



A VIEW OF CAPE COD FROM THE INTERNATIONAL SPACE STATION!

FTC

Starting Line:
Let's Get Going!

June 2015

Tips and Techniques

By Matt Auger



Are you using a reusable water bottle?

Hydration

Perhaps one of the single most important condition you can control as a runner is hydration. Americans as a whole are dehydrated. Factor in the effect running has on your hydration levels and many runners are chronically dehydrated, despite an increase in fluid consumption from the feelings of thirst that naturally occur from running.

To prescribe a specific amount of water per person is outside of my realm of expertise and also entirely dependent on various individual factors. However, there are numerous signs and with ensuring you are properly hydrated:

1. Plan- As I will illustrate throughout this article, a good hydration plan is essential to proper hydration. It doesn't have to be complex, but you should know what you are going to drink, when and how. Included in this plan should be how to address hydration killers such as alcohol, coffee and hot weather, when more hydration is necessary due to certain circumstances and how you will increase water intake. Finally, keep in mind that proper hydration occurs over time. You cannot prepare for a high temperature running experience in a couple of days. Give your body time to adjust to increased hydration otherwise it will simply come in one end and out the other!

2. Check your pee! There is no better indicator of your

hydration than your urine. How often and the color of your urine will tell you everything you need to know about your hydration level. Simply put, the paler your urine and the more frequently you go, the better. However, keep in mind that downing three beers in a sitting may not only make you have to urinate often, but also result in a very pale urine. That does not mean you are properly hydrated, as you will find out hours later. Also, different foods can affect the color of your urine (hello beets!) You need to consider what you have just eaten or drank when assessing the color of your urine.

3. Identify Hydration Killers!

There are liquids we enjoy drinking that actually have a negative effect on our hydration; soda (especially with sugar), coffee, alcohol and energy drinks. All these beverages not only use water from our system to help eliminate other ingredients (sugar being one of the worst) they also fill us up and can give us a false sense of hydration. Additionally, weather can have an impact on hydration. Hot days are obvious, but very low humidity as well as excessively windy conditions which can often whisk away sweat so quickly it has a minimal cooling effect and causes you to lose more water from your system than you would expect.



“The Pause that Refreshes!”

4. Water, learn to love it! It amazes me how many people don't appreciate the cheapest, easiest to find and best source of hydration. Sports drinks can indeed be a part of a good hydration plan, however there are hidden components to sports drinks such as calories and increased sodium that are good complements to water but not a replacement.

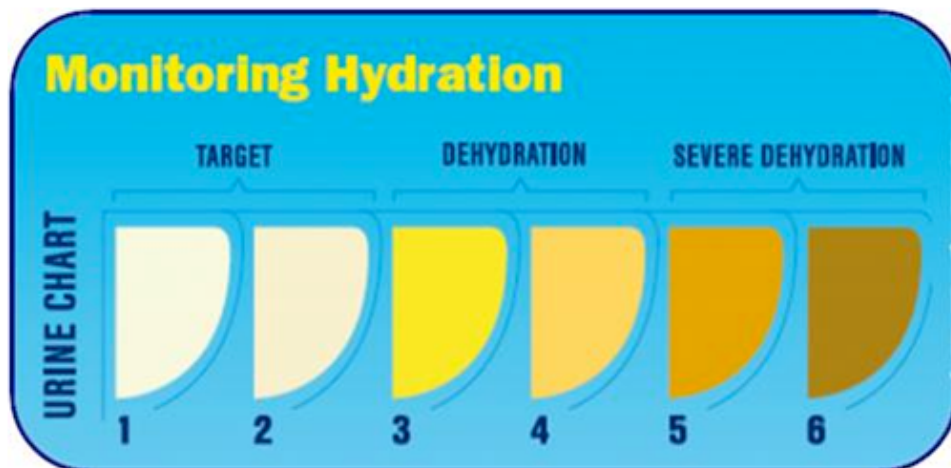
5. Buy and use a reusable water bottle. Buying and using a water bottle is a commitment to not only yourself but also our environment. When you purchase a reusable water bottle you are introducing a companion that can be a gentle reminder throughout the day to do what is best for your body - drink!!



FTC Host Highlight!

Suni Williams Lands in Falmouth!

The Falmouth Track Club's keynote speaker was NASA Astronaut Suni Williams. For details on this event that was held in April please see: CapeCodExpo.com.



President's Corner

Article by FTC President Kevin Leach

Hello Everyone!

I hope all of you are enjoying what I will call our inaugural "revival" of the Falmouth Track Club periodic newsletter (brought back by popular demand). While I wasn't around when the newsletter was the club's foremost way of communicating, before the advent of social media, web sites, etc., many FTC members do remember when it was just that and have commented as of late how much they looked forward to reading it each month. Thanks to the efforts of Carl Gustafson and Matt Auger you now have this publication right before your own eyes, and hopefully it will be something you look forward to receiving on a periodic basis. Please feel free to provide any feedback on what you would like to see in this publication and certainly feel free to provide any literary contributions that you feel may be interesting whether it be on running, nutrition, exercise physiology, or almost any subject that you may feel our viewership would enjoy reading about. I am sure Carl and Matt would welcome the contributions.

This is my 3rd year as club president and I have to say I have thoroughly enjoyed it (believe it or not!) While working through the transfer of leadership of our signature event the Cape Cod Marathon and the birth of our first ever Cape Cod Trail Run complete with a Health and Wellness expo, have certainly been the highlights of my run as club president, I have also enjoyed the routine tasks of chairing our monthly meetings and listening to club members on all of the "goings on" related to issues that come with the territory. Our club is at an all-time high in membership numbers thanks to efforts of Doris Beatty and others who have actively solicited new members at the

various expo's and other running venues. When my wife Gloria and I moved to Falmouth over 10 years ago, finding the FTC was easily the best bit of fortune I could have hoped for in terms of both running and developing a social network in a brand new setting. And I know many of our club members would say the same. Having lived in western Massachusetts for 31 years prior to moving to Falmouth, I was a member of several running clubs over those years including the Greater Springfield Harriers (GSH), the Red Clover Rovers (RCR), and the Sugarloaf Mountain Athletic Club (SMAC), but none of those clubs mixed running and socializing as well as the FTC. I believe that unique blend is what contributes to and is what makes our club as successful as it is.



Volunteers at a Cape Cod Marathon Water Stop having fun after supporting the runners!

With the racing season in full swing there are countless numbers of local races out there that are fun to run over the next 2-3 months, aside from all of the hugely popular ones. For those of you who may not be aware, there are weekly bike rides that, while not FTC events, occur regularly. Contact Carl for information. Our semi-annual FTC golf scramble is coming up on June 13th. Even if you are totally a non-golfer, the scramble format with carts included makes it a game even a beginner would enjoy and makes it a lot of fun. John Banner does a great job of coordinating a fun day where almost everyone walks away with a prize. For those of you who have not seen the new cannon, oh baby....what a thing of beauty! Engineered and constructed by our club's official fire marshal Bob Richards. This has been used at

starting lines and during other non-official FTC events.

We are also looking forward to defending our crown in the annual softball game against CCAC. We are currently scouring the free agent market to ensure we contact anyone in the club who has an interest in playing. Again you don't have to be good just game to play. Even if we have more than enough fielders, we take turns and everyone bats. It is rumored that we beat them so badly last year that they refused our challenge to a bowling match over the winter, and have signed a number of free agents to play in the softball rematch this summer.

That ends my first column from the president's corner. Once I get a flavor for the content of the newsletters I will try and add something more beneficial and informative going forward. See you on the roads or at one of our many social gatherings. Don't forget about our 52 week a year, Friday night runs starting at 5:30 pm from the parking lot in front of the town hall. For those that may find 5 miles too much, we do have an abbreviated loop of ~ 3 miles, perfect for either running or walking and you can always walk down Walker St and back as far as you want to....A Great way to start your weekend!!



A Photo from the Kids' Fun Run at the Cape Cod Trail Race.



What brought you to Cape Cod?

"We moved in August of 2013. Steven is in the Coast Guard so we were stationed here from Corpus Christi, Texas. Cape Cod was #12 on our dream sheet, but it was the best thing that could have happened to us."

Why is that?

"The people have been some of the nicest people I have met in my life. The sense of community in Falmouth has been amazing. They have taken us under their wing. I have talked to Steven about even buying a home here. And it is pretty."

Tell us some of the things that were notable from your year in fitness?

"I ran my first marathon, the Cape Cod Marathon. It was always a dream that I wanted to run a marathon, but I had no idea. The running club has helped so much. Then running another marathon in Disney and then be able to run the Boston Marathon."

Getting to Know...

FTC runner...Mary Vanderslake

We ran the marathon route for training. When I am on those roads running I feel like I am a part of Falmouth and that I belong on those roads."

What comes to mind from any of your runs?

"The Cape Cod Marathon was harder than I thought. I was very confident. I had a certain time goal. I learned that the marathon is not just your typical race. It is special and you have to respect that distance. Even though I was expecting that distance I crashed. I hit the wall. I had to dig deep."

First I cried at mile 15. Mary Tolland was running with me. I had someone running with me the whole time. Each of them (my running group, we call ourselves the Marvels, like the super heroes) took a leg of the relay race with me. They wore capes and the marvel shield and superhero sox on. I was confident going into Sippewissett, but I broke down. Mary Tolland said to me: 'don't waste your energy on tears. Just run.' I just followed her along and kept running.



They are not just runners...these women are Super Heroes ~ Meet the Marvels!

From left to right:

Janet Vacon; Madeleine Marken; Nancy Spiro;
Mary Tolland; Mary; Jane Bagley and Sue
Gallagher

I got the final relay person, Steven, to run me in. He was talking to me and making me laugh. It was a beautiful day. I got the energy to sprint to the finish line. It was an overwhelming feeling of happiness and accomplishment. I was so happy to do the marathon with the relay team."

Tell me about Boston?

"It starts in the training. Training in the winter is new to me because I am new to New England. When I was living in the south my threshold was 50 degrees. Below 50 I would not run. I ran through the winter this year. I did a 10 mile loop every Wednesday to make it a good week. I would stop for coffee at Pie in the Sky. Running through the snow and ice boosted my confidence.

The day of the marathon, when it was low 40s and rainy, it did not bother me a bit. I loved the rain and the cool weather.

I cried six times that day. In the morning, at the starting line, there are so many inspiring stories. I couldn't believe I was given the opportunity to be there. It was very overwhelming. I saw Steven at 13.5 and cried. I cried at the Newton Fire house with the sign Boston Strong with the firefighters cheering us on. I remember going up heartbreak hill. I was starting to feel the pain. I had written on my arm the names of everyone I was running for. Every four miles was for a different person or group. For that mile I was running for a Priest that I know. I said 'Lord, give me strength now.' A little quiet voice came and said 'I will.' Just then a guy from Switzerland came up and said 'let's go.' He got me to charge up the hill. He looked and said is this a good pace for you? It was fast for me. It was painful. At 24 I told him to go, but he came back for me. I gave it everything I had. When we crossed the finish line I gave him a hug and burst into tears."

Tell me about your business.

I have a business called: "Off the Coast." (See OfftheCoastDesign.com.)

"This is evolving. I knew I wanted to be an entrepreneur and start a business because of moving in the military. I was providing shirts, bags and jewelry for the Coast Guard Community. I love to paint. I love to design clothes like beach wear and swim wear. I need to do something to be a positive influence in the world.

My bags have worked well. It is a knickknack pouch. I have sold out of them twice. There is a lady in Mashpee who just started a manufacturing company who is making things on Cape Cod. I found her and am working with her to produce things right here on Cape Cod so I feel good about that.

Tell me about the dress you made?



"I am taking classes at Mass College of Art and Design in Boston. One of our projects was to create a garment with no textiles. When I was brainstorming it I wanted it to tell a story. When I got to thinking about it I am inspired by running and the running community. We read about body image and learned that models having to be a certain height and weight. The role models reflects less than seven percent of the women in the world by height and weight. I was thinking about how I was affected by that. I was thinking about healthy habits. It is healthy to be fit, to eat healthy and to practice healthy habits. I wanted to use this in a design. I used race bibs to represent mental and physical health. I also used yoga mats to reflect a spirit of calm and being centered and in balance and I use the race medals for a sense of accomplishment. There was a story about the dress in the local newspaper."

Tell me about other aspects of your life that reflect fitness or wellness?

"I have done triathlons in Falmouth and on the base. The yoga studios are very welcoming. I am doing Bikram now. It was awesome in the winter."

Do you have any future fitness plans?

"I plan to do the Falmouth Road Race. I ran it for the first time last year. It was a great experience."

Any final reflections?

"When I reflect on Falmouth, the Falmouth Track Club and the Marvels I have a deep sense of gratitude. They welcomed me to the community. I feel so small and I feel like I could never offer you guys' advice. I took that from you. I wish I could give back in a different way."

The Next FTC Club Event!



Main Street Mile

[HOME](#) [RACES](#) [MAIN STREET MILE](#)

33rd Running of the Main Street Mile

Save the Date: Sunday, September 13, 2015 at 9am - new time!

Race Distance: NEW! Just for fun mile run/walk 9am followed by a competitive Main St. Mile at 9:20am.

Location: Runs start and end at Falmouth Village Green.

Entry Fee: \$10 Kids 12 under / \$15 Individuals / \$47 Family (4 or more) / \$15 Kids day of race entries / \$20 Individual day of race

Number Pickup & On-Site Registration: On race day, number pickup will be available 60 minutes before the race start. Friday 4-6pm and Saturday 3-5 pm number pickup will be available at Marathon Sports Mashpee.

No rollerblades, bicycles, baby strollers, baby joggers, or dogs are permitted.

T-shirts are given to the first 200 entries received. Post entries will receive remaining t-shirts as available.

Organized By: The Falmouth Track Club

Race Director: Tom Davis, email falmouthmile@gmail.com

Registration: [Online Registration is now open.](#) Race day registration is available 60 minutes before the race start.



Some Other local and Upcoming Events!

Finish at the Finish 10K/5K

Date: 7/3/2015

Foxborough, Ma.

3rd Annual Independence Day 5K

Date: 7/4/2015

Plymouth, Ma.

45th Annual Mattapoissett Road Race

Date: 7/4/2015

Mattapoissett, Ma.

Minuteman Classic Road Race

Date: 7/4/2015

Concord, Ma.

North Andover July 4th Road Races

Date: 7/4/2015

North Andover, Ma.

Phinney's Harbor Day 5K Run/Walk

Date: 7/11/2015

Bourne, Ma.

Race for Open Space Run/Walk

Date: 7/11/2015

Nantucket, Ma.

38th Annual Boilermaker Road Race

Date: 7/12/2015

Utica, N.Y.

Falmouth Sprint Triathlon

Date: 7/12/2015

Falmouth, Ma.

40th Annual Marathon Sports 5 Miler

Date: 7/16/2015

Weston, Ma.

2nd Annual Colleen Celia Memorial 5K

Date: 7/18/2015

Middleboro, Ma.

36th Annual Cape Cod 5K Championship

Date: 7/18/2015

Osterville, Ma.

Rhiannan McCuish 5K Woodland Run/Walk

Date: 7/18/2015

Mashpee, Ma.

Level Renner Road Race 10K

Date: 7/19/2015

Brockton, Ma.

The Ultra Around the Lake

Date: 7/24/2015

Wakefield, Ma.

2015 Run to Home Base at Fenway Park Presented by
New Balance

Date: 7/25/2015

Boston, Ma.

38th Annual Dennis Road Race

Date: 7/25/2015

South Dennis, Ma.

Nantasket Beach Run

Date: 7/30/2015

Hull, Ma

Motivation for the Long Run....

I love running. Not in a fan-boy-I-know-every-person-who-broke-4-minutes-in-the-mile kind of way. Nor in a I'm-a-super-competitive-runner-who-is-better-than-other-runners way. Not even because it's what I do for a living, producing running events. No, I love running because it's an activity that not only brings me peace, but it brings to me so many of the great people I have met in my life.

When Carl re-awakened the newsletter idea, it energized me to start sharing my thoughts, ideas and passions about not only running, but about the Falmouth Track Club. When we first met about article ideas, we identified topics we thought would be of most interest to Club members. We then assigned specific topics to each other. I chose Tips and Techniques as well as an inspirational piece. Imagine, Carl Gustafson prompting another person to write something inspirational! That's like Monet asking a 10 year old to "just make art"!

My first instinct was to write about Carl- an idea so quickly turned down (by Carl of course) my head is still spinning! Additional prompting and encouragement by Carl led me to the idea of simply sharing my basic love of running with you all. With that preamble aside, I present to you:

I Love Running, By Matt Auger



As a kid I ran everywhere. I was the one in school who not only couldn't sit still, but also couldn't walk from place to place. In little league baseball I led the team in homeruns not because I hit the ball out of the park but because I ran around the bases so fast. I ran because there was too much life to live and walking was just too slow.

Surprisingly I didn't take part in any kind of organized running until the spring of my freshman year in high school. It was a rocky start after being told by Tom Turkington, the distance coach of the track team that I would be running the two mile. The conversation went something like this:

"Auger, you are going to run the two mile."

"Huh? How long is that?"

"Two miles."

"No, I mean how many laps?"

"8."

"No way, I will die. That cannot be legal."

Not my brightest moment in conversations, but pretty much exactly what transpired between a great coach and myself. I did in fact finish- in around 12:30 (which, ironically I would give my left arm to be able to do right now) but it felt horrible and I wanted to quit. But I didn't quit because of the true strength of the running experience, the people that running introduced me to.

I'd love to regale you with stories of state championships and performances of amazing times but alas, none of it happened. The closest I got to any real achievement was a 1:59 half mile in the 1989 All-State meet for 7th place. I don't even have a win in a road race to share with you!

I ran on and off through college and in the Army but it wasn't until 10 years ago when I decided to train with a group of Falmouth Track Club Members (Betsy G., Ed. G, Maggie and Bob Y., Judy and Fred K., and Laurie F., please forgive me if I've missed anyone) for the 2004 New York Marathon. At the time, the aforementioned group met on Sunday mornings for long runs. It was an amazing experience. Not only did I learn how to run long without killing myself I learned how to run enjoying the company of others- regardless of how fast (or slow) we were running.

Now it may simply be that I've made peace with myself about not running as fast as I think I can, but my experience with those club members added the aspect of running as a community-based experience. Coupled with races such as the Friday Night Five Miler and the Paul White Memorial Race, a dedicated and wonderful running partner in Glenn Pokraka, running became the highlight of my day.

But I'd be wrong to not recognize how intensely personal running is. It is this crucial aspect of running that completes my love for this activity. It was the reason I stopped drinking (with a history of alcoholism in my family it was always a worry...) and the reason for the quiet pride I feel after each and every run. It is the reason I can think clearly when I've allowed my emotions to overcome me and the reason I am rarely sick. No other activity brings this level of completeness to my life.

But now it's your turn. It is my hope that many of you have found a similar experience with your running. Furthermore I hope you will take a moment to share those thoughts with the rest of us. Feel free to send your inspirational story to us to be included in future editions of this newsletter.

Until then, whether it's with your Club-mates or with yourself, enjoy your running experience!



Cape Cod Marathon Weekend
Falmouth, MA October 24 & 25, 2015



Outlets for the Endless Energy of Children!

Kids are natural runners - watch them on the playground or in your backyard. Falmouth has many programs for you children to channel their running energies. *Some training options:*

This summer the FTC kids running program will celebrate its 10th year. For kids who have completed kindergarten through high school, the

YOUTH RUNNING BY ANNE PREISIG

program meets on Tuesday and Thursday evenings at 5:30 for 4 weeks beginning June 30. No experience necessary and all levels are welcome. Your child can sign up for all 4 weeks (and receive a free entry to the FTC's Main Street Mile) or sign up for 1, 2 or 3 weeks. More info is at <http://www.falmouthtrackclub.org/servicesprograms/youth-summer-running/>

Wednesday evenings throughout the year, kids can attend the FTC Wednesday night structured interval workouts. For insurance reasons, the kids must be members of FTC. <http://www.falmouthtrackclub.org/servicesprograms/youth-track-cross-country/>

Saturday afternoons, all year, Anne Preisig has a kids running club for kids 1st grade and older. The focus is on technique and age appropriate conditioning with games and trail running. <https://www.facebook.com/FalmouthYouthRunning>.

Racing options this summer:

Cape Cod has a variety of races appropriate for young runners to experience the race environment.

Each of these "races" either has a kids race or is a kid appropriate event (see below for specifics). Races, when approached with the right attitude, are great opportunities for kids to gain self-confidence and participate in organized events.

Saturday, June 20 6:00 pm Osterville
1k kids race. Part of the Women Running Wild 5k event. Great family friendly evening event.
<http://www.womenrunningwild.com/>

Saturday, July 18 8:00 am Osterville
1k kids race as part of the Cape Cod 5k event
Same course as June 20 race but in the morning.
<http://www.cc5k.org/>

Saturday August 15 4pm Falmouth
Falmouth Road Race SBLI kids fun run
events of various distances for ages 2 - 14. Untimed.
<http://www.falmouthroadrace.com/schedule>

Saturday August 22 Falmouth
Insane Inflatables 5k. This is new to Falmouth. Obstacle course race with bouncy-house type inflatables. No minimum age but child must be at least 42" tall.
<http://insaneinflatable5k.com/cape-cod-ma/>

Saturday September 5 9am Falmouth
David Lewis 5k
free 5 and under kids dash. Pretty but hilly course. discounted 5k entry for kids ages 6-17.
<http://www.davidlewis5k.com/>

Sunday, September 13 9am Falmouth
FTC Main Street Mile
discount entry kids 12 and under
Classic mile race finishing at Surf Drive beach. A must-do for every child in Falmouth.
<http://www.falmouthtrackclub.org/races-2/main-street-mile>

Finish Line

We feel honored to have brought you the first electronic version of the Falmouth Track Club newsletter! We both work hard to bring running and wellness to the broader Falmouth Community and know that you are working hard for running and wellness in your lives!

Moving Forward,...

Matt Auger

and

Carl Gustafson

Cape Cod Marathon Director

Coordinator of the Track Workouts
Race Director of the Cape Cod Trail Race and
Event Director of the Cape Cod Expo.

We would love to get you involved!

Do you have an article that you would like to see in this newsletter? Do have some creative talents that you would like to apply? Do you have photographs from wellness, running or any of the areas that are covered by the Falmouth Track Club? Please send an email to Carl at: spiritrunning@comcast.net.

Running Down Memory Lane:

FTC Members at the Plympton's Strawberry Shortcake Race, May 21, 2005

