



Happy August to all Falmouth Track Club members! To many, August is defined by the largest running event on the Cape, the New Balance Falmouth Road Race. To celebrate this 43 year old event we've decided on a Falmouth-Road-Race-centric issue. Inside you will find member stories about the race along with some of our every-day newsletter items. Whether you are running in the Road Race, escaping from the Road Race or partying with the Road Race, we hope you enjoy this issue!

Michael Mueller's Falmouth Road Race story

What is your favorite Falmouth Road Race story?

My favorite FRR story so far would have to be this past year, 2014. Just past Nobska as we entered the woods before we went under the bike path when the herd was beginning to thin out and you could get into your stride without having to watch for other peoples heels, I looked to my left and saw that I was running beside Race Director Dave McGillivray. I said "Hey, How's it going?" He answered that he was doing well and I thanked him for doing what he does and explained that he has been an inspiration for me to become a better runner. He smiled and said "that's what this is all about." After that, a young girl stepped off to the side as if she was going to be sick. He went over to check on her and I was on my way with a little extra in my step. I went on to finish with a PR at 54:38.



Michael and his wife Samantha

Why is the Falmouth Road Race special to you?

I was born and raised in Falmouth, so like many other locals, the FRR is a large part of the summer. When I was younger good family friends would host elite wheelchair athletes, including Craig Blanchette. We would hang out with him for the days leading up to the race and get to watch from the VIP tent on race day. He won several years. A little later it was time to volunteer as part of sports teams and other nonprofits through junior high and high school. After high school, finishing EMT school and becoming certified I volunteered as part of the medical team. Never being much of a runner, finally in 2008 my then girlfriend, convinced me to sign up and run with her. We didn't train much and didn't do very well but we finished and had fun doing it. I haven't looked back since and plan to run each year as long as I'm able.

When and why did you start running or why are you a runner today?

From 2008 until 2010 my running goal was FRR. I'd train a bit and after the race that was about it. After 2010, I started running some charity races and 5Ks and started to really taking a liking to running and wanted to get faster and run further. I looked up to friends that were runners and asked them for advice.



Michael's Hangover Classic run

Why are you a member of the Falmouth Track Club?

Friends told me about Ken's Friday night Coffee O 5 miler so I decided to try it out. I'll be honest, I trained a little bit before I went to the first one! There I met people with a common interest in running and decided to join. I think it was the end of 2013 that I joined and started making meetings, races, and participating in other club events when I could. I've met lots of great people and made new friends through the club. I feel that the track club is a great for our community and does a lot of good. I have an interest in the kids programs because I wish I had gotten into running when I was a little younger.



A proud Paisley looks up at her Boston Marathon finisher dad!

Tell us something about yourself?

I'm 29 years old, born and raised in Falmouth, I live in Teaticket with my wife Samantha of 4 years and our 9 month old daughter Paisley. I've been a member of the Falmouth Fire Rescue Department for 10 years, first as a dispatcher and as a Firefighter/Paramedic for the last 8 years. I enjoy being an active part of this community that I appreciate so much. After the bombings at Boston my interest in running a marathon increased. I knew it was tough to get into Boston but I didn't realize exactly how hard it was. So thanks to Carl's inspiration, advice, and track workouts, in 2014, I set a goal to run Cape Cod. It wasn't pretty as I had a sore IT band on race day from mile 3 on... Nevertheless, I finished with my almost due, very pregnant wife driving around to cheer me on, and I am proud that my first marathon was at Cape Cod! At the end of 2014, thanks to the generosity of the board, I applied for and was granted a Boston waiver. After a miserable winter for training and several missed training runs, I was a bit nervous but, I had a great experience, a lot of fun, and my marathon PR at Boston 2015 of 4:10:04.

What are your current running or wellness hopes or goals?

I'm currently gearing up for Falmouth, Cape Cod Half, and a relay team. Then, over the next couple of years, I'd like to run the Marine Corp Marathon and then New York. My initial goal was to do those 4 and call it quits, but many members of the club have told me that never goes as planned so we will see what time brings!

Any final reflections as a runner, about the FRR or the FTC?

Looking back to 2008 I never would have imagined that just 7 years later I would have completed a marathon, never mind two, and one being Boston! For this I credit the FRR for getting my interested and FTC for getting me from a dream to an accomplishment. Thank you!





Tips & Techniques

By Matt Auger

Hot Weather Running

ONE of the greatest challenges for a runner is running in hot weather.

Even if you have properly acclimated yourself to the increased temperature of a particular event, the margin of error is very slim between finishing a race standing on your own two feet and finishing the race with a free trip to the medical tent! Here are some basic, easy tips to avoid turning a hot weather race into a hot mess:

Know Thyself- Look, some of simply cannot deal with heat. You know who you are and honestly, you are not the ones this tip is directed to. I'm talking to the people who don't think heat is a problem and thus miss important signs that your temperature is approaching a level that is potentially dangerous to you. During your run you should be aware of your breathing, is it heavier than normal,

are you having trouble "catching" your breathe, are you sweating more than normal or, even worse, are not sweating like you would expect given the environment and your level of activity. Any time any of these areas seem off, slow down, hydrate and take it easy.

Know the conditions- Races like the New Balance Falmouth Road Race see a large number of heat casualties because of the humidity. There are Kenyan athletes that have ended up in the medical tent because they were not prepared, nor understood what effect humidity would have on them. Similar are the effects a lack of humidity has on a runner when sweat is whisked away so quickly that there is minimal cooling and maximum dehydration. If you know you are going to a race with conditions different than what you have trained in, it is imperative that you take some time to investigate how to best prepare yourself for the conditions you will face.

Know your hydration and electrolyte needs- Not many people have heard of this, but it's possible to drink enough water to kill your self. It's called of *hyponatremia*, or dilution of the blood caused by drinking too much water. It usually occurs without the person ever knowing it happened because the symptoms seem similar to being dehydrated, nausea, fatigue, headaches and mental confusion. Even though you may feel dehydrated, pay attention to how much water you are drinking and keep in mind, it takes roughly 30 minutes for water to be processed by your body. Likewise with electrolytes- the essential minerals and salts needed by your body to function normally- any heavy activity that causes you to sweat also causes you to loose electrolytes. Luckily replacing electrolytes is as easy as eating a banana, drinking an electrolyte replacement drink or eating a salty snack, but not taking those actions and drinking too much water can lead to dangerously low levels of electrolytes in your body.

As with all tips written in this section of the newsletter, seek professional advice and/or guidance if you seem to have a difficult time running in hot weather. You can very easily get into deep trouble when running in hot conditions, so when in doubt seek help if you find yourself struggling to maintain a normal effort during your activity.



Don't let the heat get you down...

Laurie Grandmont's Falmouth Road Race Story

What is your favorite Falmouth Road Race story?

Last year was my first experience running the Falmouth Road Race as a member of the Dana-Farber Team and overall, it was one of the BEST days in my life! I had been running other local races for my sister-in-law, who had been diagnosed with Stage 4 cancer just seven months earlier, so running Falmouth was part fund-raising and part-YAY! I'm running the historical Falmouth Road Race!

Falmouth itself is a beautiful location and for a long-distance runner like me, its beauty and challenge just reinforced my total experience.

Why is the Falmouth Road Race special to you?

I will never be an elite runner, nor a particularly fast one, but that day I felt pure joy...for running for Dana-Farber (very proud to wear my singlet covered with pink ribbons!), for experiencing those moments of sheer beauty from nature, and the excitement shared with the crowd!

When and why did you start running or why are you a runner today?

I started running with my youngest son who was trying to do his best on his high school track team while dealing with asthma. I enjoyed it so much that I continued running for fun and in local road races.



Nothing beats the sight of that huge American flag at the finish!



Why are you a member of the Falmouth Track Club?

I had heard SO many positive things about this club and, despite living on the other side of the bridge, I wanted to be part of a team. So I went to a track practice and was hooked! Carl is one dynamic and inspirational coach and I was relieved, you could say, that I actually met a successful long-distance runner who like me, has to deal with asthma on a daily basis.

Tell us something about yourself-

I am currently working for six weeks as a Teacher-in-Residence at the Boston Museum of Science working on "The Science behind PIXAR" Educator guide. During the school year I love teaching my Grades 5-7 students Engineering and Technology at Bourne Middle School.

What are your current running or wellness hopes or goals?

My current wellness goals are to improve my running pace once my knee issue is resolved. I also love doing Danielle's yoga and hope to join her sessions soon!

Any final reflections as a runner, about the or for the FTC?

Thank you all for your warm welcome and I look forward to returning to Wednesday night practices in a couple of weeks! Miss you all, especially you, Maggi!

Ideas for the Young and Old who like to Run Around!

From Anne Preseig

[www.facebook.com/
AnnePreisigPersonalTraining](https://www.facebook.com/AnnePreisigPersonalTraining)

** <https://www.runreg.com/run-with-the-cops>.

Hyannis. August 24. This is a Monday morning. There are kids events and it raises money for families in need.

** <http://www.ovariancancer101.org/LiveLikeRenee>. There is a 5 K run, walk and family fun day. They have kids activities and a bouncy house.

Osterville, Saturday, September 19.

** My Saturday kids running program continues year round. Contact me for information.

Other Ideas:

Cape Cod Irish Village Road Race
August 22. South Yarmouth

Run for Faith 4 Miler
August 23. Plymouth

David Lewis 5K Run for Recovery 5th Annual
September 5, Falmouth

5K Labor Day Road Race
September 6. South Dennis

Mighty Meehan 5K Run for Research
September 13. West Dennis

FTC's Own
33rd Running of the **Main Street Mile**
Sunday, September 13 at 1 pm.

Youth Fall Running Schedule

From Kenny Gartner

October 11th, Wayland X country race,
Wayland MA

October 25th, Cape Cod Marathon Relay (FTC will field two or three teams)

November 15th, USATF Junior Olympics X country, Smithfield, RI. The top 30 runners and top five times qualify for the regional meet.

November 22nd, USATF Regional X country meet, Smithfield, RI. The top 30 runners and top five teams would qualify for the national meet in December in New Mexico!

Ken reports that: "We will continue running on Wednesdays at 5:30 all fall. We also will add runs on Mondays and Fridays as schedules allow. We hope to field at least 3 full teams this year for the x country meets. Last year we had one full team. If we do not have a full team the kids run as individuals. The USATF meets are much closer together to Cape Cod this year! Last year we had to travel to New Hampshire and then to Northern Maine.

Contact Ken Gartner for more information or to get added to the group email list:
kj.gartner@comcast.net.

There is no cost to participate other than race entry fees which are very nominal. The kids must be members of the Falmouth Track Club and also they must join USATF in order to participate in the youth x country races. The x country races are very competitive and they are run in two year age groups. The boys and girls run in separate races. The local runs occur at various places: Falmouth High School, at Trotting Park, at the bike path, at Beebe Woods, etc....

Keith Baker's Falmouth Road Race Story

What is your favorite Falmouth Road Race story?

My favorite memory of the Falmouth Road Race is from 1981. I lived on Mile Five of the Falmouth Course with my grandmother who I was very close too and loved so much. She had become ill and my parent's brother and I had moved in to help look after her.

I had always watched the road race growing up and had wanted to run past my grandmother so she could see me from her porch run the race since I could remember. My parents would not allow me to run as I was only 11 and they had always been worried that I was too young for a race that was 7 miles long.

By luck I had a kindly neighbor named Harry Pars who also happened to be a runner and had run the Falmouth Road race since the year after it started without fail. He was such a kind man and knew how much I wanted to run so he asked my parent's permission to train me that summer of 1981. My parents agreed to let him train me that summer and if both agreed I was ready I could run the race alongside him and my grandmother could watch me.

The one condition was if I needed to stop I would end my run at my grandmother's house at mile five.

I trained hard up to the road race with my Uncle Harry and we had great time talking and running around Falmouth together. Sometimes we would stop at a flea market or get an Ice Cream somewhere along our route. Those are great memories now.

So when the race date came I was approved by my parents to run with my Uncle Harry and I ran with my Uncle to mile five and I got to look over and see my grandmother watch me run by. I was feeling so good that my neighborly coach asked me if I wanted to take off and go at my own pace. He knew I was an 11 year old full of endless energy. So I gladly took off on my own and met him at the finish. The taking off part has remained our secret.

This day has always meant so much to me because unfortunately my grandmother passed away the next year and I was so happy she got to see me run the race that one time.

Why is the Falmouth Road Race special to you?

The Falmouth Road Race is also special to me because it serves as a reunion. You never know what friends and family will be at the race as both participants and spectators. It is so great to have an event every year that you know will serve as a way to give family and friends a way to stay close and get caught up with each other.

When and why did you start running or why are you a runner today?

I started running in 1981 thanks to my neighbor, friend and mentor (Uncle) Harry Pars.

Why are you a member of the Falmouth Track Club?

I am a member of the Falmouth Track Club to help me stay healthy, meet people who also enjoy running and developing healthy living habits and to encourage my son to keep up his running and learn about living a healthy lifestyle.

Tell us something about yourself-

I have lived in Mashpee with my wife and two sons in Mashpee for 18 years. My oldest son Kyle has high functioning autism and is also a member of the Falmouth track club and will be captain of the Riverview School's track team next year in Sandwich Ma.



Keith (far left) and friends at the start of the Road Race

(Keith Baker, cont.)

What are your current running or wellness hopes or goals?

My current goals as a runner are to continue staying fit enough to run with my son Kyle in the future. Personally I would love to run the road race in under an hour. I haven't done it since I was a teenager in 1986 so I'm not expecting it but it would be a nice personal accomplishment.

Any final reflections as a runner, about the or for the FTC?

My final reflection on running is that it should be something that is enjoyable and fun. I find it best not to compare myself to other runners but to just relax and enjoy my own personal running experience.



Keith at the Hyannis Half Marathon

Hannah Dupont's Falmouth Road Race Story

What is your favorite Falmouth Road Race story?

It is pretty hard to think about my favorite Falmouth Road Race story because I think every year I have a new one ! One of my top favorite stories was crossing the finish line next to former New England Patriot Tedy Bruschi and his family . It was the perfect depiction of the FRR , a family of all ages and abilities crossing together with huge smiles ! Once we got over the finish line I looked over and said "great run Tedy" and he gave me a high five !

Why is the Falmouth Road Race special to you?

The Falmouth Road Race is special to me for a few reasons . One reason is that thousands of people get to see how beautiful and hospitable My hometown is . Also it is so special that so many runners chose to run for a charity, I personally have had the privilege to run 5 years for Children's Hospital Boston's Miles for Miracles Team!

Why are you a member of the Falmouth Track Club?

I am a member of Falmouth Track Club because I love sharing my passion for running with other members of my community. I really enjoy knowing that at least once a week I will always have someone to run with



Hannah Dupont, far right

Tell me something about yourself?

I have lived in Falmouth for all 24 years of my life except when I went to college in Connecticut at Southern Connecticut State University. I received my Bachelor of Science in Public Health and I am currently in school again to become a nurse .

What are your current running or wellness hopes or goals?

My current running goals include running a few more half marathons in the near future and another marathon in the next few years , once I am finished with school and have more time to train.

Any final reflections as a runner, about the for or the FTC?

I feel extremely lucky to live in a community where I can go out for a run and enjoy some of the best scenery in the country and know I will probably share a friendly hello with a fellow runner !



Helen Bohneberger and Hannah

Notes from the FTC Board

This month, Carl Gustafson- Cape Cod Expo; Cape Cod Trail Race; Wednesday Night Track Workouts.

What Can I do?

Read this question. Did you read it “What can *I* do?” or “What CAN I do?” To me, this is one of the ultimate questions.

If you are going through an easy phase or time in your life then there is often little need for reflection, little need to question yourself or your circumstances and little worry. If life has become more difficult then you may ask yourself “What can *I* do?” and start to feel like you cannot do anything. You might feel like you, or your effort might be too small or too insignificant. You might think it might not make a difference, regardless of what the “it” is.

Here is an example: You are running and something starts to hurt. You rest it. You stretch it. You think it is nothing. Days pass. Weeks pass. It is something. You might say to yourself, well, I can’t run now. What can I do?” and you might resign yourself to having tried and now it is over. Well,...

...Exercise, wellness and life is not over at that point. You need to ask yourself “What CAN I do?” It is a question, that, when reframed, can have an exclamation point on the end of it. It becomes more like “What CAN I do?!” It can become a call to action. It can become: I can,... and then list what you are able to do. List what might be helpful. Look at your strengths at this time. Do not focus on what you cannot do. That will not help. You need to keep moving forward. You need to pursue what you are able to do. You need to set new goals and start.

We live at a great time! There are wellness opportunities all around us! I have seen you injured and I have seen you challenged. I have seen you persevere. You have given me strength and I, in turn, try to offer you strength when you need it.

Let's continue along this pathway. We can do a lot. We can do more together than alone. From along the path,... Carl





The SBLI Falmouth Family Fun Run is the evolutionary change of the SBLI Falmouth Recreation Family Fun Run that was lovingly produced by Helen Kennedy and the Recreation staff for over 15 years. The previous format had children running different distances based on their age. This year organizers are hoping parents will join their children in a one mile fun run, the course shown in the picture down below. In addition, the Tommy Cochary High School Mile, an invitational mile for some of the best milers in Massachusetts who were chosen based on not only their athletic accomplishments but also their character and demonstrated ability to make good choices in their lives and the Falmouth Youth Mile an invitational mile for Falmouth residents 9-13 years old. Everything is free at the event and the whole family, minus four legged friends are invited!

Aug 15, 2015 5:00PM
At the James Kalperis Track,
Falmouth High School

Events and Highlights

Registration- 4:00pm-5:00pm

Opening Ceremonies- 5:00pm

Tommy Cochary High School Mile

Falmouth Youth Mile

Toddler Trot

SBLI Falmouth Family Fun Run

Ongoing from 5:00pm- 6:45pm

Facepainting

Tattoos

Free Photographs

Special Guests

Light refreshments

