

President's Update to FRC Members May, 2024

Hi All FRC Members,

Well, it's hard to believe that all four of the FRC Spring Races have been completed. On Sunday, April 28, the FRC Spring Race #2, the Cape Cod Trail Race was conducted at the Crane Wildlife Management Area. Spring Race #3, the Women Run Cape Cod 5K was conducted on Sunday, May 12 (Mother's Day), then the Spring Race #4, the Surf Drive Mile was conducted on Sunday, May 19. I want to thank the Race Directors, **Mike Norton, Chris Risko and Mary Tolland** for their excellent work on coordinating the activities for the first three races. We had sort of a Race-Director-By-Committee effort to conduct the Surf Drive Mile. More details on these races are listed further down this update.

Collectively, these races play a huge roll in the Falmouth Running Club's commitment to supporting a healthy lifestyle in the community through running and walking. Almost 900 runners had the opportunity to run in one or more of these races. **I want to thank all of the FRC members who volunteered during pre-race tasks, race day tasks and post-race breakdown and cleanup. Your dedication to our Club is truly appreciated.**

Congratulations to FRC Members **Neel Aluru, Dori Gray, Scott Ghelfi, Mike Deasy** and **Thomas Stracqualursi** for completing the Boston Marathon on April 15! Congratulations also to **Anne Priesig** who skipped across the pond to run the London Marathon.

Membership continues to be strong. We reached the **350 member** mark in the middle of April. Thanks to all of our new members who joined and to our existing members who have renewed. This time of year, the membership fluctuates because quite a few memberships expire and then get renewed. We have approximately 60 more members than we had last year at this time. 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!

Adria Bodell - – Family
Diane Durso – Individual
Lynne Riley – Family
Wendy Lathrop – Family
Helen Racine – Family

Stephen Bodell – Family
Shannan LeBlanc – Family
Bill Riley – Family
Dale Lathrop – Family
Pete Sacchetti – Family

Brian Shacter – Individual
Jody Kirincich – Family
Natalie Kirincich – Family
Meredith Howard – Individual
Janet Simons Folger – Individual
Chris Morrissey – Individual
Ryan Weaver – Family
Scott Ghelfi – Family
Holly Sirois – Individual
Stephen Childs – Individual
Diana Clark – Family
Heidi Whiting - Individual
Brian Calderbank - Family
Mike Mueller – Family
Natalie Mueller – Family
Michael Casso – Family
Matthew Manchester – Family
L.A. Grandmont – Individual
Kathleen MacDonald – Family
Gerard Morda – Individual
Ken Gartner – Family
Silas Gartner – Family
Jill Polvinen – Individual
Paul DiAngelis – Family
Kelly Benton - Individual
Robert L Whritenour – Family
Glen Savoy – Family
Rebecca Staffier – Family
William Steffancin – Family
Adam Ross – Family
Jenny Cuningham – Family
Kirby Matthes – Individual
Michael Stone – Family
Anna Bowen – Individual
Robin Hubley-O’Connell – Individual
Patricia Cosgrove – Individual
Tom Irwin – Family
Anne Preisig – Family
Eric Preisig – Family

Kristine Copley – Family
Anthony Kirincich – Family
Carolyn Kirincich – Family
Jeanne Cerulle – Individual
Madeleine Marken – Individual
Kathleen Shaw – Family
Meredith Howard – Individual
Wendy Ghelfi – Family
Lenny Collins - Family
Catherine Wilson – Individual
Michael Clark – Family
Denise Calderbank – Family
Tim McDonough – Individual
Paisley Mueller – Family
Heather Hass - Family
Elise Casso – Family
Allyson Manchester – Family
Mark Murphy – Individual
Robert MacDonald – Family
Susan Gallagher - Individual
Henry Gartner – Family
Nathan Gartner – Family
Lee Levitt – Individual
Marjorie Pitts – Family
Jessica Whritenour – Family
Vaughn Whritenour – Family
Stephanie Savoy – Family
George Staffier – Family
Jeanne Cosgrove – Family
Mary Ellen Ross - Family
Tasha Whited – Individual
Emily Stone - Family
Ed Giordano – Individual
Elizabeth Hansen – Individual
Pat Noone – Individual
Bernice Irwin – Family
Jim Preisig – Family
Clara Preisig – Family
Linda Barney - Individual

My apologies if I have missed anyone.

Friday Night 5 Miler

For all new members, you may want to check out the Friday Night 5 Miler. It starts at 5:30pm in Town Hall Square every Friday, regardless of the weather. If you have any questions about this run, please reach out to [Ken Gartner at \[kj.gartner@comcast.net\]\(mailto:Ken.Gartner@comcast.net\)](mailto:Ken.Gartner@comcast.net).

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

Both of our longer races have received special recognitions this year. The [Cape Cod Marathon Half](#) has been voted the **“Best Half Marathon in Massachusetts” for 2024** by **Race Raves**.

The [Cape Cod Marathon](#) has been named the 2024 **“USATF-NE Marathon Championship Race”**.

Registration numbers for this year’s event are continuing to be positive. We’re still ahead of last year’s pace for the Marathon and Half Marathon through May 21.

<u>2024</u>	<u>2023</u>
• Marathon – 562	- 391
• Half Marathon – 663	- 547
• Marathon Relay Teams – 23	- 20
• Chowdah Challenge – 27	- 26
• 5K – 53	- 53
• Kids’ Fun Run – 34	- 21
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So far, we have registrations from **44** States and **5** Countries (Canada, UK, Sweden, Germany, France)

Our race shirts will be ordered this week and we’re working on the design for the finisher medals.

To make our finish line experience even better, we’re planning on adding activities in our post-race “Xtra Mile” area. There will be two food trucks, an ice cream truck and a coffee truck. In addition to the free pre-race chiropractic adjustments offered by local Chiropractor (and FRC Member) [Dr. Bob Mulcahy](#), Bay State Physical Therapy will be offering free post-race massages. We’ll have two changing tents for runners to get out of their race gear into some warm, dry clothes. We’ll have corn hole games, face painting, ballon animals and a Selfie Station.

For those runners who are in peak form and run a personal best time in any of our CCM races, we’ll have a cool **PR Bell for them to ring, that is generously sponsored by Jennifer Edwards and Falmouth Road Race, Inc.**

Fun Runs

In addition to the continuing **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

Thursdays at 600 PM, Julianna Coughlin leads an evening edition of "Walk and Talk" and a 5K Run at The Run House, 227 Main Street. There will also be a monthly raffle. If you have any questions, you can reach out to **Julianna** at jcoughlin195@aol.com.

Women's Fitness Initiative

Please contact **Mary Tolland** for the dates of the next few **Walk and Talks**, which start at the FRC Office.

Yoga and possibly another **Bowling Night** are in the works.

Pickle Ball has started again on Tuesdays at 5:30pm at **Wendy Ghelfi's** home.

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.

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 or text, **315 263-8658**.

There will be a special edition of this workout on June 5th, which is Global Running Day. There will be an 800M, 1 Mile and 400M Relay. There will also be food (pizza). If interested please email Maggie at MaggieM2007@gmail.com to sign up!

FRC 2024 Spring Races

I gave the recap of the successful Seagull 6 Spring Classic in last month's Update, so let's move on to the other three races.

Cape Cod Trail Races

Race Director Chris Risko once again this year put on a very successful event. In the three years that Chris has been directing the race, registrations have grown from 74 in 2022 (the first running after COVID) to 159 in 2023 and 211 in 2024. Runners had a great weather day to hit the trails at the Crane Wildlife Management Area. Over a dozen FRC volunteers helped with marking the course, giving out Bib Numbers and safely directing cars in the parking area. All in all, it was a very well-organized event. There's a possibility that a 5K distance might be added next year.

Women Run Cape Cod 5K

This year marked the third running of **Race Director Mary Tolland's** race. Each year has seen a steady increase in registrations. In 2022 there were 176, in 2023 there were 249, This year was 294.

The day before the race, Mary had a bib pickup and registration station at the Timber Ax bar and Bowling facility. Quite a few runners came to pick up their bibs, which made it easier for our volunteers on race day morning.

Perfect weather greeted the runners and of course the race went very smoothly, due to Mary's diligence in the weeks and months leading up to the event.

Surf Drive Mile

Last, but not least, the Surf Drive Mile was conducted on May 19, the weekend before the tourist season starts. With the exception of the flooded intersection at Surf Drive and Thomas Lane at the finish line, the road was dry.

When I arrived at the finish line area prior to the race, Peter McConarty's DPW crew setting up to pump the water away. By 8:30am, the water was completely gone in plenty of time for our 9:00am start.

We had 155 registered runners and walkers, which is slightly more than last year's 151.

TWO HUGE THANK YOUs go out to **Tasha Whited**, who coordinated all of the volunteers for these four races and to **Kathy MacDonald**, who wore about a dozen hats making sure all of the races had everything they needed.

Couch-to-5k Training

13 people signed up for **Adria Bodell's** program. If my numbers are correct, 6 of them ran in the Women Run Cape Cod 5K. There were also 6 runners from the

2023 version of the program who ran the WRCC 5K. Plans are for Adria to continue this program, possibly with an eye toward running the CCM 5K in October.

FRC at the Boston Marathon

Congratulations go out to FRC Members **Neel Aluru, Dori Gray, Scott Ghelfi, Mike Deasy and Thomas Stracqualursi** for completing the tough Boston Marathon course on Monday, April 15. It turned quite warm out there on the course, but all of our runners were able deal with that to successfully cross the finish line. Thank you all for representing the Best Running Club on Cape Cod. Nice job, everyone!!

FRC at the London Marathon

Congratulations go out to FRC Member **Anne Priesig**. She decided to forego the commute up to Boston to run that marathon and instead, lengthened her commute as she travelled across the pond to run the London Marathon on Sunday, April 21. Well done, Anne.

High School Scholarships

The FRC has awarded \$1,500 scholarships to three Falmouth High School students. Three recipients are: **Skylar Dale, Adrean Blackwood and Mark Davidson**. Congratulations to all three students. We will present the scholarships to them later in June at the FRC Office.

Falmouth Road Race

Yup, before you know it the 52nd running of this race will be upon us. Race date is August 18. Good luck to all of you who have registered to run. For those of you not running, the FRR team can always use volunteers. Once again, I'll be leading the effort for the Bike Valet Program. If you have any questions about this, you can reach out to me.

Yes, the FRC will have a tent at the Expo and yes, we'll need volunteers.

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

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.

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