Slade Burton** – Family  
**Douglas Carr** – Family

**Bill Fitzpatrick** – Individual  
**Neel Aluru** – Individual

**David Jost** – Individual  
**Tyler Daniels** – Individual

My apologies if I have missed anyone.

### **Friday Night 5 Miler**

As they have for a gazillion years, these runs continue every week at 5:30 PM in Town Hall Square. Like the mail carriers, nothing will prevent them from running. If you have any questions about these, please reach out to **Ken Gartner** at [kj.gartner@comcast.net](mailto:kj.gartner@comcast.net).

### **2024 Cape Cod Marathon Weekend – October 12 & 13, 2024**

In case you missed it in last month's Update, the Cape Cod Marathon has been voted to host the **2024 USATF-NE Marathon Championship**. So that means we will be back again on the grounds of the Mullen Hall School on Sunday, October 13, welcoming some of the best marathoners in New England. Thanks goes out to all of you who participated in the 2023 event either through running or volunteering or both. Nicely done everyone. Early Registration numbers for this year's event are positive. We're slightly ahead of our average through March.

- Marathon – **284**
- Half Marathon – **349**
- Marathon Relay Teams – **17**
- Chowdah Challenge – **15**
- 5K – **33**
- Kids' Fun Run - **19**

So far, we have registrations from **36** states and **4** countries (Canada, UK, Sweden, Germany)

### **Fun Runs**

In addition to the **Sunday morning (11:30 am) 5K** runs at [AQUATIC BREWING](#), you may be interested in trying....

**Thursday mornings at 6:00** at Old Dock Square in West Falmouth. If you have questions about this run, contact **Helen Malinowski** at [helenisabelle@gmail.com](mailto:helenisabelle@gmail.com)

**Thursdays at 5:00 PM, Julianna Coughlin leads an evening edition of "Walk and Talk"** at **The Run House**, 227 Main Street. If you have any questions, you can reach out to **Julianna** at [jcoughlin195@aol.com](mailto:jcoughlin195@aol.com).

## Women's Fitness Initiative

The **Walk and Talks**, led by [Mary Tolland](#), are continuing through the winter. As of today, these are scheduled for **Sunday, April 7<sup>th</sup> and Sunday, April 21<sup>st</sup>**. Both will start at the FRC Office at 7:30am.

**Spin Classes** are scheduled for the five Mondays in April at 5:00pm next door at the Sweat Studio. Cost is \$75 for the series. Contact Mary to reserve a spot.

Stay tuned for more activities. We will continue sending you emails on all of the activities within this initiative. If you have any questions, you can reach out to [Mary](#) at [frcwomensfit@gmail.com](mailto:frcwomensfit@gmail.com).

## Spring Race Long Run

**Despite the weather forecast, this training run, scheduled for tomorrow, Saturday, March 23 at 8:00am from the FRC Office is still a go. If you are in doubt about it, please text Kathy MacDonald at 508 341-7226.**

## Spin FRC Wednesday Track Workouts

These track workouts will be continuing through the winter at Falmouth High School. [Dan McCarthy and Maggie Manning](#) will be continuing their great job with getting many of you out there on the track. Thanks to all of you who are participating in this activity. Hopefully participation will continue to grow. If you have any questions about these workouts, please reach out to Dan at [dwmpr@yahoo.com](mailto:dwmpr@yahoo.com) or text, [315 263-8658](tel:3152638658).

## FRC 2024 Spring Races

**The Seagull 6 Spring Classic is this Sunday, March 24 at 11:00am.**

Over 200 runners are registered for this flat and fast course. Oh wait, I must be thinking of our other two spring road race courses.

If you can volunteer at any of the four FRC Spring Races, please reach out to [Tasha Whited](#) at [tasharuns4life@gmail.com](mailto:tasharuns4life@gmail.com). She is coordinating all of the volunteer activities.

**Registrations for all four FRC Spring Races are open.**

The race dates are:

- **Seagull 6 Spring Classic – March 24, Race Director – Mike Norton**
- **Cape Cod Trail Races – April 28, Race Director – Chris Risko**
- **Women Run Cape Cod 5K – May 12, Race Director – Mary Tolland**
- **Surf Drive Mile – May 19, Race Director – Joe Sennott**

## **Couch-to-5k Training**

For those of you who have signed up for this training program, **Adria Bodell** will reach out to you regarding the schedule for the group runs. If you want to join this group email Adria at [adriaFRC@gmail.com](mailto:adriaFRC@gmail.com).

## **FRC at the Tokyo Marathon**

Four FRC members traveled halfway across the planet to run the Tokyo Marathon on March 3<sup>rd</sup>. Join me in congratulating **Julianna Coughlin, Shannon LeBlanc, Jack Carroll and Wendy Carroll**. For Shannon, Jack and Wendy, this completed their quest to run all 6 Marathon Majors and earn their **Six Star Medal**. The five other Marathons are Boston, Chicago, New York, London and Berlin. To my knowledge, this makes 6 FRC members who have run Tokyo. Last year **Kathy and Bob MacDonald** ran it, which completed the 6 Majors for them also.

## **FRC at the Boston Marathon**

Please join me in wishing FRC members who will be running the Boston Marathon on Patriot's Day, Monday, April 15. In addition to our B.A.A. Invitational Bib Runners **Neel Aluru, Dori Gray, Joe Sennott and Ashley Farnsworth**, we also have **Scott Ghelfi, John Turner, Chris Langlais, Mike Deasy** in the mix. **If you are running Boston and I have not listed you here, please let me know, so that I can add you to the list.** Let's hope for cool weather with a slight tailwind. Remember the best two turns on any marathon course are at Boston "Right on Hereford, Left on Boylston". Then straight on to the finish line. Best wishes to all.

## **FRC Merchandise**

As always, all other 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 office or have it shipped to you.

Questions? [info@falmouthrunningclub.org](mailto:info@falmouthrunningclub.org)

### **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).

### **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