

## President's Update to FRC Members

December, 2024

Hi All FRC Members,

Wow! Where have the last four years gone? Back then, we had recently moved into our new office location on Main Street and I was elected to be the President of the Falmouth Track Club. At that time, membership was stagnant, if not declining and the atmosphere within the club needed an infusion of fresh air. We needed to attract new (dare I say, younger?) members who wanted to get more involved with the Club and bring in new ideas.

A lot has changed since then. We changed the name of the Club to the Falmouth Running Club. We also changed the logo. However, the largest and most important change is that we changed the mindset within the club. We started to market the Club more effectively, using social media much more than in the past and we surveyed current members to find out what they liked about the club and what they thought needed to be changed, added or eliminated.

We added new weekly fun runs throughout the year and brought back some others, like the Hangover Classic on New Year's Day, The Cape Cod Trail Race and weekly track workouts at the Falmouth High School Track. A few years ago, we started a new race; the Women Run Cape Cod 5K and added a 5K to the CCM Weekend. We've developed relationships with our next-door neighbor, Sweat Studio, our two-doors-down neighbor Aquatic Brewing and our down-the-street neighbor, The Run House. We've added "Long Runs" for runners who were training for the Boston Marathon or the Cape Cod Marathon. To continue our support for youth running, we added a Kids' Fun Run to the CCM weekend and are continuing our very popular Summer Youth Training Camp. We will also be introducing a Lobstah Challenge to CCM Weekend this year (Hmm... what's that?).

We've added some other fun, healthy activities, such as "Walk and Talks", Yoga Classes, and Kickboxing classes next door. We also partner with Timber for Bowling, Axe Throwing and bib number pickup for the WRCC 5K. We've also added a lot of cool FRC merchandise for our members. **All of these activities and runs have been started by and/or organized by our great Club Members. Without you, none of the above would have been possible!**

By the way, we have also increased our membership by over 100% over the last four years and our financial situation has never been better, which has allowed us to increase our donations to local school groups and other worthy non-profits as well as continuing our scholarship program for high school students.

I'm sure I've unintendedly left some things out. For that, I apologize. So, as much as I have enjoyed working and volunteering with all of you over the past four years, my term as your President will be ending next month (Term Limits). It has been an honor and privilege to be part of the Falmouth Running Club transformation. I thank all of you for your contributions in making all of this happen.

**THANK YOU ALL for being such great FRC members.**

- **Jack Afarian**

**Please join me in welcoming all of our new and renewal members!**

**Sue Harman -Individual**

**Andrew Arki – Individual**

**Maura M Reimer – Individual**

**Kathleen Cook – Individual**

**Jan Rimmel – Individual**

**Alyssa Marzot – Individual**

**Amanda Peterkin – Family**

**Max Peterkin – Family**

**Laura Semonche – Individual**

**Nicole Davies – Family**

**Ben Zamore – Family**

**Mary Burkinshaw – Individual**

**Susan Lumping – Family**

**Christopher Lumping – Family**

**Braden Lumping – Family**

**Alexander Lumping - Family**

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](mailto:Ken.Gartner@comcast.net) at [kj.gartner@comcast.net](mailto:kj.gartner@comcast.net).

## SouthCoast Wind Cape Cod Marathon Weekend – October 11 & 12, 2025

After a very successful SouthCoast Wind Cape Cod Marathon Weekend Event this year, we have been working on getting ready for next year's event, which will take place on Saturday, October 11 and Sunday, October 12. Our Race Permit Application has been submitted. [Kathy MacDonald](#), our Race Administrator, has been updating the Cape Cod Marathon website to get ready for opening registration on January 15, 2025. Our 750 Volunteer Hoodies have been ordered and we're working on the design for our great long sleeve race shirts. Next up we'll be looking at designs for the finisher medals. Similar to last year, Tommy's Place will be our "Official Charity". Of course, our task of landing sponsors is always underway. If you know any organizations who might be interested in sponsoring the event, please contact me at [director@capecodmarathon.com](mailto:director@capecodmarathon.com).

## FRC Spring Races

### 2025 race dates for all four races are:

- Seagull 6 – Sunday, March 30 – [Mike Norton](#)
- Cape Cod Trail Race – Sunday, April 27 – [Chris Risko](#)
- Women Run Cape Cod 5K – Sunday, May 11 – [Mary Tolland](#)
- Surf Drive Mile – Sunday, May 18 – [Ron Chapman](#)

The required Race Permit Applications for all four races have been submitted to the Town. These races offer an opportunity for you to become more involved with our Club by volunteering or running. We will start reaching out for volunteers as these races approach.

## Group Runs

In addition to the continuing [Sunday morning \(11:30 am\) 5K](#) runs at [AQUATIC BREWING](#), you may be interested in trying....

**Mondays at 5:30pm – Hills and Tempo Runs** at various location. Workouts are posted on the Club FB page.

**Wednesdays at 5:30pm – Track Workouts** at Falmouth High School Track

**Thursday morning runs or walks 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)

**Friday Night 5 Miler at 5:30pm** at Town Hall Square

**Saturdays at 7:30am at The Run House** on Main Street (3, 4 and 5-mile options).

### **B.A.A. Boston Marathon Invitational Bib Numbers**

This year, we received three Invitational Bib Numbers for the 2025 Boston Marathon from the Boston Athletic Association. We award these bibs to club members who have demonstrated their commitment to the Club by attending club activities, have volunteered their time to help out at club events and who are prepared to diligently train for this event. The recipients this year are: **Ron Chapman, Vernice DiMatteo and Ian Quino Fernandez**. Please join me in congratulating them and thanking them for their contributions to the Club. We wish them a healthy training period leading up to the best Marathon on the Planet. The race in 2025 will be held on Monday, April 21.

### **Women's Fitness Initiative**

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

- **Boxing Class at Sweat Studio – January. Check your email for details.**

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

## **FRC Wednesday Track Workouts**

On Wednesday, November 20, we celebrated the 2-Year Anniversary of these weekly track workouts at the Falmouth High School track. We are very fortunate to have **Dan McCarthy and Maggie Manning** conducting these workouts. If you are one of the runners who attend these, you know what a great job they do. You don't have to be a speedster to join in, so if you haven't tried one of the workouts, you might want to contact Dan to find out more about them. If you have any questions, please reach out to Dan at [dwmpre@yahoo.com](mailto:dwmpre@yahoo.com) or text, **315 263-8658**.

## **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. If you are interested in volunteering as a Board member, please contact current vice-president **Ron Chapman** at [chapmanron@yahoo.com](mailto:chapmanron@yahoo.com).

## **FRC Annual Meeting**

The FRC Annual Meeting will be held on Tuesday, January 21, 2025 at 6:00pm at Aquatic Brewing; the same location as last year. Thanks go out to Alex and Greg for allowing us to use their location again. All FRC members are invited to attend. At the meeting, I will present a review of 2024 and the results of the Board of Directors 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 Hangover Classic**

There's no better way to shake off the effects of your New Year's Eve celebration than to stop by the FRC office to participate in the FRC Annual Hangover Classic. The run will start at 8:30am, followed by food and drink with fellow FRC members. You don't even have to run to enjoy the fun. Just come with some food and or drink and socialize. Hope to see you there.

## FRC Merchandise

**We will be ordering some new merchandise... Check your email details.** 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)**

## Some 2024 Gartner Boys Race Results

### Silas Results

- Tied 1<sup>st</sup> Place in Seagull 6 race with Nathan – 33:30
- Finished 1<sup>st</sup> in the Tommy Cochary HS Mile
- Finished 1<sup>st</sup> in 15-19 age Falmouth Road Rac – 36:46
- Won the State Divisional XC Meet
- Won the State D2 XC Championship (First Falmouth High School runner to win this individual title)
- Placed 10<sup>th</sup> at Footlocker Northeast Regional XC meet at Franklin Park (All New England states plus New York, New Jersey, Pennsylvania, Delaware)
- Will be running National Footlocker XC Meet in San Diego tomorrow (12/14)
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### Nathan Results

- Tied 1st Place in Seagull 6 race with Silas – 33:30
- Won Liam Maguire's Almost 5-Miler by a minute
- Finished 3<sup>rd</sup> in the Tommy Cochary HS Mile
- Won Falmouth in the Fall 7-Miler by 3 minutes
- Won Mayor's Cup Open XC race at Franklin Park – 16:24
- Ran 15:58 5K XC race over a very tough course Race in Wayland
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### Henry Results

- Top 1 or 2 runner at Stonybrook College
- Ran 24:20 for 8K distance
- Ran 31:05 for 10K distance
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### Henry, Silas, Caleb

- Won in a Triple Tie - Surf Drive Mile – 5:09

## **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