

The Starting Line

newsletter of the falmouth track club • April 2017

The Dinner of Champions and the Cape Cod Trail Race

By Carl Gustafson

Why do I run? On a run I had an idea to bring an all proceeds to charity run to Cape Cod. Along the way many amazing people have joined me and we have created the "Trail Team." We have over 100 people on the team now!

We brought over 500 people to a health fair we called the Cape Cod Expo! We have had an astronaut, a Boston Marathon winner and many other amazing speakers at the Dinner of Champions. This year's lead speaker is Bill Richard, Martin's father (see the story below). We provide a free Kids Fun Run for 100 children 12 and under where

Races Ahead...

Bailey's Run for Autism

4 / 2 ~ Foxboro

5th Annual Coyote Family Challenge

4 / 8 ~ Carver

2nd Annual MEF Spring Thaw

5K Road Race & 2.5K Fun Walk

4 / 9 ~ Marlborough

Cape Cod Trail Race

4 / 9 ~ Falmouth

Raynham K of C Charity 5M & 5K Road Race

4 / 9 ~ Raynham

B.A.A. 5K Race

4 / 15 ~ Boston

Benting Strong Memorial 5K

4 / 22 ~ Pembroke

3rd Annual Tim's HOMERUN 5K

4 / 23 ~ Middleboro

Crush Cancer 5K

4 / 23 ~ Bridgewater

7th Annual Fall River Salvation Army 5K

4 / 29 ~ Fall River

6th Annual West Island 5K Run/Walk & Kids Mile

4 / 30 ~ Fairhaven



they get a racers bib, finishers medal, tee shirt and lunch. There is the World's Famous Diaper Dash. We have a 5 K through a 50 K.

Why do I run? Because it has helped to facilitate over 600 runners to have an amazing trail running experience. We have amazing sponsors, many of whom have been with us from the beginning. We are the recipients of a community award and the race has been in local papers and on community TV. By spreading the world of running, we are working hard to promote a sense of well-being and all of the benefits that accrue through running.

Along with Running Forward we are Giving Back! We have raised over \$30,000 in three years! Amazing! Benefitting Organizations from this year's events are:

The Martin Richard Foundation was formed by the parents of eight-year-old Martin Richard, who was killed in the bombings at the Boston Marathon on April 15, 2013. In the days after the bombing, a photo of Martin holding a handmade poster that read "No more hurting people. Peace" was shared over the Internet and made many see Martin as a symbol of peace. The Foundation honors his message by investing in education, athletics and community. Martin Richard's view of peace went well beyond simply wanting to prevent violence. To Martin, peace meant things like togetherness, teamwork, fairness, sportsmanship, inclusion, and simple acts of kindness. The Foundation strives to encourage youth and adults to improve the lives of others and become bridge builders, peacemakers, leaders and entrepreneurs. For more information: teammr8.org

Calmer Choice was founded in 2010 in response to the emotional devastation experienced by high school students and the surrounding community after the tragic deaths of

continued on page 2

Cape Cod Trail Race

CONTINUED FROM PAGE 1

several Barnstable High School students and graduates. While high school students are especially vulnerable, students of all ages often struggle with mental, emotional and behavioral issues resulting in poor academics, bullying, violence, stress and depression. In fact, it has become clear that most mental, emotional and behavioral challenges actually begin in childhood. Providing Calmer Choice to elementary students capitalizes on important developmental windows that can set the stage for a lifetime of healthy behaviors, opportunities that can have the potential to improve the health and well-being of an entire generation. For more information: calmerchoice.org

The Children's Integrative Therapies, Pain Management and Supportive Care (ChIPS) program at Hasbro Children's Hospital provides comfort and helps meet the physical, emotional, psychological and spiritual needs of children with limiting or life-threatening illnesses. We are dedicated to providing a compassionate, comprehensive, and coordinated blend of services that support both curative and comfortable care, while preserving dignity and quality of life for our patients and their families. For more information: lifespan.org/centers-services/pediatricpalliative-care/chips-program



The Massachusetts Outdoor Heritage Foundation is a non-profit organization created by sportsmen, sportswomen, and conservationists:

- To promote and preserve the rich outdoor heritage of the Commonwealth;
- To provide financial support for the preservation, enhancement and sustainability of land and water resources, fish and wildlife habitat, and biodiversity in Massachusetts;
- To protect the natural integrity of these resources for the benefit of the public and future generations;
- To support professional, scientific, non-political strategies that contribute to the conservation of our natural resources.

For more information: massoutdoorheritage.org

The Cape and Islands Police K-9 Relief Fund is a retirement fund built by donations from compassionate

individuals and civic minded local business, and merchandise sales. This fund helps ease the burden of veterinary costs incurred in maintaining a retired K-9 officer.



This fund is for any dog that has done police work on Cape Cod or the Islands. After they have completed their "active service," they are retired and the costs for care are with the officers. This fund is available to help cover those expenses. For more information: capecodpolicek9.org.

Why do I run? I run for those who cannot. I have been blessed to have this life. I hope you will join the Trail Team! I hope you too will...

Run Forward. Give Back.

Carl

Carl Gustafson tries to give back by editing the monthly FTC Newsletter, Starting Line; by coordinating the weekly workouts; by writing a weekly motivational email; and coordinating a Winter Warrior group in January.



FTC's First Race of the Season

Good job to Mike Norton for coordinating and for all the volunteers who volunteered and all the runners who ran the 40th Seagull Six! Fast and fun times! The Seagull Six Spring Classic Road Race has been associated with the Falmouth Track Club since almost the beginning of the club's existence. The FTC started in 1972 and the Seagull Six Spring Classic was first run in 1978.

FOURTIETH ANNUAL SEAGULL SIX SPRING CLASSIC

5.74-MILE ROAD RACE

Woods Hole, MA — March 26, 2017 at 11:00 a.m. — USATF Sanctioned

Place	Name	No	Age	S Div/Tot Div	City, State	Club	Time	Pace
1	Joe Navas	102	46 M	1/9 M4049	N. Eastham MA	WHIRL	31:43.8	5:32
2	Michael Stone	88	30 M	1/13 M1939	Falmouth MA	FTC	32:49.7	5:44
3	Tom Giardino	101	42 M	2/9 M4049	Falmouth MA		33:21.7	5:49
4	Andrew Goldthorp	87	39 M	2/13 M1939	Boston MA	CRC	37:42.4	6:35
5	Henry Gartner	52	11 M	1/2 M0118	Falmouth MA	FTC	39:58.6	6:58
6	Ken Gartner	89	56 M	1/17 M5059	Falmouth MA	FTC	40:04.2	6:59
7	Franco Bonfini	99	52 M	2/17 M5059	Eastham MA	CCAC	40:52.1	7:08
8	Ginny Lewis	94	37 F	1/18 F1939	Somerville MA	SRR	41:04.5	7:10
9	Brian Duffey	90	37 M	3/13 M1939	Hanson MA	HRC	41:25.1	7:13
10	Dan Schwarz	45	34 M	4/13 M1939	Jamaica Plain MA		42:03.1	7:20
11	Larry Belliveau	100	62 M	1/13 M6069	Chatham MA	CCAC	42:32.1	7:25
12	Ryan Brown	51	27 M	5/13 M1939	Derry NH		43:23.8	7:34
13	Christopher Ferrer	80	28 M	6/13 M1939	Mashpee MA		43:26.0	7:34
14	Creig Muscato	112	58 M	3/17 M5059	Cataumet MA	TIR/FTC	43:31.7	7:35
15	Jeff Mullan	6	55 M	4/17 M5059	Milton MA		43:33.8	7:36
16	Elizabeth Conlon	60	36 F	2/18 F1939	E. Falmouth MA	FTC	43:48.5	7:38
17	Michael Falcone	36	40 M	3/9 M4049	Mashpee MA	TIR	44:01.9	7:41
18	Joanne Jack	37	49 F	1/10 F4049	Wareham MA	TIR	44:15.2	7:43
19	Reiko Sagioka	67	42 F	2/10 F4049	W. Falmouth MA	FTC	44:19.5	7:44
20	Jack Coleman	103	57 M	5/17 M5059	Plymouth MA		44:47.9	7:49
21	Lenny Collins	106	68 M	2/13 M6069	Falmouth MA	FTC	45:16.3	7:54
22	Michael Trubiano	27	31 M	7/13 M1939	Somerville MA		45:18.9	7:54
23	Mark Bogosian	115	30 M	8/13 M1939	Falmouth MA		45:24.0	7:55
24	Mike Mueller	14	31 M	9/13 M1939	E. Falmouth MA		45:27.0	7:56
25	Mykayla Herges	43	22 F	3/18 F1939	Forestdale MA		45:27.9	7:56
26	Glenn Pokraka	96	55 M	6/17 M5059	N. Falmouth MA	FTC	46:22.9	8:05
27	Thomas Stracqualursi	84	42 M	4/9 M4049	Leominster MA	FTC/CRR	46:39.9	8:08
28	Rachel Shanor	25	59 F	1/10 F5059	Milton MA		47:12.6	8:14
29	Cormac Collier	78	42 M	5/9 M4049	Nantucket MA		47:29.0	8:17
30	Paul McCadam	15	69 M	3/13 M6069	E. Falmouth MA		47:38.4	8:18
31	Phil Brown	114	38 M	10/13 M1939	Canton MA	TIR	47:51.0	8:21
32	Lindsay Benson	2	37 F	4/18 F1939	Falmouth MA		48:13.9	8:25
33	Robert McColgan	75	60 M	4/13 M6069	Dedham MA	TIR	48:14.4	8:25
34	Andrew Voorhis	77	58 M	7/17 M5059	Pocasset MA	FTC	48:38.9	8:29
35	Duncan Warden	74	60 M	5/13 M6069	Weston MA	TRI-FYT	48:39.4	8:29
36	Richard Clarke	20	42 M	6/9 M4049	E. Greenwich RI		48:53.3	8:32
37	Patrick Neville	7	39 M	11/13 M1939	E. Greenwich RI		48:54.8	8:32
38	Joe Sennott	5	48 M	7/9 M4049	Franklin MA		49:23.3	8:37
39	Mary Ryther	97	53 F	2/10 F5059	N. Falmouth MA	FTC	49:41.8	8:40
40	Jeff Kelleher	111	51 M	8/17 M5059	Dedham MA	TIR	49:42.9	8:40
41	Jeri Bebrin	32	56 F	3/10 F5059	S. Windsor CT		49:52.7	8:42
42	Jay Johnson	1	55 M	9/17 M5059	Easton MA		49:56.9	8:43

continued on page 4

Seagull Six Spring Classic

By Lindsay "Blizzard" Benson

I skipped the Seagull Six Spring Classic in 2016. I was nursing an iliotibial band injury. My 8-month-old had been up sick all night the night before. And it had snowed during the overnight, leaving the roads covered with a slick, wintery mix. It was the perfect storm of excuses. Had it been any other race, I may have been able to pull myself up by the bootstraps and hobble my way through the course; but the Seagull Six is notoriously tough. The course description from the race website describes it as: "A scenic and hilly loop, the last three miles of which are the first three miles of the Falmouth Road Race course backwards, including the hill at Nobska Light." Oh, good. So, the last half of the race is the most challenging part of the Falmouth Road Race. Piece of cake...

Because I missed last year's Seagull Six (and because I had committed to writing about the race for the April newsletter), I was adamant that I would not miss this year's race. I turned down a 5K in Worcester that I had been hoping to run with my frequent running partner, Alicia. I made arrangements for my husband to shuttle me down to Woods Hole, reminding him before we went to bed that we would need to have the kids ready to leave the house by 10:00. On the morning of the race, I woke up and checked the time — 9:50 a.m. For the first time ever, all three of my children were still asleep at nearly 10:00. Right — scrap the shuttle into Woods Hole idea. I threw on my



continued on page 4

Seagull Six Results

CONTINUED FROM PAGE 3

43 Christine Booth	22 45 F 3/10	F4049 Quincy MA	TIR	50:01.0 8:43
44 Tom Neville	69 53 M 10/17	M5059 Mattapan MA	TIR	50:01.5 8:43
45 Steven Benton	17 66 M 6/13	M6069 N. Falmouth MA		50:32.5 8:49
46 Heather Klimm	11 58 F 4/10	F5059 Falmouth MA		50:40.1 8:50
47 Adria Bodell	65 55 F 5/10	F5059 Sudbury MA	FTC	50:43.7 8:51
48 William Richert	91 54 M 11/17	M5059 Franklin MA		50:51.8 8:52
49 Helena McMonagle	35 23 F 5/18	F1939 Woods Hole MA		51:12.9 8:56
50 Neel Aluru	13 43 M 8/9	M4049 N. Falmouth MA		51:13.3 8:56
51 Margaret Czachorowski	28 30 F 6/18	F1939 Somerville MA		51:14.6 8:56
52 Paula Baxter	30 53 M 12/17	M5059 Mashpee MA		51:30.5 8:59
53 Brian Studley	98 51 M 13/17	M5059 W. Wareham MA	JSU	51:30.9 8:59
54 Junbong Jang	3 37 M 12/13	M1939 Falmouth MA		51:46.6 9:02
55 Julianna Coughlin	41 23 F 7/18	F1939 Falmouth MA		52:14.8 9:07
56 Jessica Durfey	57 35 F 8/18	F1939 Falmouth MA		52:26.5 9:09
57 Vanessa Raihill	58 34 F 9/18	F1939 Wayland MA		52:31.4 9:10
58 Linda Bates	76 54 F 6/10	F5059 Plymouth MA	TIR	52:32.0 9:10
59 Julie Waite	72 45 F 4/10	F4049 N. Falmouth MA	FTC	52:48.6 9:13
60 Deb Gauley	23 52 F 7/10	F5059 Plympton MA		53:17.3 9:17
61 Lindsey Alty	110 40 F 5/10	F4049 Sandwich MA		54:12.1 9:27
62 Matt Lectnik	104 16 M 2/2	M0118 Westwood MA		54:14.1 9:27
63 Keith Gauley	24 50 M 14/17	M5059 Plympton MA		54:21.2 9:29
64 Edward Richert	92 64 M 7/13	M6069 Ocean NJ		54:42.1 9:32
65 Arisa Duffy	40 27 F 10/18	F1939 Cotuit MA		55:25.1 9:40
66 Joshua Walbert	108 35 M 13/13	M1939 Mashpee MA		55:42.4 9:43
67 Michael Cozzolino	68 53 M 15/17	M5059 Grafton MA		55:51.6 9:44
68 Lindsey Mahoney	107 39 F 11/18	F1939 Mashpee MA		56:42.4 9:53
69 Steve Bebrin	31 58 M 16/17	M5059 S. Windsor CT		56:46.6 9:54
70 Brian Lavery	34 42 M 9/9	M4049 Sandwich MA		56:49.1 9:54
71 John Banner	59 62 M 8/13	M6069 E. Falmouth MA	TIR/FTC	56:54.2 9:55
72 Paul Hartel	113 66 M 9/13	M6069 Falmouth MA	FTC	56:54.7 9:55
73 Diane Nolan	42 51 F 8/10	F5059 W. Tisbury MA		57:22.0 10:00
74 Cheryl Foley	83 39 F 12/18	F1939 Sandwich MA		58:27.0 10:11
75 Jim McLaughlin	9 62 M 10/13	M6069 Sandwich MA	TIR	59:15.2 10:20
76 Robert LaLiberte	109 66 M 11/13	M6069 W. Barnstable MA		59:22.8 10:21
77 Barbara Gutierrez	53 44 F 6/10	F4049 Mansfield MA		59:54.9 10:27
78 Unknown Runner	901			60:01.7 10:28
79 Cari-Ann Verge	54 47 F 7/10	F4049 Mansfield MA		60:02.6 10:28
80 Daniel Fitzpatrick	81 60 M 12/13	M6069 Hopkinton MA	TIR	60:10.9 10:30
81 Rebecca Piccolo	79 38 F 13/18	F1939 W. Roxbury MA	TIR	61:04.6 10:39
82 Skipper Manter	46 59 M 17/17	M5059 W. Tisbury MA		61:07.2 10:39
83 George Graeber	95 74 M 1/1	M7099 Orleans MA	CCAC	61:07.5 10:39
84 Alexia Jason	50 35 F 14/18	F1939 Chilmark MA		61:33.3 10:44
85 Sarah Briggs	47 35 F 15/18	F1939 Jamaica Plains MA		61:33.9 10:44
86 Karen Patnode	4 60 F 1/2	F6069 Teaticket MA		62:02.2 10:49
87 Norma Burgess	12 47 F 8/10	F4049 Plymouth MA		62:11.6 10:51
88 Jennifer Papillo	19 34 F 16/18	F1939 Sandwich MA		63:22.3 11:03
89 Elizabeth Manney	85 39 F 17/18	F1939 Leominster MA	FTC\CRR	63:46.2 11:07
90 Jafet Arrieta	44 31 F 18/18	F1939 Jamaica Plain MA		64:20.9 11:13
91 Deborah Knight	63 59 F 9/10	F5059 Worcester MA	CMS	64:52.6 11:19
92 Joan Valle	16 69 F 2/2	F6069 E. Falmouth MA		69:13.7 12:04
93 Jonathan Knight	64 60 M 13/13	M6069 Worcester MA	CMS	71:27.1 12:27
94 Holly Seiferth	71 43 F 9/10	F4049 Pepperell MA	RCPPRG	73:10.0 12:45
95 Dianne Botelho	55 48 F 10/10	F4049 E. Falmouth MA		84:10.2 14:40
96 Maryann Kulis	56 59 F 10/10	F5059 E. Falmouth MA		84:11.5 14:41
97 Maggi Yates	73 73 F 1/2	F7099 Falmouth MA	FTC	95:02.6 16:34
98 Doris Beatty	82 82 F 2/2	F7099 Falmouth MA	FTC	95:03.9 16:34

Seagull Six Spring Classic

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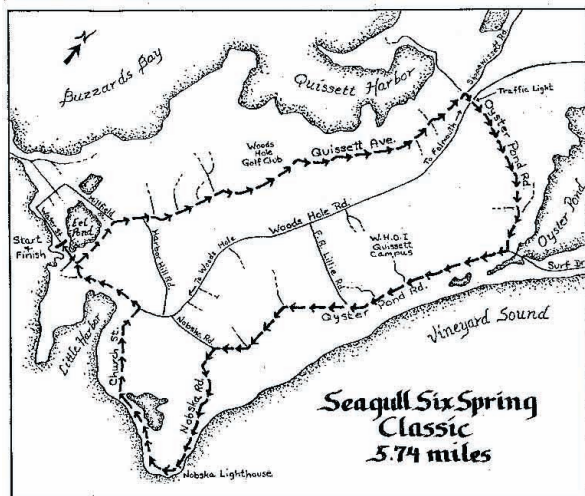
running clothes, grabbed the car keys, and sped off to Water Street. I took the coastal route from the Heights to Woods Hole, which provided me with a final preview of the last three miles of the race course. As I drove, I noted that, while it was a sunny and relatively mild (for March) morning, the walkers who I was passing along Surf Drive seemed plagued by the wind, their jackets and hair flapping wildly behind them as they headed west. We would be running against the wind during the final stretch. I arrived in Woods Hole, feeling slightly more anxious than I had when I left the house.

Navigating Water Street and finding a parking spot that I could cram my minivan into without my husband taking the wheel was surprisingly easy, and I made it to the old Woods Hole firehouse to pick up my bib and race swag in plenty of time. Runners were provided with a souvenir pint glass, and offered water, Gatorade, bagels, bananas, and cereal bars – a huge relief, since I had dashed out of the house without considering breakfast. Runners milled around the building and on the sidewalks, chatting about the course and reading the old newspaper articles about past years' races, posted on the wall. The Seagull Six is a relatively small event, and the sense of community was palpable. It would be difficult not to draw comparisons to the start of the Falmouth Road Race, which shares the same starting line. While there is an enormous sense of excitement at the start of the Falmouth Road Race, with its elite competitors and tens of thousands of entrants, Water Street is so overcrowded that you can barely move. Awaiting the start of the Seagull Six, runners are able to explore, socialize, and make new connections within the local running community.

At 11:00, the canon sounded, and we were off. The race course description is fitting – from the first turn onto School Street, heading toward Quisset Avenue, the course is scenic and hilly. As a runner who regularly trains on relatively flat courses, and who has very vivid memories of the Woods Hole portion of the Falmouth Road Race being the “worst” part, I had been feeling apprehensive about the near-constant hills. As usual, I had psyched myself up over nothing. Are there hills? Yes, and lots of them. But, for every hill you run up, you also run get to down. For the most part, the



continued on page 5



***** MALE OVERALL RESULTS *****

1 Joe Navas 46 N. Eastham MA WHIRL 31:44

***** FEMALE OVERALL RESULTS *****

1 Ginny Lewis 37 Somerville MA SRR 41:05

AGE GROUP AWARDS: MALE: 01 – 18

1 5 Henry Gartner 11 Falmouth MA 39:59
2 62 Matt Lectnik 16 Westwood MA 54:15

AGE GROUP AWARDS: MALE: 19 – 39

1 2 Michael Stone 30 Falmouth MA 32:50
2 4 Andrew Goldthorp 39 Boston MA 37:43
3 9 Brian Duffey 37 Hanson MA 41:26

AGE GROUP AWARDS: FEMALE: 19 – 39

1 16 Elizabeth Conlon 36 E. Falmouth MA 43:49
2 25 Mykayla Herges 22 Forestdale MA 45:28
3 32 Lindsay Benson 37 Falmouth MA 48:14

AGE GROUP AWARDS: MALE: 40 – 49

1 3 Tom Giardino 42 Falmouth MA 33:22
2 17 Michael Falcone 40 Mashpee MA 44:02
3 27 Thomas Stracqualursi 42 Leominster MA 46:40

AGE GROUP AWARDS: FEMALE: 40 – 49

1 18 Joanne Jack 49 Wareham MA 44:16
2 19 Reiko Sagioka 42 W. Falmouth MA 44:23 43
Christine Booth 45 Quincy MA 50:01

AGE GROUP AWARDS: MALE: 50 – 59

1 6 Ken Gartner 56 Falmouth MA 40:05
2 7 Franco Bonfini 52 Eastham MA 40:53
3 14 Creig Muscato 58 Cataumet MA 43:32

AGE GROUP AWARDS: FEMALE: 50 – 59

1 28 Rachel Shanor 59 Milton MA 47:13
2 39 Mary Ryther 53 N. Falmouth MA 49:42
3 41 Jeri Bebrin 56 S. Windsor CT 49:53

AGE GROUP AWARDS: MALE: 60 – 69

1 11 Larry Belliveau 62 Chatham MA 42:33
2 21 Lenny Collins 68 Falmouth MA 45:17
3 30 Paul McCadam 69 E. Falmouth MA 47:39

AGE GROUP AWARDS: FEMALE: 60 – 69

1 86 Karen Patnode 60 Teaticket MA 1:02:03
2 92 Joan Valle 69 E. Falmouth MA 1:09:14

AGE GROUP AWARDS: MALE: 70 – 99

1 83 George Graeber 74 Orleans MA 1:01:08

AGE GROUP AWARDS: FEMALE: 70 – 99

1 97 Maggi Yates 73 Falmouth MA 1:35:03
2 98 Doris Beatty 82 Falmouth MA 1:35:04

Seagull Six Spring Classic

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hills are the gentle, rolling type, as the course winds through Woods Hole, across the country club, alongside Quissett Harbor, and parallel to Oyster Pond toward Surf Drive. The course becomes significantly more challenging once you make the turn onto Oyster Pond Road. While the view is breathtaking, the incline leading up to Nobka lighthouse is long and steep. After passing the lighthouse, the steep slope downward provides some welcome relief; however, the hills along Church Street are no joke, either. The most challenging part of the course for me was the final long hill along Church Street. Luckily, by the time that hill crests, the wooden bridge over the Shining Sea bikeway is visible – a beacon that the intersection with

Woods Hole Road is near. Once I reached Woods Hole Road, I coasted to the finish line. Members of the Falmouth community dot the sidewalks, cheering the runners along



to the finish, and upon crossing the finish line, members of the Falmouth Track Club team, who planned and executed the event, enthusiastically congratulate runners on their finish. For me, the 40th running of the Seagull Six was a huge success. While the sky clouded up as the race went on, we were lucky enough to dodge the rain and run in 45 degree temperatures. Even with the wind, the “feels like” temp only fell to 38 degrees, and in March, which – let’s face it, frequently comes in like a lion and goes out like a lion – that isn’t so bad. The hills along the race course were a challenge, but they proved to me that I can perform on hills. In fact, my best splits were mile four and mile five, because I was so determined to conquer them. Now that I know that I can run this course, and enjoy it, I’m excited to run the Seagull Six again in subsequent years. Maybe I’ll even be on time next year.

Lindsay “Blizzard” 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 working on her post-run selfie technique.

