

President's Update to FRC Members

November, 2024

Hi All FRC Members,

Happy Gobble Gobble Thanksgiving to everyone. My apologies for being absent the past few months. Life threw a few curve balls at me, but I'm back, better than ever (almost). Membership in FRC continues to be strong. We continue to hover slightly above the **360 member** mark, (currently **369**) which is a pretty healthy number. 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!

Peter Trimble – Family

Denise Trimble – Family

Paul McCadam – Individual

Jack McManus – Family

Sharon McManus – Family

Kevin McManus - Family

Wayne Stuck – Individual

Linda Luthman - Family

Ali Luthman – Family

Clare Stilling – Family

Matthew Stilling - Family

Julia Stilling – Family

Madeline Stilling – Family

Shannon Rauch – Individual

Rhonda Crowfoot – Individual

Beth Crouch – Individual

Cindy McCann – Individual

Cathy Dalton – Family

Pat Dalton – Family

Thomas Smith – Individual

Varvara Golovko – Family

Daniel Golovko – Family

Sarah Lapp – Individual

Allan Bartlett – Family

Pam Amaral – Family

Kate Delaney – Family

Kerin Delaney – Family

Sam Ledwell – Family

Tess Ledwell – Family

Jiyoung Park – Family

YoungJae Wagner – Family

Ed Swartz – Individual

Laura Semonche - Individual

Laurie Bartlett – Family

Mark Bogosian – Individual

Russ Delaney – Family

Matthew Delaney – Family

Beth Grimes – Individual

Lauren Ledwell – Family

Danielle Velesig – Individual

Jeremy Wagner - Family

John Lazarus – Individual

Liz Donalds – Individual

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

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

We had a very successful SouthCoast Wind Cape Cod Marathon Weekend Event this year. I want to thank all of you who volunteered and/or ran in any of the races. Your commitment to this event and to the FRC allows us to continue to make donations to our volunteer teams and allows us to continue our support of youth running and other events throughout the year. We were able to donate \$27,865 to the various high school teams and other non-profit volunteer teams and an additional donation of \$4,386 to Tommy's Place right here in Falmouth. Our event also provides a huge financial boost to the Falmouth business community with runners filling hotels and B&Bs, dining in local restaurants and purchasing goods from the many local retailers in town.

Thanks go out to Superintendent of Falmouth Schools, Dr, Lori Duerr and the Principal of Mullen Hall Elementary School, Rose Moran, who allowed us to use the school gym and outside grounds for 4 days over the Indigenous Peoples holiday weekend. Thanks also to the Falmouth Police Department who kept everyone safe along the race courses, the Falmouth Fire Rescue Department who worked with our own medical team and to the Rotary Club of Falmouth who coordinated the parking for everyone.

And of course, thanks go out to the following sponsors:

Title Sponsor, SouthCoast Wind, for their sponsorship over the past 4 years

The Falmouth Enterprise, the Official Media Sponsor

Martha's Vinyard Bank and Charitable Foundation, the Official Hydration Sponsor

The ASICS Falmouth Road Race for sponsoring the PR Bell and letting us use their Water Monster

·Mulcahy Family Chiropractic, the Official Chiropractor

Other sponsors including Burton Family Foundation, Cape Cod 5 Bank, Boundless, Race Roster, Shaw's Supermarket, USA Racing, Stride Awards

And multiple vendors who supplied the ingredients for Chef Stephen Bird's World-Famous Soups and Clam Chowdah

Registrations for our races were:

- Marathon – **1,088**
- Half Marathon – **1,913**
- Marathon Relay Teams – **106 (484 runners)**
- Chowdah Challenge – **58**
- 5K – **328**
- Kids' Fun Run – **200**
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We had registrations from **49** States (Wyoming?) and 9 Countries (Canada, Great Britain, Sweden, Switzerland, Germany, France, Hong Kong, Spain, Brazil)

Our CCM Compost and Recycle programs were very successful. According to our compost partner, Remix Organics, **99%** of the materials placed in their totes during race weekend were compostable, which is an amazing result. We also filled a large dumpster with our cardboard and plastic, which was recycled by Nauset Disposal.

FRC Spring Races

These races will be upon us before you know it. For new FRC members who are not aware of these races, we conduct 4 races in the spring every year. Three of the races are on roads, the other is a trail race. Each race has its own personality.

The first race is the **Seagull 6 Spring Classic**, which is a VERY hilly loop course that starts and finishes at the starting line of the Falmouth Road Race. It's conducted on the last weekend in March, except when that day is Easter, then the date is move to the Sunday before. This is a great early spring race. FRC member **Mike Norton** is the Race Director.

The second race is the **Cape Cod Trail Race** in April, which as its name implies, is a trail race. It's held at the Crane Wildlife Management Area on Route 151. There is a 10K loop that you can run once, twice or three times. FRC member **Chris Risko** is the Race Director.

The third race is the **Women Run Cape Cod (WRCC) 5K**, which is a women's race. It's a flat and fast out-and-back course that starts and finishes in the Falmouth Town Hall parking lot. It is conducted in May on Mothers' Day. **Mary Tolland** started this great race three years ago, which has grown in registered runners every year. She is also the Race Director.

The fourth race is the **Surf Drive Mile**. You may know this race as the former Main Street Mile. Four years ago, it was moved to Surf Drive. This is a 1-Mile race that runs along Surf Drive from west to east and finishes at the Beach house on Surf Drive near Walker Street. It's a low-key race that welcomes runners and walkers of all abilities. It's a great family fun run, that also attracts some very fast milers. This race is held one week after the WRCC race. **Currently this race has no Race Director**, so if you ever wanted to dip your toes into the race director world, this would be a great race for you to get your start. **Please contact me if you are interested in becoming the Race Director.**

2025 race dates for all four races are:

- Seagull 6 – Sunday, March 30
- Cape Cod Trail Race – Sunday, April 27 (tentative date)
- Women Run Cape Cod 5K – Sunday, May 11
- Surf Drive Mile – Sunday, May 18

These races offer an opportunity for you to become more involved with our Club by volunteering. We will start reaching out for volunteers as these races approach.

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

Saturdays at 7:30am The Run House hosts a run. Meet behind the store. There are 3, 4, and 5 mile options.

The Run House is also hosting a Shopping Night on Thursday, December 5th from 5:00pm to 8:00pm.

The Club will also be hosting our **Hangover Classic** at the FRC office on **Wednesday, January 1st**. All FRC members are invited to attend the 5k-ish fun run and bring something tasty to enjoy post-race.

B.A.A. Boston Marathon Invitational Bib Numbers

The Boston Athletic Association annually provides local running clubs with a limited number of Invitational Boston Marathon Bib Numbers. These bib numbers are distributed to running clubs who have demonstrated their ability to promote running and a healthy lifestyle in their community and those who have participated in some B.A.A. activities during the past year. Recently we have been fortunate enough to receive some of these bib numbers.

We have submitted our application to the B.A.A. and are awaiting to see if we will receive bib numbers this year. We usually hear from them by mid-December. As soon as we know, I will notify FRC members.

Women's Fitness Initiative

Mary Tolland will be scheduling a number of activities over the next few months. The next scheduled activity is:

- **Walk and Talk – Sunday, November 24** starting at the FRC office.

If you have any questions or recommendations on activities, you can reach out to [Mary at frcwomensfit@gmail.com](mailto:Mary@frcwomensfit@gmail.com).

FRC Wednesday Track Workouts

These weekly track workouts at the Falmouth High School track will be continuing through the fall and winter seasons. **Wednesday, November 20 marks the 2nd anniversary of Dan McCarthy and Maggie Manning conducting these workouts.**

There will be special activities, prizes and food. You won't want to miss this. If you have any questions about the activities for next Wednesday or any of the track workouts, please reach out to Dan at dwmpr@yahoo.com or text, **315 263-8658**.

There are also **Hills & Drills workouts with Dan and Maggie on Mondays at 5:30pm**. The specific workouts and locations are posted on the FRC FaceBook page.

FRC Board of Directors Elections

The FRC Board of Directors consists of 4 officers and 5 At-Large members. All of the positions have a 2-year term. This year, the position of President and 3 At-Large positions are open. There also is a 1-year At-Large position that is open due to the position being vacated during this year. You will be receiving an email soon with more information on this.

FRC Annual Meeting

The FRC Annual Meeting will be held on Tuesday, January 21, 2025 at 6:00pm. All FRC members are invited to attend. Last year, we conducted the meeting at Aquatic Brewing. Owners Alex and Greg are generously allowing us to hold the meeting at the same location in January. At the meeting, I will present a review of 2024 and the results of the election will be announced. This meeting is a great way to meet new FRC members and to socialize with your fellow members. Food, water and non-alcoholic beverages will be provided. Of course there will be many varieties of Aquatic beer for purchase.

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