

President's Update to FRC Members

July/August, 2024

Hi All FRC Members,

For those of you who are wondering what happened with my July Update, I decided to combine my July and August Updates. This was for a number of reasons that we don't need to get into now. Hopefully you are enjoying the summer weather. As you'll see below, our efforts with track workouts, the Youth Running Camp, Women's Fitness Initiatives and the Cape Cod Marathon Weekend preparations are continuing. Congratulations to all of you who ran the ASICS Falmouth Road Race. Thank You to all of you who volunteered at some point over the RR weekend.

Membership continues to be strong. We continue to hover slightly above the **360 member** mark, (currently **372**) which is a pretty healthy number. 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!

Helen Malinowski – Individual

Ron Chapman – Family

Mark Clark – Individual

David McPherson - Family

Jacqueline Dufresne – Individual

Isabella Svensen – Family

Lucas Miller – Individual

Madeleine Marken – Individual

Daniel Webb – Family

Mary Webb – Family

Joan Pelletier – Family

Manal Kerfoot – Individual

Kurt Achin – Individual

Ann Tarrant – Individual

Ed Sullivan – Individual

Brian Baker – Individual

Stephen Morris – Individual

Jessica Abisla - Family

Saye Abisla – Family

Ocean Eversley – Individual

Pam Triest-Hallahan – Individual

Tracy Chapman - Family

Nicholas Kleimola – Family

Patricia McPherson – Family

Alan Svensen - Family

Thomas Burt – Individual

Swing Robertson – Individual

Quincy Dowling – Individual

Harrison Webb – Family

Russ Pelletier – Family

Nancy Spiro - Individual

Loreley Lago – Individual

Sawyer Newman – Individual

Kathy Chute – Family

Gerry Fine – Individual

James Rodriguez - Individual

Wayne Stuck - Individual

Oscar Abisla – Family

John Abisla – Family

Nancy McGee - Individual

My apologies if I have missed any new or renewing member.

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

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 August 19, here's where we stand.

<u>2024</u>	<u>2023</u>
· Marathon – 1,000	- 859
· Half Marathon – 1,642	- 1,507
· Marathon Relay Teams – 74	- 52
· Chowdah Challenge – 45	- 48
· 5K – 183	- 185
· Kids' Fun Run – 63	- 43
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So far, we have registrations from **49** States (Where are you Wyoming?) and 9 Countries (Canada, Great Britain, Sweden, Switzerland, Germany, France, Hong Kong, Spain, Brazil)

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 is continuing 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 summer 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 dwmpre@yahoo.com or text, **315 263-8658**.

FRC Tuesday Morning Tempo Runs

The Tuesday morning tempo runs have been suspended for now due to the lack of participation. At some point in the future, they may be resurrected, but for now, you’re on your own for tempo runs.

Falmouth Youth Running Camp

Once again this year, [Anne Preisig](#) conducted a very successful Youth Running Camp at the Falmouth High School Track. Joining Anne were assistant coaches [Hannah Mark](#), [Grace Bender](#), [Jim Preisig](#) and [Julie Wozniak](#). Thank you all for your time and effort that you put into this important part of our goal of supporting youth running.

Falmouth Road Race

Yup, on Sunday, August 18, Executive Director and fellow FRC member, [Jennifer Edwards](#), coordinated the efforts of thousands of volunteers to conduct one of the best ASICS Falmouth Road Races in its 52-year history. A big Thank You goes out to all FRC members who volunteered at one or more of the activities over race week. Also, a Big Congratulations to all FRC members who completed the race. I don't have a list of all FRC members who ran, but I do know that one member, [Jack Carroll](#), ran his 47th FRR this year. Oh My!.

Once again, the FRC had a tent at the Expo where we sold Club merchandise and promoted the Falmouth Running Club and the Cape Cod Marathon Weekend. A few of us were under the tent during part of the torrential rains on Thursday afternoon. What a storm it was. Kudos to [Diana Clark](#), who coordinated the efforts of the volunteers Thursday through Saturday.

In the High School Boys Mile, FRC members [Silas and Nathan Gartner](#) finished 1st and 3rd respectively, with Silas running 4:22 and Nathan running 4:28. Congratulations to both boys on excellent performances!

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