



Cape Cod Marathon Relay Invitational Cup

Helen Kennedy, 2017 Marathon Director, presented Howard Tansey, Pres. of Cape Cod Athletic Club, the Cape Cod Marathon Relay Invitational Cup from this year's race. In an unusual twist, CCAC tied for first with Somerville Road Runners. They will keep the trophy for 6 months then it will travel to Somerville !

Running Down the Road...

Running Down the Road...
5th Annual Winter Lights 5 K
12/2 ~ Plymouth

Santa Stampede 5 K & Family Run
12/3 ~ Orleans

Hyannis Jolly Jaunt
12/7 ~ Hyannis

Frosty Half Marathon
12/11 ~ Raynham

Contact Carl for information about the Winter Warrior ~ a streak of running in January!

The Starting Line

newsletter of the falmouth track club • December 2016

The Best for Last

by Lauren Fields

When Steve Budd lined up on the **starting** line for the Cape Cod Marathon, it wasn't like the last 49 times before. This morning was different, what he would later describe as "magical," because it was the final marathon in the final state of his fifty-state goal. With family members from different states there to either participate in the relay or cheer them on, what started in 1996 at the Walt Disney World Marathon would conclude in 2016 at the Cape Cod Marathon in Falmouth, Massachusetts.

It took all but five minutes for all of us to book the plane tickets after learning Steve and family were running this year; we couldn't wait to witness



Steve Budd (center) is flanked by his wife, Olenka, and his brother Larry at the finish of this year's Cape Cod Marathon.

a life goal being checked off and spend time with family we haven't seen in twenty years. Although Steve encouraged all of us to participate since day one, some of the family opted to be the cheering section, and others, **wife** Olenka, **brothers** Larry and Jim, **niece** Lizzie, and **sister** Nancy ran the relay portion of the event. Steve's excitement for the event was contagious, and more than once he told us how inspired we would feel watching people of all ages cross the finish line. It was an inspiring weekend to say the least, and Steve was at the helm.

In between bites at dinner, I got to squeeze a few rookie questions out of Steve for some insight into the mind of a man who just earlier that morning, reached his goal of running a marathon in all fifty states. I asked him to describe the race in one word. He said, "Magical. Starting the race off with my wife, running a part of the race with my siblings and niece, and getting to see everyone at the finish line was truly magical." What he wasn't aware of, though, was how magical it felt to be a part of that day. The crisp early morning, the crowds of people, the music blasting, and the cannon to start the race off was unlike any morning some of us had ever experienced. When the

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The Best for Last

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runners crossed the finish line, unusually warm temperatures meant blankets for the runners and a well-worn path to the beer tent. It was there we got to see the joy, together in that moment with some exhaustion, all over his face and the face of the Budd relay team, too. "I've ran the Falmouth Road Race too many times to count, that's how I knew the Cape Cod Marathon had to be my final one." That fact, coupled with the family history ties to Manomet meant Steve really was saving the best for last.

So far, Steve has run in a total of 61 marathons. His first marathon was the Walt Disney World Marathon in 1996, that's more marathons completed in the last twenty years than most people will run in a lifetime. It's an impressive feat. He has been on a recent schedule running three marathons in the spring and three marathons in the fall. That pace is what allowed him to reach his fifty state goal sooner than the original program he had starting out. When you talk to Steve about his marathons and his training, he's very matter-of-fact. He keeps it simple, like it's just no big deal. No superstitions, no good luck charm, just a pair of Saucony's and a bagel and banana for breakfast and he's ready to go. That sheds a little light onto what types of marathons are his favorite: he likes the remote, nature-driven ones where you can "really get out there" and escape to places off the beaten path. And so, dislikes the more urban races; the Last Vegas Rock 'n' Roll Marathon was his least favorite, but he is quick to add commentary that shows his respect for the race. You won't find Steve talking bad about any race, his attitude toward the sport is a grateful, humble one.

It was quite an experience for all of us involved, albeit more so for the non-runners in the family. We were so inspired by the atmosphere of the race and the determination of Steve and the

others. This marathon gave us a fun reason to get together for the weekend. We enjoyed our weekend in the Cape with family and watching this bucket list check mark more than words can say.

Steve says, "I run races so that I always have a training goal. They keep me moving, which hopefully keeps me healthy. I run marathons because they involve a mental as well as a physical challenge, finding the willpower to push through pain when my body tells me to stop. Every race is an event, an adventure. Signing up for a new destination each time adds to the experience, providing opportunity to discover a new place or to gather with friends or family I don't get to see often. Cape Cod was the best ever, due to setting, weather & family." And

the man has no signs of slowing down: next on the agenda is running in all of the Canadian provinces and shooting for his 100th marathon. Inspiring just doesn't quite cover it.



Author Bio: Lauren Fields is Steve's first cousin once removed. She grew up playing soccer, but has a newfound respect for marathon runners. She lives in Texas with her husband, and will spend the next year contemplating participation in 2017's Cape Cod Marathon.

FTC Youth Running



FTC Youth Runners compete at the USATF Jr. Olympics in Amherst NH.



FTC Youth Runners help Eddie and Marcia Doyle pass out water at Falmouth in the Fall 2016.

FTC Athletes Conquer the Circumburke

by Ann Tarrant

FTC runners Julianne Waite and Glenn Pacheco and mountain biker Andrea Gosselin completed the Circumburke endurance race on October 22. The race website states “Surviving the Circumburke is a great achievement...” That sounds like a strong statement, but I think it’s generally fair. The Circumburke is a 26ish mile race around Burke and Umpire Mountains in Vermont, mostly on single-track trails that includes close to 4,000 feet of climbing. For a reference, Boston’s Heartbreak Hill is only about 91 feet, and Falmouth’s “Lighthouse Hill” is only about 50 (although both feel like plenty big during a race). So yes, in a normal year, completing the Circumburke is plenty impressive. But 2016, was not a normal year. Instead of clear sunshine, crunching leaves and crisp mountain air, the athletes faced a muddy slog in chilly drizzle in what was described as “the longest, wettest and most grueling edition yet.”



Although the weather was rough, it could have been worse.

Forecasts ranged from substantial snow accumulation to a steady downpour. It ended up that the worst of the weather held off, and the rain faded to more of a mist. Still, the trails were saturated, and several riders got swallowed in the mud. Julie watched someone on a fat tire bike become mired in mud to the point of a standstill, then fall over to the side. While the conditions slowed the racers down in comparison to previous years, the event emphasizes participation and fun over competition. Julie even noticed a few groups of athletes participating as father-son pairs.

Julie and Andrea were drawn to the race, in part, because it’s open to both bikers and runners. Runners start at 8 a.m. along with a small group of ambitious cyclists attempting a double-loop (the “Circumberzerk”), and the main group of cyclists start at 10 a.m. This year just over 50 runners and 250 cyclists completed the course. Staggering the running and biking races helps to minimize overlap, but runners and cyclists do



need to remain alert. For Julie, the most memorable experience was when the lead biker flew by her on a downhill stretch. After that, she was extra careful to get all the way off the trail as she heard bikers approach. This usually left her enough room to keep running and the constant vigilance helped to make the miles go by during the second half!

So how does anyone even train for a race like this in Falmouth?? While we may not have monster hills, we do have some rugged terrain, and we are lucky to have lots of choices for trail running. Julie hit the trails for all of her long runs and some shorter runs. She particularly enjoys running in Crane Wildlife Management Area, once traveling all the way to Otis Rotary and back. Four weeks before the race Julie and Andrea decided to run/ride the full length of the Moraine Trail from Long Pond up to Route 151 and back. Fellow riders Mike Race and Stace Beaulieu joined Andrea for some or all of the ride.

Because of the extremely rough terrain north of Long Pond, runners and riders are able to maintain fairly comparable paces on this trail. Julie had a small head start and was motivated to



keep it as long as possible! The group ended up finishing within a few minutes of each other. All the training certainly paid off! Our three local athletes all finished strong and none of

them got swallowed up by the mud.

Interested in the Circumburke or a race like it? If you are itching to try a trail race, I would recommend the Cape Cod Trail Race (of course!) to be held in the Crane on April 9th, with distances ranging from 5 K to 50 K (capecodtrailrace.com). I also highly recommend the “Fox Trot” 10 mile course in the Blue Hills of Milton, usually held in April. Both races sell out, so sign up early! The Vermont 50 (vermont50home.blogspot.com), held in September, is a classic 50K/50M trail race open to both bikers and runners. As for the Circumburke itself, Julie recommends it for runners interested in a smaller race in a beautiful area.