



Running and Wellness Eventson the near horizon

17th Annual Edaville Rail Run
11/5 ~ Carver

DNRT 2016 Trail Race
11/5 ~ Dartmouth

38th Falmouth in the Fall Road Race
11/6 ~ Falmouth

Caring for a Cure 5K Run/Walk
11/6 ~ Marshfield

Thanks to Yanks "Never Forget" Veterans Day
5 Miler
11/12 ~ Norton

5th Annual Myles Standish
Marathon & Marathon Relay
11/13 ~ Plymouth

SFX Fall Back 5K Fun Run
11/13 ~ Hingham

Bourne Turkey Chase 5K
11/19 ~ Bourne

Annual Guard Oil 5K Turkey Trot
11/20 ~ Marion

18th Annual Marathon Sports
Hingham Turkey Trot
11/24 ~ Hingham

2nd Annual Marshvegas Thanksgiving 4 Miler
11/24 ~ Marshfield

Attleboro YMCA Gobble Wobble 5K
11/24 ~ Attleboro

Andrea Holden Thanksgiving Road Race
11/26 ~ Dennis

The Starting Line

newsletter of the falmouth track club • November 2016

About ChiRunning

by Marc Waxman

ChiRunning has its roots in San Francisco, where Founder Danny Dreyer first started teaching friends and clients his technique in 1999. The brand blasted onto the international running scene in 2004 with the publication of **ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running**, published by Simon & Schuster. In 2009, after five years of incredible success, the book was revised and rewritten, during which time, the technique became a household name. Bolstered by an extensive international community of **Certified Instructors**, self-published **training programs**, **DVDs** and **audio programs**, the Chi Running technique has a loyal, ever-growing base of happy, injury-free runners.

About ChiRunning®

Exhilarating. Effective. Pain-free. ChiRunning believes everyone can experience running this way.

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The following is a ~ PAID ADVERTISEMENT ~

Certified ChiRunning Instructor Marc Waxman will be conducting a half-day workshop in Falmouth the morning of November 13! The Chi Running Essentials workshop includes several hours of instruction in a single 1/2 day course.

Since 1999, ChiRunning has helped thousands of runners transform their technique - reducing, preventing and recovering from injuries. Runners of all ages and levels have improved their efficiency and performance, and now find running to be pain-free, easier, and enjoyable.

The main principles of ChiRunning include:

- Relaxation
- Correct alignment and posture
- Landing with a midfoot strike
- Using a "gravity-assisted" forward lean
- Engaging core strength for propulsion
- Connecting the mind and body to prevent injury

More info about ChiRunning here: <http://www.chirunning.com/what-is-chirunning/>.

Marc's ChiRunning instructor bio is here: <http://www.chiliving.com/learn-it/certified-instructor/134461/>.

And, his personal website can be found here: www.113enterprises.com.

To register contact Marc at coachmarc113@gmail.com ASAP.

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~ You can feature your race and/or product in the Starting Line Newsletter for \$75. This includes an article with photos about the race and/or product, one time, as well. Please contact Carl to promote your great idea! ~

Youth Running

by Ken Gartner

The FTC youth runners have been busy. Ten kids slogged through the rain and mud at the Wayland X Country Fest a couple of weeks ago. Last week we had ten kids running in the youth races at the Mayor's Cup Cross Country Race at Franklin Park.

We were able to field a full five boy team for ten and under with three of the kids running in their first x country race ever. We took third overall in the older boys race. The highlight of the race was the trip across the road after the race to the Franklin Park Zoo. There are two youth teams entered in the Cape Cod Marathon Relay. The key race of the year is coming up in two weeks in New Hampshire when we will participate in the USATF Junior Olympics x country race at Freestyle Farm. We expect 25 to 30 kids to go to this race. If anyone is interested in participating in this event please let me know asap. The top 30 individuals and the top five teams will advance to the regional meet in Sarasota, NY the following week.

The kids have been working hard all year. We have been mixing it up to keep it interesting with workouts at: the high school, trotting park, Chappaquoit Beach, Morse Pond School, the bike path run to Woods Hole, Beebe Woods, a cranberry bog, etc... Several of our older kids are now running very well with their various high school cross country teams.



Volunteer Opportunity

The 38th Annual "Falmouth in the Fall Road Race" is this Sunday, November 6th. Race director, Don Facey, has been directing this race for 37 years in a row. Congratulations to Don for doing a great job and keeping this a runner friendly, low-cost race going. If anyone is not running and would like to help out please contact:

Ken Gartner at kj.gartner@comcast.net.

ChiRunning

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The ChiRunning Technique

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Check out our [10 Components of Good Running Technique](#) to read more about the ChiRunning technique.

What is Chi?

ChiRunning is based on movement principles of T'ai Chi, but you don't need to know T'ai Chi to ChiRun. All you need to know is how using your core can transform your running.

- Chi (pronounced "chee") is the energy that unites body, mind, and spirit.
- Energy moves from your core (also known as your "center" or "dantien") into the limbs to create movement.
- Engaging your core and relaxing your limbs allows your legs to simply support your body weight instead of pushing or pulling it forward.
- When your structure is aligned and your muscles and joints are relaxed, chi can flow freely through the body, making running feel effortless.



Female Running Safety

by Sandra Blatchford and Allyson Manchester

After hearing about the murders of three female runners, we were encouraged to think about how women can run safely when alone. As women, we are keenly aware that our safety is different than that of our male counterparts. Still, this does not deter us from running alone or enjoying the activity! Rather, we recognize the importance of learning skills that can increase our safety and enjoyment of running.

Sandra: Last year, I started to train for a marathon. My husband (Carl Gustafson) and his running partner and friend (Glenn Pacheco) have been my running partners. We call ourselves the “wolf pack.” I love the name and I love running with them. Not only do I receive excellent coaching; I feel safe. I am a 52-year old woman, and yet I know that I need to take additional precautions when I run alone. I am fortunate that most of my solo runs have been without incident. I have only encountered two incidents that made me feel uncomfortable and forced me to take a quick note of my environment, who was around me, and where could I go if the encounter felt more threatening. I used the skills that I have learned over the years to protect myself, and I felt secure in how I handled the uncomfortable situation.

Allyson: In terms of running, I felt safest when I lived in the city. Even when running in the wee hours of the morning, the streets of Boston were well lit and there were always plenty of people walking around. When I first moved to Falmouth, the remoteness was a bit unnerving. Ideally, I knew that I should find a consistent running partner—but I also knew how much I enjoy the solitude of running. I did not want to give up the quiet pleasure of running alone. I decided to read *The Gift of Fear* by Gavin de Becker so that I could feel more confident about running alone. This book gave me concrete suggestions on how to protect myself in all situations (not just running). Additionally, it reminded me that fear is a powerful emotion that helps us to survive. Before reading de Becker’s book, I would dismiss twinges of fear and assure myself that “everything was probably fine.” Now, I am much better at trusting my own fear—if something doesn’t feel right, I know that it probably isn’t. I found de Becker’s book to be fascinating and empowering; I would recommend it to anyone.

Here are some safety tips to use when running. Even though some of them seem obvious, it’s still important to have them at the front of our minds!

- **Be aware of your environment.** Sandra’s mother used to tell her to look around and notice who is near, the location, and if there are any areas where someone could hide.
- **Run with attitude.** Look assertive and run with your head up. Look people in the eye, and have a strong and positive attitude.
- **Know your route.** Know where you are running; know your route. If you are traveling, stay on the main road and learn the area. Stay where it is populated and in places that feel secure and have activity. It is important to know the neighborhood and your surroundings. If you look lost or unsure, you become an easier target.
- **Pay attention to your gut.** As de Becker notes in *The Gift of Fear*, your gut is your early warning signal. Too often we dismiss the gut feeling, saying to ourselves that we are being

too paranoid. Do not feel guilty if you do not engage with a stranger- it is your right to determine who you will engage with. This applies to someone asking for directions, wanting you to get too close to their car, asking you to come with them, asking if they can join you, etc. Pay attention to how you feel about the encounter. Remember trust yourself!

- **Turn down the music.** Listen to music, but not so loud that you cannot hear people or noises around you. Distraction makes you an easier target- stay in tune with all that is around you- enjoy your run, your music, and your environment.

- **Let someone else know your route.** Inform someone else of the route you are taking, how many miles you are running, and when you anticipate your return. Letting others know protects you, if you do not return, someone will know. Keep your phone on- it is a way for people to contact you, and if necessary you can use it, if needed. Have your emergency numbers on speed dial. Remember that the Falmouth Police Department (774-255-4527) can often respond more quickly than 911.

We both use these suggestions in many aspects of our lives. They do not monopolize our thoughts, but we do take note of our environment, let others know our whereabouts, and choose who we engage with. We face each day with confidence. Fear does not need to consume us—instead, we can recognize it as an important part of our survival that can help us when needed. As strong women who have these skills, there are many activities that we can do alone and enjoy.

FTC Adventures

Our own Julie is going to be the leader on a Moraine Trail Trek! Here are the details from Julie:

Moraine Trail Trek

Have you run the Moraine Trail? Have you wanted to run the Moraine Trail? Join us on November 20 for a down and back excursion - with a detour to refuel at Cape Cod Bagel. Don’t know what the Moraine Trail is? It’s a trail that traverses from Route 151 down to, and including, the Long Pond loop. All but the Long Pond loop is single track, which can be hilly, particularly the north section, and a couple of short stints on side roads. Learn more here: <http://www.300committee.org/alphaListing.htm>

The full distance is ~18 miles. If that’s too daunting, shorter runs are possible! Park at the ice arena and join the group for a ~14 run. Or run one direction only for ~9 miles (you’ll be picked up at CC Bagel for the north-to-south leg, or delivered back to your car for the south-to-north leg).

We’ll meet at the parking area on the south side of Route 151, east of the 28 ramps, at 7 am on Saturday, November 20. The full distance is expected to take ~5 hours (including CC Bagel detour). If someone is interested in one leg: For the north-south leg, I’d say the CC Bagel pickup would be 6:40 am; and for the south-north leg, I’d say be at CC Bagel 9:30 am.

Please email Carl to get on the list for this adventure! This will be an awesome way to get ready for Thanksgiving!

Cape Cod Marathon Relay

by Lindsey Benson

“You had me at clam chowder...” read the response that I received from my sister-in-law, Lisa. Four weeks out from the 2016 Cape Cod Marathon Relay, my team had dwindled to two members, and I had resorted to bribing my husband’s family to join the team with the promise of chowder, t-shirts and medals. The marathon relay is a fun and unique experience, but with only one 3-mile leg to dole out, it can be a challenge to recruit recreational runners to join the team and take on one of the 5-6-mile legs, especially if they are familiar with Falmouth’s geography and the infamous “rolling” Woods Hole hills that they will be taking on toward the end of the course. Challenge (reluctantly) accepted.

In 2015, my friend, Alicia, and I decided to run the Cape Cod Marathon Relay for the first time. After convincing my dad to join us, we named our team the Pakachoag Hill Running Club, after the area of Auburn, MA where Alicia and I grew up. We designed team t-shirts, featuring Pakachoag Pete, a bigfoot-like monster that my dad had claimed to reside in the woods behind our house after we enthusiastically watched an episode of “Unsolved Mysteries” featuring a similar creature during the late 1980’s. We had three team members, and a set of really cool, nostalgic t-shirts, but we still needed two additional teammates. Alicia was able to recruit two of her Worcester-area running friends, and the Pakachoag Hill Running Club, comprised of one friend, one family member, and two people I had never met, was born.

The Pakachoag Hill Running Club is strictly a recreational running team – we did not enter the relay to annihilate the competition. Our goal during our inaugural running of the CCM relay was simply to have fun and enjoy the sights and experience of marathon weekend. Alicia ran the initial 3.05-mile leg from Main Street to Falmouth Heights. Never having participated in a marathon (or marathon relay) before, she was impressed by the enthusiasm of the crowd at the starting line, as she began her 3-mile trek, alongside those who were setting out on 26.2. Alicia passed the proverbial baton (actually, a slap bracelet) to me at Falmouth Heights Beach, and I continued on 6.15 miles, across Green Harbor and into the cranberry bogs of East Falmouth. While this is technically the longest leg of the race, it is also the flattest, and I highly recommend it if, like me, you basically train on a tidal flat all year, and hills are a challenge for you. My dad ran the third, 5.7-mile, leg. Alicia was able to capture some great shots of the father-daughter relay exchange with her camera – to date, some of my all-time favorite race day shots. My dad ran to North Falmouth, where he passed the bracelet to Heidi, one of our new team members. After receiving the bracelet, Heidi headed straight for the portable restroom, prompting the classic dad-quote: “Why didn’t she go before she left the house?!” My dad needed a quick reminder that we were not running

competitively... Heidi ran along the western coast of town, from North Falmouth to Woods Hole, where she passed the bracelet on to our other new team member, Kelsey (see how we tricked the newbies into running the Woods Hole hills??). Unable to capture the initial hand-off, we sent Heidi back several hundred yards, and asked her and Kelsey to recreate the moment for the camera. Once we had properly captured the handoff, Kelsey brought us past Nobska and back to the finish line on Main Street, where we proudly took a team photo in front of our finish time – 4:51, and celebrated with that much anticipated chowder.

As soon as registration opened for the 2016 race, I signed up the Pakachoag Hill Running Club for their second annual relay. Unfortunately, three of our original team members have been sidelined by illness and injury. Alicia and I, both recently

recovered from injuries that left us unable to train for the majority of the summer ourselves, found ourselves in need of three new team members. Recruiting new runners did not come as easily as it had last year. Despite the disclaimer that we would be strictly running the race for fun, many casual conversations about the relay and our need for additional members ended with comments such as, “Oh! That sounds like fun! Maybe next year!” and “The 3-mile leg is taken? I can’t run 6 miles.”



Then, I proposed the race to my sister-in-law, Sarah, and her husband Matt over dinner prior to the Red Sox/Yankees game at Fenway (note to self: always warm up potential relay team members with food and baseball), and finally received the response that we’d been waiting for: “We’ll think about it and let you know in a few days.” Several days later, I followed up with an email to Sarah, as well as to Lisa and my father-in-law, Terry: “Sooooo, obviously running is everybody’s favorite thing to do, but wait – there are great perks to this proposal...”

Falmouth Track Club has obviously worked very hard over the past year, in order to identify incentives for runners to take the plunge and sign up for the marathon and the marathon relay. Several years ago, while attending the Falmouth Road Race expo, Alicia and I had stopped by the FTC booth and inquired about the relay. Alicia had asked whether relay finishers would receive a medal. With a perplexed expression, the representative’s response was something like, “Why would you receive a medal for the relay? The longest leg is only six miles.” Not all runners are marathoners, or even half marathoners. Many of those who sign up for races like the marathon relay are recreational 5K-ers, so signing on to tackle one of the relay routes is a challenge and completing it is a significant accomplishment. The finishers medal that the relay team participants will receive this year not only celebrates those individual accomplishments, but also represents the team work that goes into completing those 26.2 miles together, with its five interlocking pieces. Relay team

Cape Cod Marathon Relay

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members will also receive Cape Cod Marathon t-shirts this year, a race perk that was not previously available. A Cape Cod Marathon t-shirt AND a Pakachoag Hill Running Club t-shirt? How could anyone possibly say no? Oh, and the chowder. Have I mentioned the chowder?

With Cape Cod Marathon Weekend just over a week away, Pakachoag Hill Running Club not only has a full relay roster, we also have a back-up team member, ready to step in, in case of injury. This year, our goal is the same – to have fun and enjoy the experience, without worrying about paces or our finish time. If we need to recreate a handoff, so be it. And my dad won't be there to grumble about bathroom breaks. We recently shared a photo of the relay medals on social media, and received such a

positive response (things like, “OMG, definitely sign me up next year!”) that there's talk of a second Pakachoag Hill Running Club team next fall. See you at the finish line in 2017 – we'll be the ones in the bigfoot t-shirts hanging around by the chowder table.

Lindsay Benson is a former summer-person, who returned to her Massachusetts roots after spending eight years in Charlotte, NC. She lives in Falmouth Heights with her husband and three sons. Lindsay is the lower elementary (K-4) Therapeutic Intervention Program (TIP) teacher for Falmouth Public Schools. When she's not teaching, Lindsay enjoys running, hiking, reading Elin Hilderbrand novels, and ruining the landscaping by trying to “garden” in her yard.

Ten things to know about the Cape Cod Marathon

by Maggi Yates

10. If you are a local runner, add some time to your expected finish because you will definitely meet lots of folks you know.
 9. If you are not from the Cape, add some time to your expected finish, because for those same 26 miles, you will meet folks who seem somehow familiar.
 8. If this is your first Cape Cod Marathon, you will talk with lots of new running friends who will stay in your memory bank for several runs to come.
 7. Although there is a hill at mile 4 and a long hill around mile 12, expect a series of smaller hills from 17 to 20. Because they come towards the end, when you might be tired, you may agree with a runner from Georgia who said: “Y'all have Rolla Costa hills here!”
 6. Some things stay the same... This is a Mom and Pop marathon! It is thought about, organized and carried out with a real-hands on approach by caring local people.
 5. Some things change... Rumor has it there might be “liquid refreshment” at the finish line.
 4. However, there is no wait until the finish for regular liquids. There are water stops a plenty, once again manned by the best volunteers ever.
 3. Music there is as well. For over 15 years, CCM has provided musical encouragement in various genres from plastic buckets to dj's to brass quartets, to jazz bands and some rock. Watch for this years offerings!
 2. Sharing the road. Lots of folks out there. But other sights too. Among the sightings in the past were several Elvses, Cranberry pickers and a Yacht going home for the winter.
 1. The most important thing to remember about the Cape Cod Marathon, is that there will be someone waiting for you at the finish line. In the spirit of the CCM volunteers, there are After Hours Coordinators who wait for the very last runner to arrive. We are there because we know what it is like to be finishing up when we are sure everyone has gone home!
- A lovely marathon, in a lovely place, run by lovely people for lovely runners and their fans.
- Maggi Yates has run two Cape Cod Marathons and has volunteered at all but one since 1998..*

CCM: A Brief History

By Helen Kennedy, 2017 Race Director

The Cape Cod Marathon began in 1978 on Otis Air base. It was a multiple loop course that took place entirely on the Air Base for the first six years. It was held in December and was very cold! In 1984 the race was moved to Falmouth, held in late fall which was a little warmer and run on its present one loop course that goes through many villages of the town. The course change was an instant success and the field of runners jumped from 180 to 750 runners, establishing the Cape Cod Marathon as a premier fall New England marathon.

In 1986 the race added prize monies for the top male and female finishers in hopes of attracting top regional runners. The response was overwhelming attracting many Greater Boston Track Club runners. Randy Thomas of the GBTC won the race that year in 2:17:35, which is still the course record. In 1987 with a larger prize purse Cathy Shiro O'Brien set the women's record at 2:37.06. Also in 1987 the CCM was awarded the USTAF -NE marathon championship which resulted in a larger total field that included the best runners in New England. The CCM would host this championship for the next 22 years.

The next change to the event came in 1993 when a five-leg relay was added to the marathon. The legs of the relay ranged from 3-to-6 miles and were run simultaneously with the marathon. The relay was a success and in 1999 the organizers capped the field at 150 teams.

In 2011 a half marathon was added to the weekend which attracted 900 runners. In 2012 the race cap was increased to 1,100 and this year it was increased again to 1700. Also added was the “Clam Chowdah Challenge” which consisted of runners completing both the Half Marathon on Saturday and the Marathon on Sunday for a total of 39.3 miles in two days.

Under the leadership, hard work and perseverance of Courtney and Carolyn Bird for over 30 years until their retirement in 2012 and directors Matt Auger 2013-2015 and Tom Davis this year, the Cape Cod Marathon has provided a level of personal service that thousand of runners have appreciated with the help of the marathon committee members, race administrator Leslie DiAngelis, Falmouth Track club members, hundreds of volunteers on race day and our race sponsors.