

The Starting Line

newsletter of the falmouth track club • october 2016

Running and Wellness Events

....on the near horizon

Somerville Homeless Coalition Road Race
10/11/2016 ~ Somerville

24th Annual New Hampshire Marathon
10/11/2016 ~ Bristol, N.H.

3rd Annual Dunkin Donuts Shipyard
Pumpkinhead Road Race
10/11/2016 ~ Mashpee

8th Annual Canal Run for the Troops
10/11/2016 ~ Bourne

Samuel Fuller School Trail Race
10/11/2016 ~ Middleboro

Craft Brew Races 5K
10/2/2016 ~ East Falmouth

Fall River Half Marathon & 5K
10/2/2016 ~ Fall River

Gay Head 10K Race
10/2/2016 ~ Aquinnah

10th Annual Kayla's Beat Goes On 5K
10/8/2016 ~ Plymouth

Mansfield Rotary Club 4th Annual 5K Run/Walk
10/9/2016 ~ Mansfield

Nantucket Half Marathon
10/9/2016 ~ Nantucket

Yarmouth Seaside Festival Road Race
10/9/2016 ~ South Yarmouth

Mount Desert Island Marathon, Half Marathon &
Team Relay
10/16/2016 ~ Bar Harbor

FFRCS Healthy Bodies, Healthy Minds 5K/10K
10/22/2016 ~ Foxborough

LL Bean Bright Night 5K
10/22/2016 ~ Mansfield

5th Annual BooTacular 5K
10/23/2016 ~ Pembroke

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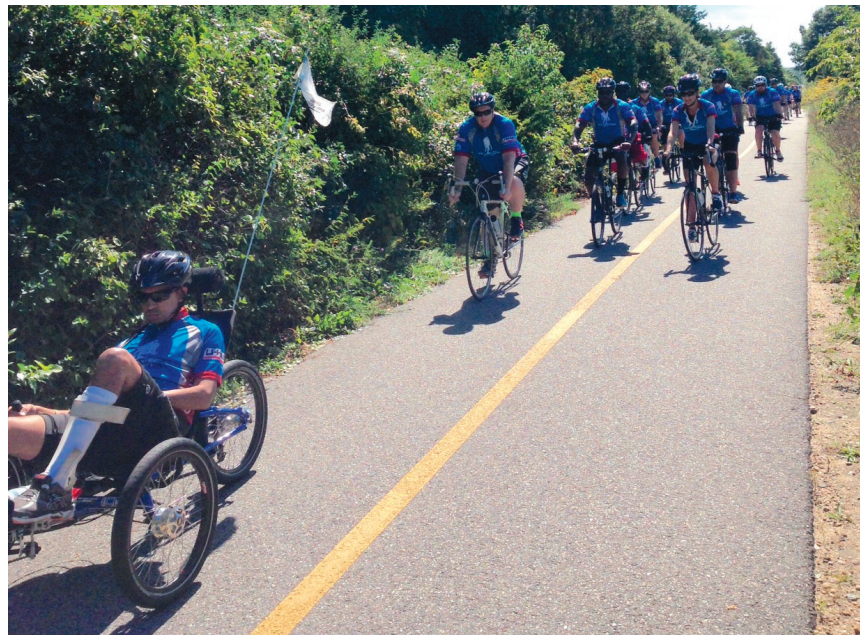
Wounded Warrior Ride

The Wounded Warrior National Soldier Ride took place on 22. Close to 50 Wounded Warriors from the current conflicts in Iraq and Afghanistan took part in a rehabilitative bicycling ride. This is a part of the Wounded Warrior Project's National Soldier Ride. These Warriors came in from all parts of the country. These brave Warriors rode on specially adapted bicycles on the Shining Sea Bike Path. The ride started in North Falmouth. The rode the distance of the bike path to Woods Hole and then returned to North Falmouth for a 22-mile ride. From the Cape the warriors go to Boston to take part in the Boston Community Ride on Saturday.

For the past two years the Falmouth Track Club has been there. This year we had one brave volunteer who cheered with the group from Falmouth Academy.

Each year the public is invited to cheer on the heroes while they are in

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calendar

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5th Annual Trick or Trot 5K
10/29/2016 ~ Plymouth

6th Running of the Cape Cod Marathon Half
10/29/2016 ~ Falmouth

Dead Zombie 5K & Little Pumpkins 1/2M Dash
10/29/2016 ~ Norton

NUN RUN 5K Run/Walk
10/29/2016 ~ Chatham

28th Annual Canton Fall Classic
10/30/2016 ~ Canton

Cape Cod Marathon & Marathon Relay
10/30/2016 ~ Falmouth

5th Annual Dennis Police 5K Halloween Hustle
10/30/2016 ~ Dennis



Women Moving Forward!

On Wednesday, October 5th, from 5:30 to 7 PM the women are taking over the weekly workout at the Falmouth High School!

What is on tap? Anne Preisig is a certified yoga instructor, Yale Graduate and Elite Athlete. She has been working with Sandra Blatchford and Mary Vanderlaske to create a night of empowerment for women.

It will include yoga, walking, running, empowering talks and more! There are two \$30 gift cards from Marathon Sports that will be given away! There will be fruit infused water from Mary at Off the Coast Designs. There are some t shirts (limited number and sizes) that will be given away. Salming Shoes has donated a running visor, socks and other items for give aways! There will be some blank shirts that can be turned into empowerment shirts!

More important than those things is YOU!

Come and bring young, old, in shape, want to be in shape and all other girls, women, mothers, grandmothers, sisters, aunts and friends! See you at 5:30!!



wounded warriors

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Falmouth or down the Cape at the beginning of the ride, as well as show their support along the bike path. Unlike other Soldier Rides with civilians joining the soldiers on the biking trail, this project is focused solely on the Warriors, with opportunities for the public to cheer the soldiers along the route.

If you have an interest in helping out FTC's participation in this event please contact Carl.



Cape Cod Marathon Weekend
Falmouth, MA October 29 & 30, 2016



Cape Cod Marathon Half

Saturday, October 29, 2016 7:30 AM Start, Falmouth Town Square, Falmouth, The Cape Cod Marathon Half race course is a fast and scenic route that hugs the Falmouth coastline of Nantucket Sound. Designed to maximize runners' view of Martha's Vineyard and the beautiful waters of Nantucket Sound this out and back course is limited to one hill. But don't be alarmed- this one hill occurs at miles 3.5 and 9.75 and is over before you know it.

Cape Cod Marathon

Sunday, October 30, 8:30 AM Start on Main Street, Falmouth
The one-loop course begins and ends at the Village Green in Falmouth center. The first part is easy, the latter is a test. The people who do well on this course follow the following formula: go out easy, take plenty of fluids, and save energy for the hills. Although the course is not closed to traffic, it is run on secondary roads and monitored by the police and numerous volunteers.

Clam Chowdah Challenge

Take on the challenge of running both the half marathon and full marathon, there is nothing like it in the New England area! 39.3 miles over two days!!
13.1 Half Marathon Start Time Saturday, October 29, 2016 7:30 am – Town Hall Square, Falmouth
26.2 Marathon Start Time Sunday, October 30, 2016 at 8:30am – Village Green, Falmouth

Marathon Expo

Friday, October 28, 4:00 pm to 7:00 pm and Saturday October 29, 9:00 am to 4:00pm at the Gus Canty Falmouth Recreation Center, 790 East Main St. Falmouth, MA 02540



2016 Main Street Mile

Runners laced up their running shoes this past Sunday for the 34th running of the Main Street Mile. The new course started next to the Quarterdeck continued down Main St. turning right on Shore and finishing on the beach at Surf Drive. Lee Greenhouse from Egertown won in 4:51. 2014 champion Sagamore's Rory Jenkins finished second with a time of 4:58 followed by Falmouth's own Caleb Gartner in 5:05 improving his time nearly 30 seconds faster than 2015. Last year's winner Joshua Curtis of Worcester finished 4th.

On the women's side Amy Knoblock of Sagamore Beach captured the women's title in 5:56 followed by Kate Green of Albany, NY (6:02) and Falmouth's own Ainsley Ramsey in 6:06.

The race was started in 1981 by mother's of the cross-country team to raise money for the Falmouth High boy's team. The Falmouth Track Club later took over the race which continues to promote youth running programs and offers scholarships to high school students involved in track and cross country.

Division winners included Marc Djikhev, Elise Casso, Henry Gartner, Elizabeth Janes, Zane Otter, Kate Delany, Matthew Delany, Pree Vaidyanathan, Joshua Curtis, and Joanne Jack.

All finishers 18 and under received a 34th running medallion provided by a grant from the Falmouth Road Race and some lucky participants received raffle prizes including two children, which won bikes from Dr. O'Malley from Cape Cod Sports Medicine. The race was sponsored by Wood Lumber, The Quarterdeck Restaurant, Marathon Sports in Mashpee, Sports Center Physical Therapy, and Jack and the Beanstalk.



1,000 Consecutive Friday Night 5 Mile Races!

The Legacy of the Friday Night Five

by Ken Gartner

The Friday Night Run was started in June of 1997 and thanks to Ryan Waite...we figured out the one thousandth running of the event took place at the end of August. The event was the idea of Courtney and Carolyn Bird and myself.

At the time I would drive to Hyannis every Friday night to participate in the Hyannis Friday night run which was founded by Kevin Petrovek of Hanlons Shoes. Their run was very popular and followed a nice loop through Hyannis and Hyannisport. It did start and finish outside Hanlons Shoes on Main Street. The start was ok. We just waited for the green light and went. The finishes were a little scary at times because we just essentially were running full speed down Main Street and ran through the traffic lights no matter what color they were.

I told Courtney and Carolyn about the event and we decided we would start our own version. We hashed out a number of different routes before deciding on the present route we have now. It actually is a loop that starts and finishes at the same spot....something that is very hard to do. The course has been wheel measured forwards and backwards and is an accurate five miles. We recognized there was no sense in messing with a good thing so we used the same rules Kevin had for the Hanlons run....runners could run the course any time during the day if they wanted to and just call their times in.

Originally the Quarterdeck was the sponsor of the event and it was called the Quarterdeck Five for many years. The male and female winners were awarded a free beer at the bar, but to be honest very few of those beers were cashed in because we ran so hard back then drinking a beer was the last thing we wanted. Later, the Quarterdeck asked their name be taken off the event due to reasons involving liability and the event had no name for a while until Coffee Obsession stepped forward as a sponsor. They provided water in the summer and hot cocoa in the winter for many years.

At the start Courtney, Carolyn, and I ran every week for over a year without missing any until we all finally ended our streaks after a while due to various reasons. Currently, Mike Ouimet has the consecutive Friday night record. His streak is still active.

Essentially the race has gone off every Friday night at 5:30 since June of 1997. We did cancel it once due to personal reasons but 15 runners still showed up and ran it. Another night the state of Massachusetts closed all its roads due to a blizzard and announced you could get fined for driving on the roads if it was not an emergency, so we officially cancelled the race for this as well

and yeah...you guessed it...6 runners showed up anyways and ran. So, I guess the consecutive Friday streak is still going. One year when Friday fell on Christmas it was Brian Nelson who showed up solo to run the race. One night about ten years ago we were hit with a terrible cold windy monsoon storm. I showed up at Town Hall Square and sat in my car until 5:35 and no one showed up. I decided to just pack it up and drive home but passed Paul Hartel just pulling in, so I turned around and the two of us set out together to battle the elements.

Through the years we have run through wind and rain and cold down to zero, wind chills below zero, heat and humidity, etc. We have skirted downed power lines, we have pushed out cars stuck

in the snow on several occasions, we have rescued lost dogs, and even our own lost runners. We had a guy end up half way to Woods Hole one night, we had a young kid end up in Falmouth Heights.

Most importantly we all have met a lot of nice fellow friends and runners through the event. For many, many runners it was the way they joined the Falmouth Track Club. Many summer people I know race to the Cape on Friday nights in order to make the start of the run, some from as far as New Jersey. We have runners who come from an hour away off Cape and down Cape to run. David Farrell used to drive from Rhode Island almost every week to run and then drive back home again after.

Results of the First Friday Night Five June, 1997

- 1 Ken Gartner Falmouth 36 M 27:54
- 2 Dan Frye Mashpee 50 M 30:44
- 3 Heather Pola Falmouth 23 F 32:29
- 4 John Evans Geyser, MT 31 M 33:58
- 5 Brian Dale E. Falmouth 41 M 34:16
- 6 Peter Golato Falmouth 44 M 36:38
- 7 Rich Sherman Falmouth 50 M 37:20
- 8 Sarah Correia Falmouth 20 F 41:48
- 9 Marla Spallone E. Falmouth 18 F 41:48
- 10 Joe Delinks N. Falmouth 7 M 45:00
- 11 Don Delinks N. Falmouth 59 M 45:00
- 12 Courtney Bird Falmouth 57 M 46:20
- 13 Carolyn Bird Falmouth 57 F 55:10



Mike Ouimet organizes the crowd before the running of the 1,000th Friday Night Five this past August.

The Falmouth Walk ~

Twenty-six years, thousands of walkers, and thousands of dollars to charities!!

by Jennifer Edwards

Celebrating 26 years of any charitable event is a very special milestone and this one is no different for each of us on the Falmouth Walk Committee. Every year we continue to thrive due to the generosity of local businesses and friends who have made either a monetary donation, provided a gift certificate or item for our raffle and auction, volunteered their services on the day of event and perhaps even registered to participate in the Walk itself. Crossing the finish line in 2016, on a sunny and relatively cool Saturday morning in August, were 685 walkers who then enjoyed the music and festivities on the lawn at St. Barnabas Church. Thanks to the overwhelming community support, we are excited to announce that we are able to donate \$30,400 to nine Falmouth-based non-profit organizations.

CHARITIES SUPPORTED BY THE FALMOUTH WALK:

The Falmouth Military Support Group, Haven for Healing, the Ellen T. Mitchell Scholarship Fund, Falmouth Service Center, Around the Table Meals Program, Falmouth Senior Center, Falmouth Housing Trust, People for Cats, and the Preventive Partnership at Gosnold.

Some improvements made, with excellent response, this year include: the initiation of an online registration process which

helped to ease the congestion at The Quarterdeck and with the organizing the t-shirts ahead of time; the use of two hand-held credit card processors which notably reduced the completion time

needed for each registrant; an email campaign which showed a strong "open rate," and promises not to send more than four emails per year; the creation of a new website which shows over 25,000 page views since February; and a new Facebook page to increase our online social media presence.

We are already in the initial planning stages for another Comedy Night in the spring

to benefit the 27th annual Falmouth Walk which will be held on Saturday, August 19, 2017.

Want to join the Falmouth Walk Committee? This nonprofit organization is staffed fully by volunteers and we are looking for a few new members! There are approximately six one-hour meetings throughout the year. Be a part of a great group of people who are all in it for the same reason: to give back to our community. Contact Falmouth Walk President Russ Pelletier at 508-274-4703 or by email at falmouthwalk@falmouthwalk.org for more information.

Be sure to visit our new website at www.falmouthwalk.org and "Like" us on Facebook at www.facebook.com/falmouthwalk.



Youth Running

by Ken Gartner

The fall youth running schedule is as follows, no one has to do all of these events but these are the events available. The New England Junior Olympic race on November 13th is the main event of the season, we hope to field as many teams as possible for this event and for those ages that we cant field full teams the kids just run as individuals for the club. This is a youth cross country race that has separate races for boys and girls in two year age increments. The top 30 runners and top 5 teams qualify to move on to the regional meet the next week.

Please contact Ken Gartner (kj.gartner@comcast.net) if you are interested in running this fall, everyone will need uniform singlets to wear and we will place an order very soon.

We will be practicing every Wednesday as normal with possibly added workouts during the week as necessary.

October 9 - Wayland XC Festival, Wayland MA ** USATF-NE GP race

October 23 - Boston Mayor's Cup, Franklin Park ** USATF-NE GP race

October 30- Cape Cod Marathon Relay (we will field several youth teams)

November 5 - 8th MA Middle School Invitational, Devens MA

November 13 - New England Junior Olympics, NH

November 20 - Region I Junior Olympics, Adirondack Association NY

December 10 - USATF Junior Olympic Nationals, Hoover AL