

President's Update to FRC Members JUNE, 2024

Hi All FRC Members,

Welcome to summer! As always on the Cape, the weather seems to stay cool for way too long, then all of a sudden, we're in the middle of the heat and humidity. Not that it's a bad thing, but for runners, cyclists and walkers please make sure you're hydrating appropriately during your workouts and certainly after any strenuous outdoor activities. Of course, it's also kinda, sorta my job to remind y'all that there is a lot more traffic out there now, so stay alert and be as visible as possible with High-Vis bright clothing. Okay, enough of that.

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. 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!

Sue Carey – Individual
Amanda Demo – Individual
Karin Levesque – Individual
Paul Hartel – Individual
Brian Connolly – Individual
Bert Entwistle – Family
Linda Boardman – Individual
Dave Baker – Family
Ellen Baker – Family
Onur Karakus – Individual
Mary Bunker Ryther – Individual
Jen Murphy – Individual
Benjamin Zamore – Individual

Kim Langlais – Individual
William Porter – Individual
Claire Ceccoli - Individual
Sandra E Cotterell – Individual
Cathy McCarron – Family
Stephanie Guyer-Stevens – Individual
Diane Mcelroy – Family
Joe Baker – Family
Ellen Mace – Individual
Ruby Krasnow – Individual
Amy Sellers – Individual
Colette Kelly – Individual
Leslie St. Amant - Individual

My apologies if I have missed anyone.

Sad News

Former Falmouth Track Club Member, **Shirley A Frye**, recently passed away at the age of 66. A long-time resident of Falmouth and prodigious runner, cyclist and walker, Shirley was always on the move. Known for running 100+ mile weeks during a stretch of 17 years, she was quite the competitor. Over the years, she completed 30 Marathons and won 15 of them. She won the Cape Cod Marathon 5 times and twice qualified for the U.S. Olympic Marathon Trials with a best time of 2:42. She was loved by everyone who knew her and will be missed.

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.

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

Yes, we are happy to announce that SouthCoast Wind has agreed to stay on as the Title Sponsor for our event this year. This marks the fourth year of their generous sponsorship. THANK YOU!

Both of the CCM our longer races have received special recognitions this year. The SouthCoast Wind Cape Cod Marathon Half has been voted the “Best Half Marathon in Massachusetts” for 2024 by Race Raves.

The SouthCoast Wind Cape Cod Marathon has been named the 2024 “USATF-New England Marathon Championship Race”.

We’ve received these accolades due to the efforts of our great CCM team, our 700 volunteers, our generous sponsors and great vendor partners. We also receive great support from the Falmouth School Department, the Town of Falmouth Select Board, Police Department, Fire/Rescue Department, Department of Public Works and many other organizations. I thank all of you for your continued support. It makes it easier for us to achieve our goal of continuous improvement year over year.

On to the numbers...Registrations for this year’s event are continuing to be positive. We’re still ahead of our three-year average at this time and well ahead of the 2023 registrations for the Marathon and Half Marathon. So as of June 23, here’s where we stand.

<u>2024</u>	<u>2023</u>
• Marathon – 738	- 523
• Half Marathon – 920	- 775
• Marathon Relay Teams – 33	- 27
• Chowdah Challenge – 33	- 41
• 5K – 78	- 78
• Kids' Fun Run – 39	- 30
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So far, we have registrations from **47 States** (Where are you LA, WY, HI?) and **7 Countries** (Canada, UK, Sweden, Germany, France, Hong Kong, Spain)

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, balloon 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 has been 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**.

A special edition of this workout was held on June 5th, which was Global Running Day. Many FRC members turned out for this event. There was an 800M, 1 Mile and 400M Relay. Food and beverages were provided by the Club.

FRC Tuesday Morning Tempo Runs - NEW

Dan and Maggie have started Tuesday morning tempo runs at the corner of Grand Ave and Worcester Court. An email was sent out to all FRC members containing the details about this new training run. In case you didn't read that email, Workouts started June 4th and will be conducted every other Tuesday.

Warm-ups begin at 5:30am

Official work out begins at 6:00am

Please let Dan know if you're interested dwmpr@yahoo.com

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 Youth Running

Yes, another one of Ken Gartner's sons, **Silas Gartner**, recently finished his amazing sophomore year of running at Falmouth High School. He ran 4:16 for the Mile and then he smashed the old 2-Mile record, which was 9:25 set back in 1987. Silas ran 9:07.95 at the Mass State Meet, which qualified him to run in the New Balance High School Nationals at Franklin Field in Philadelphia. It's very impressive to qualify for that event, but to do it as a sophomore is amazing.

Ken's oldest son, **Caleb Gartner**, is still flying around the track. I'm not exactly sure how this works, but he will be running in the Canadian Olympic trials in Montreal on Friday in the 1500 meters. We wish Caleb well.

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