



FTC Starting Line

November 2015

Let's Get Going!

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Hello! What a wonderful 2015 Cape Cod Marathon weekend! Over 1,173 half marathons, 659 marathons, 90 Chowdah Challengers and 197 relay teams traversed the roads of Falmouth. The 2015 version of the Track Club's premier event was coordinated by 24 members of the Marathon Committee- almost all of whom are Track Club members- and over 750 volunteers. From the Runner's Expo presented by Marathon Sports on Friday afternoon/evening, to the Novo Nordisk Cape Cod Marathon Half on Saturday, and culminating with the 38th annual Cape Cod Marathon and Relay, it was truly a runner's weekend! Thank you to all the club members who helped and/or ran- It's one of the best weekends of the year for the club!



Greeting from the Pack By Emma Funfar

MY running weekend was fantastic! I finished my half marathon (The Cape Cod Marathon Half) 4 1/2 minutes under my goal! The first 7 miles had a great rhythm.

I slowed it down for 8-10. Most of 11 was a struggle! Then at the end of the 11th mile I heard some very heavy panting and swearing behind me. I slowed my pace and soon the heavy panting was right by my side. We ran together for a minute. Then she stopped to walk. I turned back, clapped my hands and said "c'mon you got this"! She said "thank you". We ran the rest of the race side by side! We crossed the finish line together and high-fived! I have no idea what this woman's name is. All I know is that I needed her pushing me just as much as she may have needed me! The feelings associated with running a race are hard to explain! In 13.1 miles I felt invincible, peaceful, tired, excited, pain, happy, defeated, cold, hot, thirsty, accomplishment, and thankful! I felt thankful to all the other runners, to all the volunteers, and to all the family and friends cheering along the way! I think I am falling in love with running!



We did it!!
Kristi Funfar and Emma Funfar

The next day I was part of Team Fun Wood

for the relay! I was in the 2nd leg. It was an awesome feeling to receive the relay bracelet from my daughter who did the first 3 miles. I ran 6.15 miles with more ease than I thought I would the day after a half! Don't get me wrong, I took my time! The relay was a very fun experience and I look forward to being a part of it again! I loved being at the finish line watching the runners cross! Faces with smiles, sweat, and determination! What a weekend! I said before I am falling in love with running but I am not ready to commit to a full marathon yet. Each day is new and maybe one day I will surprise myself! Till then I will enjoy every step along the way!



FALMOUTH

Track Club



After the relay Shawn Funfar, Amanda Hebert, Emma Funfar, Kristi Funfar and Dan Sherwood

What's Cooking With Mike Falcone

This is my recipe for blueberry muffins. I like to eat them for breakfast before a long run. This recipe makes six large muffins. I usually freeze most of them wrapped tightly in plastic wrap. To thaw, just remove from the freezer and put on the counter the night before.



Preheat the oven to 350 degrees and grease your muffin pan.

Mix together the following:

- 0.5 cups whole wheat flour
- 1.5 cups all purpose Flour
- 0.75 cups sugar
- 2.5 tsp baking powder
- 0.5 tsp salt

In another bowl mix together:

- 1 stick of melted butter (slightly cooled)
- 2 large or XL eggs
- 0.75 cup of milk

Combine the contents of the 2 bowls together.

Add 1 cup blueberries and stir in just enough to mix. I use frozen (not thawed) blueberries they tend to work better than fresh berries.

Pour mix into your muffin pan and cook until the tops brown slightly. (about 35 minutes)

Remove from oven and cool for a couple minutes, then remove muffins from pan and put on a cooling rack.

From running the trails to taming the ice: Getting to know BOD member Julie Waite.



TELL us about your running. What type of running do you enjoy doing? Do you run any races?

I consider myself a lazy runner. I don't do speed work or any type of structured training. And while I run 4-6 times a week, I don't keep track of mileage and go between 3-6 miles, and one day on the weekend more in the neighborhood of 8. Though if I have a half marathon or more on the calendar, I'll have a loose plan to make sure I'm prepared.

I most enjoy trail running, especially on a beautiful fall day. There are quite a number of trails in Falmouth and Mashpee that I've had fun exploring and getting to know. (The Morain Trail has two fern glens that are astonishing in the number of ferns grown in them.)

I've scaled back on longer races the last few years. I've run the Cape Cod Marathon five years in a row, a couple of trail marathons and a trail 58k. The 58k was a great experience and a great self-confidence booster, but the amount of time needed to train was tough (trained as if for 50 miles and very glad I had) since I have other activities and interests that I want to be involved in too.

Are you a native Cape Coddier? If not, what brought you to Cape Cod?

I'm not a native Cape Coddier, but I did grow up in New England in Vermont. We moved here October 2000 from the Bay Area because my husband was transferred from the U.S. Geological Survey in Palo Alto to the Woods Hole office. While there is a lot of great hiking there, I was happy to move here with its much slower pace and far fewer people.

What is a memorable running story?

Loads of memorable snippets come to mind; it's hard to pick one. I guess what I remember most is the last kilometer of the ultra I ran in 2011. Several hundred people descended on a Canadian ski resort to participate in a variety of distances, the 58k being the longest. It finished through the ski resort village where lots of the shorter distance runners and their families were walking around, having dinner outside, shopping, etc. and they would stop and clap for the runners coming through. . It was such a great feeling generated from the acknowledgement and knowing for certain I would make it to the finish (only about 1/2 who started made it to the finish).

Julie Waite (cont.) The medal for the race was one of the best ones I have - a heavy dog tag with a bear paw print on it - and particularly special because I saw a bear on the trail!



Julie (right) wins a faceoff in the Cape Cod Women's Hockey League

Do you have any other sports or wellness interests? Can you tell us about that/those?

I also play ice hockey in the Cape Cod Women's Hockey League and have been since a week after moving here! I grew up skating, but didn't even consider hockey since that was a boy's sport at that time. I also like to throw in bike rides to break up running. Occasionally I like to go for a long walk rather than run.

What do you do when you are not running?

I work part-time as a graphic designer and maintain the website at the Woods Hole Research Center. In my down time, I like to do crafty things like knitting, cross-stitching, paper arts (drawing, card making, etc.), jam-making and playing the clarinet in the town band during the summer.

Do you have any future running or fitness plans?

I always look longingly at the Grand Tree Trail Race Series every late winter/early spring and daydream about running several of those through the spring/summer/fall. (Kind of like looking at a seed catalog and daydreaming about warmer weather.) There are a couple of marathon-ish length races I'm planning on for next fall. And maybe a couple Grand Tree races...

Julie Waite (cont.)

What role do you have on the FTC Board of Directors?

I maintain the Club's website and also the Cape Cod Trail Race website. I've more or less found myself taking on the grants program, which was formally started a couple of years ago.

What brought you to be a part of the FTC and then the FTC Board?

In a previous job in web development, the company I worked for hosted and maintained the Cape Cod Marathon's website, so I'd worked on that website as early as 2001. Even after I'd left that company, the race director found me to help maintain the website and do a redesign a few years later. A few years ago I was asked if I'd be interested in taking over the club's website and redesigning it in addition to maintaining it. The board at that time decided being that involved in the club warranted being a board member. So here I am.

Do you have any recommendations for people who want to get involved with the FTC, in running or in wellness activities?

Volunteering at races is a rewarding experience; to see all ages and abilities of runners is inspiring. And being involved in the club doesn't mean having to be a "serious" runner - or a runner at all! I see it more as being in support of being healthy and active.



Volunteers having fun at the 2015 Cape Cod Marathon. This group are volunteers from "Friends of Falmouth Dogs!" Says FTC member and volunteer Pam: "It was so fun!"

A Marathon in 50 States Plus the District of Columbia

Carl Gustafson

25 years ago I had the idea to run my first marathon. I raised \$500 for Independence House, a program that is working hard to end domestic violence and sexual assault and to treat those victims and change the functioning of those perpetrators. As many of you know, I was the first male trained at Independence House. I had the good fortune to meet Sandra there, who has been my partner for 23 years this September. My sister Debbie accompanied me to my first marathon. I made a shirt to commemorate the run and got a lot of support on the run.



When the run was over I could hardly walk and had to go backwards up the stairs because I could not lift my left forwards. Of course, from that point I was hooked on long distance running! Soon the idea about running a marathon in all 50 states plus DC emerged and I was on board.

Here are a brief few running highlights:

1. I remember finishing the Palo Verdes Marathon. Jordan was 18 months old. Judy,

my sister in law was “watching” Jordan with Sandra at the finish. After I finished he saw me on the big lawn area and came running saying “Daddy!” and as he ran he came right out of his diaper! That was a nice finish!

2. I remember my first trail marathon, the Nipmuck Trail Marathon in Connecticut. Abigail was just born. Sandra was waiting with both children during the race and kept seeing runners come out of the woods all bloody. While I was running I would hear a branch snap, a runner go “ahhhh!” and hear the tumble of them as the ground greeted them! It was like sniper fire was taking out everyone around me. I followed a petite woman runner who ran with small rabbit steps. I decided to do what she was doing and escaped unharmed!

3. The Anthem Kentucky Derby Marathon was run on Krispy Kreme Donuts!.



Some Winter Warriors from the Falmouth Track Club who ran throughout last winter including the blizzard and zero degrees!

A marathon in 50 states... (cont.) We arrived late with two small children in tow. No time to plan in the morning. Of course, getting Jordan and Abigail ready in the morning slowed us down some more. The only place I could find open was Krispy Kreme Donuts! I had three hot sugar donuts and ran 26.2 miles! I am fairly certain the first three miles were a lot faster than the last 23!

4. One of the most epic trips was, of course, food based! I met my friend Chris Byrd in New Orleans for the Mardi Gras Marathon. Chris had been in the Jesuit Volunteer Corp there. His sister and her friends met us. They were friends with a guy who was like the unofficial Mayor of New Orleans! We ate amazing food, listened to jazz music and just had a great time! It is well worth the trip to the deep south!

5. What was my favorite overall marathon? Twin Cities, in Minnesota. Gorgeous fall day. The course wrapped around and between a number of lakes. There were over 200,000 spectators out to cheer us on in what otherwise feels like a small town marathon. Great food (broiled walleye sandwiches later!) as well as some of the nicest people. Really great run and got to go with my friend and training partner Glenn!

Besides the marathon running I have tried to do some volunteer work and fundraising as the days have gone along. Here are some fundraising and volunteer highlights:

1. I have been involved with raising awareness of power and control in relationships and the issues around preventing sexual assaults ever since. I was proud to work with Independence House, Sandra and Jacqueline Smith to bring the first batterer intervention program to Cape Cod, a program then called DAIP (Domestic Abuse Intervention Project) and to work as one of the first facilitators.



Our slogan? "Run Forward. Give Back."

2. I was the first male on the Cape to work as a Hot Line volunteer. I would say to the women calling that if they wanted to talk to a woman I had a female back up. About one time in twenty that would happen. It ended up being a very powerful experience for me and I hope I was a supportive person who was knowledgeable about resources.

3. I worked with Sandra, Jordan and Abigail to do a Curious George Pancake Breakfast raising money for the Jimmy Fund and our Unitarian Universalist Fellowship. We were up to our arm pits in syrup and kids. It was a blast!

4. The Cape Cod Trail Race and Expo were born over the past couple of years. I have been privileged to work with a group of people who have brought the first trail marathon (and more!) to Cape Cod. The events have raised over \$15,000 for charities in two years!



Here is the motely set up crew of Ed, Glenn and I (or Moe, Larry and Curley’s moving company!



Henry Gartner loosens up for the CCM Relay



Jonathan K. starts his leg of the relay

Become a Composter!

Mary Ryther- mary@compstwithme.com

Looking for a new project to complement your healthy lifestyle?

How about composting?!

There are so many compelling reasons to recycle your banana peels. Home composting benefits the environment by diverting your household food scraps from your waste stream. This reduces the volume and weight of your trash, which then requires less fuel to haul away! Throwing away less food also lessens the amount of harmful leachate and methane gas produced in landfills.

You can nurture a healthy eco-system in your yard by making and using your own compost rather than buying chemical fertilizers. Your homemade organic compost adds nutrients to your garden as well as moisture-retaining organic material, so less watering is needed! The diverse microbial population of compost can help strengthen your plants and can effectively deter invasive weeds. And did you know that exposure to “good” bacteria in healthy soil can promote a healthy *personal* microbiome? So go ahead and get your hands dirty!

Almost anyone can compost, especially if you have a yard. Those in apartments or condos may have more of a challenge, but it can be done on a small scale too! Here are some tips to get you started:

-Put your kitchen food scraps into a small counter-top container with a snap-on lid, like a 32-oz. yogurt container. Empty the container into your compost pile frequently. If you have room in your freezer, keep the container there- freezing is the best way to avoid fruit flies and odors.

-If you want a more glamorous food scrap container, you can find one at Homegoods- or hide your yogurt container inside a vase, crock, or basket.

-Set-up your compost pile a fair distance away from your house (you want to get a little exercise, don't you?). Just remember you'll need to shovel a path to the pile when it snows!



- Add dry leaves, wood chips and other yard waste to add carbon to the nitrogen-rich food scraps. Keep the pile oxygenated but stirring and/or turning it over every 2 weeks- and more often in wet weather. A healthy compost pile should not smell bad, and keeping it aerated will help avoid odor.
- To keep vermin from setting up house-keeping in your compost pile, consider pouring a small concrete slab to work on. You can also use metal hardware cloth with $\frac{1}{2}$ " or $\frac{1}{4}$ " mesh underneath your pile to keep out burrowing critters, and still allow earthworms to have access.
- An easy way to build a simple compost "bin" is to make a cylinder of 14-gauge wire fencing or hardware cloth about 30-36" in diameter x 3'-0" high. This will be small enough to lift or tip and shake out the composting materials for frequent mixing and aeration.
- You can compost year round, although low outdoor temperatures will prevent hot and rapid decomposition in the fall and winter. Even so, food scraps and yard waste will break down slowly all winter!

Composting is a great way to become more mindful of the environment around us. When we remove the food scraps from our trash we can see an immediate reduction in the amount that we throw away. This is a great lesson for kids and grandchildren, and you may be surprised to find out how much fun it can be to recycle your food scraps into compost for your garden and landscape plantings.

Let me know if you have questions or want to share your composting goals and experiences.

Happy Composting!



November 2015 Event Calendar

[36th Falmouth in the Fall Road Race](#)

11/1/2015; Falmouth

[Genesis Battlegreen Run 2015](#)

11/1/2015 Lexington

[Stache Halfe Marathon & 1-Mile Race](#)

11/1/2015 Ipswich

[14th Annual Run For All Ages 5K](#)

11/7/2015 Wakefield

[AGN Turkey Tune Up 5K](#)

11/7/2015 Ipswich

[5 Miles Home](#)

11/8/2015 b Raynham

[Chilly Half Marathon](#)

11/8/2015 Newton

[SFX Fall Back 5K Fun Run](#)

11/8/2015 Hingham

[16th Annual Edaville Rail Run](#)

11/14/2015 Carver

[32nd Taunton YMCA 5M Turkey Trot Race](#)

11/15/2015 Taunton

[4th Annual Myles Standish Marathon & Marathon Relay](#)

11/15/2015 Plymouth

[Biggeststeps 5K](#)

11/15/2015 Needham

[Piggy's 5K Run](#)

11/21/2015 Waltham

[45h Annual Guard Oil 5K Turkey Trot](#)

11/22/2015 Marion

[15th Annual We Gather Together 5K Race](#)

11/26/2015 Sandwich

[17th Annual Marathon Sports Hingham Turkey Trot](#)

11/26/2015 Hingham

[23rd Annual Dreamcatcher Classic Road Race](#)

11/26/2015 S. Weymouth

[Acton Turkey Trot](#)

11/27/2015 Acton

[4th Annual Run Your Turkey Off 5K](#)

11/28/2015 Bourne

[Andrea Holden Thanksgiving Road Race](#)

11/28/2015 Dennis

[Tough Ten Mile Turkey Trot](#)

11/29/2015 Marlborough

Anne Preisig's Kids Running Club



LATE FALL SESSION begins tomorrow

It's been a great fall so far, with adventures on the trails, lessons on the hills, and fun exploring. For those new to the club, we meet year round: last year we did keep going all winter. I get creative with workouts to make the best of the conditions. The fun never stops!

October 31 will be the start of the late fall session, ending December 19. The session will go 7 weeks and will be \$56. We will not meet the Saturday after Thanksgiving (November 28).

There is always the option to drop in to any one day for \$10.

Newcomers welcome to join us at any time. Invite your friends!

We meet Saturday 3:30pm - 4:30pm at my house at 638 Brick Kiln Rd, Falmouth.

Parking: I know it can get busy in my driveway for drop-off and pick-up. Feel free to park on the side of Brick Kiln Road on the grass in front of my house to avoid back-ups.



FREE Brooks running headband to keep the ears warm for all kids who sign up for the 7 weeks of this fall session! Thank you Brooks Running Company.

VIPS TRACK MEET for K-6 will take place Saturday November 14 at Falmouth High School. Grades K-4 have a short sprint and a perimeter run around the high school field house, and 5th and 6th graders run a mile.

<http://www.falmouthvips.org/elementary-school-track-meet.html>

We will have kids running club that after



FTC Youth Runners

The FTC youth runners had a great showing at the recent Cape Cod Marathon Relay. We started running this event two years ago and were barely able to fill one full team of kids. Last year we expanded to two teams and this year we had three full teams. We had a few last minute roster changes but it all worked out in the end. There are not too many ten year old kids you can call with a weeks notice to step into a 5.5 mile relay leg, but Luca answered that call and ran great. Nico stepped in to run a 3 mile leg with just a days notice, as one of our runners pulled up lame with a soccer injury. The kids ranged in ages from seven to fourteen years old. The three teams placed 7th overall, 38th, and 40th out of almost two hundred teams. Many thanks to the marathon for helping to support the kids teams!

The kids have been working hard and having fun. The cold and rain did not deter at least 15 kids from showing up at the track this past Wednesday night for the yearly Halloween relay. We have a few kids who will run in the MA state middle school championship meet next Saturday and then we have our main event the USATF Junior Olympic Cross Country race on November 15th in Smithfield, RI. We should have at least 40 runners in this race and several full five person age group teams. We started two years ago with 15 runners at this race and had 30 runners last year and now should have over 40. We used to be kind of in awe of the large youth teams at these events but we are growing every year. All going well....a great bunch of kids....

