

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

Hi All FRC Members,

Well, the first of our four Spring Races is now in the books. See the details of the Seagull 6 Spring Classic below. The remaining three races will be here before you know it. On Sunday, April 28, we'll host the Cape Cod Trail Races, followed by the Women Run Cape Cod 5K on Sunday, May 12 (Mother's Day), then the finale, the Surf Drive Mile on Sunday, May 19. Hopefully, you will be either running or volunteering in some of these races.

**Membership** continues to be strong as we are getting closer to the 350 number. As of today, we have **343 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

**Neel Aluru** – Individual

**Bette Simollardes** – Individual

**Amy Atwood** – Individual

**Erin Sadlowski** – Individual

**Tom Steele** – Family

**Isaac Steele** – Family

**John Banner** – Individual

**Cliff Calderwood** – Family

**Erika Slater** – Family

**Dwight Pfundstein** – Family

**Molly Trexler** – Family

**Janet Vacon** – Family

**Michael Grillo** – Family

**Elliot Grillo** – Family

**Mary Jo Bradley** – Family

**James Tietje** – Individual

**Ashley Fairbanks** – Family

**Felix Fairbanks** – Family

**Jennifer Edwards** – Family

**Greg Horning** – Individual

**Jack Sheerin** – Individual

**Tyler Daniels** – Individual

**Irene Mazmanian** – Individual

**James Egan** – Individual

**Karla Steele** – Family

**Brianna Steele** – Family

**Jo Harvey** – Individual

**Jack Afarian** – Individual

**Nigel Calderwood** – Family

**Kathleen Thomas** – Family

**Jack Whitehead** – Family

**Nate Beil** – Family

**Erin Grillo** – Family

**Genevieve Grillo** – Family

**Helen Gordon** – Individual

**Keith Bradley** – Family

**DJ Fairbanks** – Family

**Margaret Fairbanks** – Family

**Glenn Pokraka** - Family

**Steve Conroy** – Individual

**Matt Stone** – Family

**Robin Stone** – Family  
**Reiko Sagioka** – Individual  
**Hannah Mark** – Individual  
**Cameron Day** – Family  
**Eleanor Todd** – Family  
**Margie Slick** - Individual  
**Jeffrey DiMatteo** - Family  
**Elizabeth Buckley** – Family  
**Dan McCarthy** - Family  
**Joe Sennott** – Family  
**Luke Sennott** – Family  
**Candace Lofgren** - Individual

**Neil Finkston** - Individual  
**Patrick Moran** – Family  
**Erin Lyons** – Family  
**Robert Todd** – Family  
**Sylvia Cole** – Family  
**Vernice DiMatteo** - Family  
**Lindsay Benson** - Family  
**Alexandra Solimano** - Individual  
**Margaret Manning** – Family  
**Holly Sennott** – Family  
**Breeda Considine** – Individual

My apologies if I have missed anyone.

### Friday Night 5 Miler

Yes, 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 yet to run this Friday Night Favorite, I recommend giving it a shot. 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

We are partnering with ReMix Organics in Providence, RI to take all of our compostable materials from race weekend. This includes all food waste and all of our World Centric compostable water cups, soups bowls, spoons and napkins. Also, Nauset Disposal in South Yarmouth will be taking all of our recyclable materials. Most of this will be the 1-gallon plastic water jugs and corrugated cardboard.

Thanks to **Jennifer Edwards** and the Falmouth Road Race, we will be using their Water Monster again this year in our Start/Finish area. This will be used by runners to refill their water bottles.

Registration numbers for this year's event are continuing to be positive. We're ahead of last year through April 10.

- Marathon – **337** 2023 - 233
- Half Marathon – **417** 2023 - 298
- Marathon Relay Teams – **21** 2023 - 19
- Chowdah Challenge – **19** 2023 - 18
- 5K – **39** 2023 - 36
- Kids' Fun Run – **21** 2023 - 13

So far, we have registrations from **39** 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. The next one is scheduled for **Sunday, April 21<sup>st</sup>** at the FRC Office at 7:30am.

Another **Bowling Night** will be held at Timber on Wednesday, April 17.

**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.

There will be another Yoga class on April 24 at Gratitude Yoga.

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)**.

## FRC Wednesday Track Workouts

These weekly track workouts will be continuing through the spring 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**.

## FRC 2024 Spring Races

The first of our four Spring Races, the **Seagull 6 Spring Classic**, was held on Sunday March 24. There were about 240 registered runners. Many FRC members ran the hilly course and many other FRC members volunteered. Surprise, surprise, the **Gartner twins, Nathan and Silas**, tied for first place with a time of 33:28. **Mike Deasy** was not far behind with a 3<sup>rd</sup> place time of 33:39. **Tom Steele**, one of three Steele family finishers (**Karla and Brianna**) was fourth overall and first Master. **Dan McCarthy** finished 10<sup>th</sup> overall and first in his age group. On the women's side, Carole Harsch finished first in 38:32, with aforementioned **Karla Steele** right behind her and **Hannah Mark** taking first in her age group. Full results are on the FRC website. Congratulations and Thanks go out to **Race Director, Mike Norton**, for another successful race.

Next up is the **Cape Cod Trail Races**, which will be conducted at the Crane Wildlife Management Area on Rte. 151 in Falmouth on **Sunday, April 28**. Race Director, **Chris Risko**, has everything under control and has already surpassed the number of registrants that he had last year. I believe he could still use a few more volunteers, so if you can volunteer for this race or at any of the other two remaining 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 the remaining three FRC Spring Races are open.**

The race dates for the three remaining races are:

- **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

FRC Board of Directors member **Adria Bodell** is going full speed ahead with this training program. There are 13 people who have registered and all of them are planning to run their first 5K at the Women Run Cape Cod 5K in May. If you have any questions about this program, email **Adria at [adriaFRC@gmail.com](mailto:adriaFRC@gmail.com)**.

## FRC at the Boston Marathon

In a few short days, a handful of FRC runners will toe the Starting Line in Hopkinton and head east to the Finish Line on Boylston in Boston. Let's wish them cool weather and a favorable wind. So, **Neel Aluru, Dori Gray, Joe Sennott, Scott**

**Ghelfi, John Turner, Mike Deasy and Thomas Stracqualursi**, have a great run. Trust your training, run patiently and let the race just roll out in front of you.

### **After Prom Celebration**

The FRC has made a financial donation to the Together We Can, inc. organization, which is hosting the Celebrations After Prom 2024 at the Falmouth Recreation Center following the Junior Prom on May 18. The goal of Celebrations is to create an exciting, safe, drug and alcohol-free experience for “our” Falmouth teens. We are glad to support this worthy cause.

### **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