FTC Starting Line

Let's Get Going!

July 2015

Vol. 1, No. 2

Hello and welcome to another edition of the FTC Starting Line. A sincere and warm thanks to all members who shared their thoughts and gratitude for the revival of a FTC newsletter. With the recent blessing of the FTC Board of Directors towards our efforts we are energized to continue working on this newsletter.

As a reminder, our intent with this publication is not to directly represent the club, but rather to inform, entertain and share information concerning, and about the club. It is a goal of ours to ensure we maintain an editorial control of this publication that avoids issues and situations that are or may seem at odds with the Falmouth Track Club, and it's members. That said, sensibilities may be affected, slights may be perceived, all in the eyes of the beholder. Just as we invite any and all members to contribute to the content of this newsletter, we equally invite members to correct, inform and share their thoughts with regard to content. How and what we do with that input ultimately rests with us, the editors and in instances when needed, the Club. We trust in you, the reader, the club member, to respect the difficulty of this job and the honest, unbiased effort we bring to this endeavor.

Sincerely, Carl and Matt

Notes from the FTC Board

This week:
Jack Carroll, Vice President

Greetings fellow Falmouth Track Club members,

The FTC has had a long history of promoting healthy exercise through running and walking. Recently a group of long time members gathered to celebrate the 80th birthday of Ron Lafreniere, Ron was our coach in the late 1970's through the 80's and early 90's. He was a positive role model, cheerleader, guru, and friend. He ran hard and long, his birthday run challenges with another longtime member Ron Pokraka each year are legendary. They would run as long as they could in twenty four hours. Ron Lafreniere finally cried "uncle" when Ron Pokraka completed 105 miles on his birthday running from his hometown of Webster to Falmouth Ma. Looking at Ron today at his birthday party he is a testament to the benefits of healthy living through running.

Both individuals are truly inspirational.

As I pen this article close to Father's Day I think about the one person who has inspired my early running, my father. Back in the late 1950's he took the whole family to watch the Boston Marathon. We went every year creating a family tradition. I set a goal to one day run the race. In the early years he never missed a track meet, cross country race and on weekends took my brother and me to local road races.

There weren't many in those days but he managed to find a few and always found a spot in the middle of the race to cheer us on. In 1978, I ran my first Boston Marathon my father was there at the same spot we watched as a family for many years. In his retirement he volunteered for the FTC and very seldom missed a local race. I think of him often when I run.

Ron Lafreniere and Ron Pokraka

Jack and Wendy Carroll

If my father had lived just ten more months he would be very proud to see me win the 1982 Cape Cod Marathon. The race was held on a 75 degree day in early October. There weren't many spectators as I looped around Otis Air Force base that day. For the last nine miles it was me and Coach Ron who drove the lead vehicle. He would alternate yelling splits and words of encouragement, as only Ron could, "you gotta want it", trying to keep me under 6:00 pace. I faded in the last few miles but broke the toilet paper with Courtney Bird yelling my time and Ron chiming in "that one was for your Dad!"….. I wish my Dad was here today he would be amazed at how the sport has grown.

I feel blessed to be still running, and have a dedicated running partner, my wife Wendy. She encourages me to get moving.

The FTC has many inspirational people and continues to offer many opportunities to exercise through running.

(President's Corner Cont.)

Our Wednesday night track workouts continue in same tradition as started by Ron Fafreniere. The Friday Night Five fun run continues from Town Hall Square and the FTC mission of promoting healthy living begins at a young age with our youth running group and youth summer running camp. Challenging runners to run hard and push their limits continues through participation in our Cape Cod Trail Race, the Cape Cod Marathon and Half Marathon as well as the Seagull Six and Main Street Mile. Get involved in these events.

I am proud to be a member of Falmouth Track Club, a long standing running club that for decades has fostered excellence in the sport. So find your inspiration, if you are running, keep it up, encourage others to get out there with you. If running isn't possible walk, just keep moving!

See you on the roads
Jack Carroll VP
FTC member since 1978

Tips & Techniques

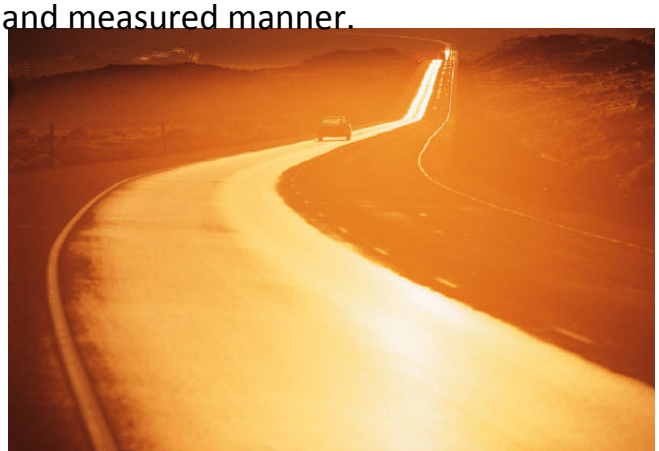
By Matt Auger

How do I run faster?

Although the sole purpose of running for many people is a simple matter of fitness, many of us enjoy watching our times improve as we run. The question then becomes- How do I run faster?

Now before we go too far, this article is going to provide a broad, general sense of how to run faster. For those speedsters out there that want to increase their speed from 7:00min/mile to 6:00min/mile, please seek out some of the faster runners in the club or some of the members who have actual training credentials. My goal is reveal basic steps that can be taken to improve your running speed without having to follow a specific running plan. These tips are basic and should work for the average runner.

Run more- increasing the total distance you run each week is one of the best ways to increase your speed. However, please keep in mind this must be done in moderation. You should not increase your distance by more than 20% each week. Thus, if you were running an average of 20 miles a week, you should not increase the total by more than 2 miles. As you add more miles, you can, well, add more miles. At 50 miles a week, you can add 10 miles the next week, etc. Just remember to increase your miles in a careful and measured manner.



(How do I run faster? Cont.)

Vary your runs- A body in motion tends to say in motion- while our bodies were not the model used to identify Newton's first law of motion, our bodies are designed to reach a level of fitness that match our physical exertion. If you run 3 miles, 5 days a week at the same pace, following the same route, eventually you will lose the benefits of running, a situation that is commonly called plateauing. When you hit a plateau, you find yourself possibly gaining weight, not gaining speed and/or not feeling like you exercised. To avoid this, and become a faster runner, add some spice to your runs: Run that 3 mile loop you run everyday at 30 seconds/mile faster than you normally do, find a new 3 mile loop that increases (or decreases) the amount hills you have to run, etc. These changes will not only improve your speed they will keep your interest in running at a high level!

Enter a race- Races are an excellent opportunity for you to push your runs harder than you may on your own. This is primarily accomplished by using the people around you- finding a suitable partner who is running at the pace you want to run or secretly choosing people that you use a target to pass as you run along the course. Of course, trying to improve your finish time in a race is the most basic reason for running harder- it's just not nearly as much fun as using the people around you!

Have fun- Simply put, if you are not having fun when you run, you are probably not going to run faster. Sure, no one enjoys the first two months of running when you are completely out of shape. However, if you run consistently and in moderation, running can be and should be fun. The thrill of accomplishment, the sense of community when running with others, the appreciation of the locations and environments that you run in, the satisfaction of working your body and the changes in your mind and body are some of the benefits that running brings to an individual. If you don't think any of those benefits are fun, you might want to choose a different activity!

Don't forget-running faster is often a side effect of simply running! However, learning how to enjoy running is the glue that not only keeps you running, but will also help you run faster.

Running Falmouth's Own ~ The Classic ~ the Main Street Mile!
An interview of Tom Davis, Main Street Mile Race Director

Tell me about the Main Street Mile?

"The Main Street Mile is a Falmouth Classic. It has been around for well over 30 years. It was originally run by parents of the boys Falmouth High School cross country team as a team fund raiser and it has evolved from there."

What brought about your interest in the running the mile distance?

"I ran the Main Street Mile in 2009 and 2010. I loved it. I hadn't run a competitive mile since college. At that point my focus was running longer distances.

I had just run the Falmouth Road Race. I have run Falmouth for the last 10 years. I was a member of the Falmouth Track Club. I wanted to see how fast I could run a mile."

What was your experience of the race?

"It was over quick. It was fast."

Who runs the Main Street Mile these days?

"It is run by a lot of families. This is often a kid's first race. My first race was a 2 mile race. About 300 people typically run each year and it something special that people and families look forward to."

Tom Davis and Johnny Kelly

How young and old are some of the runners?

"In recent years we had someone as young as two. There have been people in their 70s and 80s. There are no limits because one of the new things that we are running is a Fun Run/ Walk that people can do. We are also hosting a competitive mile. The Fun run/walk would be for people who want to try this distance for the first time, or who are running for their own personal best."

(Tom Davis Interview Cont.)

What are the race details?

"The course has changed two times in its history. Initially it ran straight down Main Street. Things have changed and now the course starts at the Village Green. It turns at on Walker Street by Ben and Bills and goes down Walker Street."

What are some of the fun things about the race and how can people register?

"The competitive run will be at 1:00 the fun run at 1:20. The cost is $10 for 12 and under and $15 for all others that are preregistered. You can register for a family for only $ 47! There are free T Shirts to the first 200 people who register. All finishers that are age 18 and under win a medal! This year we have bikes that are going to be raffled off as well for kids. Each of the kids who register to run get a free ticket! Also, one of the cool things that we have done is that we give out Bobble Head awards!

Dr. O'Malley and bike winners

There are four divisions for runners including: Youth, Teen, Open and Master's."

Is there anyone you want to thank?

"There are so many volunteers and helpers that make this great run possible. Besides that many people from the community have become sponsors. This year they are: Falmouth Road Race, Wood Lumber, Total Orthopedic Sports; Cape Cod Sports Medicine; Marathon Sports and the Sports Center Physical Therapy."

How to train for a competitive Mile?

"I would run a few times a week. If you have the ability to do some speed work that would help. Speed work is simply just changing your pace when you are running.

Getting to know Tom:

"Early on in my life I had been greatly involved with running both competitively and for fun. I am trying to give back to the community of running.

(Tom Davis Interview Cont.)

It feels great to work with an organization that gives back so much in terms of health and fitness. I ran cross country for the University of Central Florida for four years. I have run five marathons including two Boston's. It was after the Chicago Marathon that I decided to get involved by becoming a volunteer. The volunteers there inspired me to reach out. I called Doris who was the Volunteer Director for the Cape Cod Marathon at the time. She got me involved in volunteering because I got a call the week of the marathon and I helped with parking. I did that for a number of years."

Any Final reflections?

"There is really is no excuse this year to not run the Main Street Mile with the advent of the fun run. There is also no conflict with the Patriot's because they open up on a Thursday. If you don't run then come out and cheer or become a volunteer!"

Tom can be reached at: Famouthmile@gmail.com.

FALMOUTH Track Club

Late July and August Events

40th Annual Marathon Sports 5 Miler
Date: 7/16/2015 in Weston

2nd Annual Colleen Celia Memorial 5K
Date: 7/18/2015 in Middleboro

36th Annual Cape Cod 5K Championship
Date: 7/18/2015 in Osterville

Rhiannan McCuish 5K Woodland Run/Walk
Date: 7/18/2015 in Mashpee

Level Renner Road Race 10K
Date: 7/19/2015 in Brockton

The Ultra Around the Lake
Date: 7/24/2015 in Wakefield

2015 Run to Home Base at Fenway Park Presented by New Balance
Date: 7/25/2015 in Boston

38th Annual Dennis Road Race
Date: 7/25/2015 in South Dennis

Nantasket Beach Run
Date: 7/30/2015 in Hull

Irish Pub Road Race (5.25 miles)
Date: 8/1/2015 in Harwich

Vineyard Scoops, 5 K
Date: 8/2/2015 in Edgartown

Watuppa 5 Miler
Date: 8/2/2015 in Westport

The Green Rune 5 K
Date: 8/2 in Cotuit

The Brew Run (5.2 miler)
Date: 8/8 in Brewster

5 K for Jabberwocky
Date: 8/15 in Edgartown

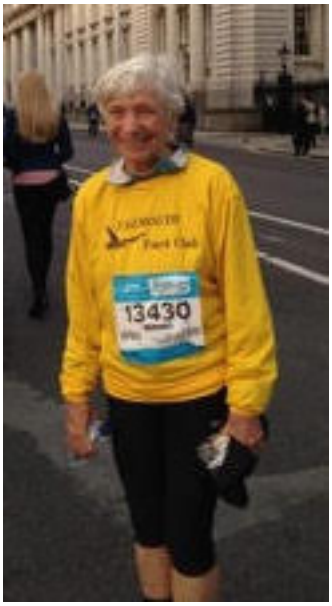
Falmouth Road Race
Date: 8/16 in Falmouth

Insane Inflatable 5 K
Date: 8/26 at Cape Fairgrounds, Falmouth

Greetings from the FTC Pack!
Maggie Yates

Age and town that you live in?
71, Falmouth, MA
Professional life past /present:
Teacher
Public and School Librarian
Something others might not know about you?
I speak French
# of years a FTC member
Almost 17
# of years running (or did run)
Almost 20 and still at it.
At what age did you start running?
51
Why did you start running?
My father had a stroke and I thought I needed to start exercising. I was not coordinated enough to do aerobics, tennis, etc. Running came easy: pick up one foot, pick up the other.

What do you like most about running?
Whatever is on your mind, moves to the back of your brain and you think of your surroundings. Then you are done and what was on your mind is sometimes more manageable!
What do you like least about running?
Trying to sleep the night before a long training run.
Favorite race
At the risk of being corny, each one I finish successfully is my favorite!



But then there is that feeling at the end of a marathon which is not quite like any other.

Least favorite race?
New Bedford Half Marathon. It was once my favorite half marathon but it is no longer after the time I was detoured at mile 7. Two minutes before the cutoff time to reach that point, an overweight, cigarette smoking official told me I had to detour.
# of marathons run
9 . 3 New Yorks;
2 Bostons; 2 Cape Cods; Paris and Dublin

Best Time & Where
New York City -
5 hours and 46 minutes.
It was my first marathon. I early on realized that I was not able to run faster. As a result times were remarked at finish and then very easily put aside. Question became: "What time do they close the Finish Line?"
Favorite running experience
While running Paris my mantra was if I can get to the 13.1 mile mark, then it will be ok. Bob (Number 1 Supporter over the years) said he would meet me there. And there he was just like he promised. I started to cheer and jump up and down and hoot and holler to the point that one of the volunteers told me very nicely that the race was not over. But with a hug from Bob, I took off knowing I was on my way to the finish. This stands out in my memories…as well as the fact that as I was running the last 13.1. Bob went to a café and had a lunch: omelette, frites, vin!

(Maggie Yates- Member Profile Cont.)

Worst running experience
Having an intestinal attack in a 10K. I dropped out, found a Bouse House and everything was ok. But then the regrets of not having hung in a little longer moved in!

Maggie and her husband Bob

Other Interests outside of running
Reading, gardening, volunteering

How did you hear about the FTC?
When we first moved here we read about the QD 5. We went the next week and not knowing the course, we ran all over the place. When we finally got back, Doris Beatty and Judi Keller were still waiting for us in the parking lot. Need I say more?

What do you like best about the FTC?
The club is made up of so many different people with the common thread of running going through the group. People share their stories and listen to others' stories with enthusiasm. But most of all they support each other in so many ways. Words of encouragement and praise are frequently matched with people running along side each other as training goes on. The Wednesday night Track Work Outs foster and enable one to make and meet goals. Whenever FTC members meet each other there is always interest in what is going on.

Other Comments:
I feel blessed and lucky to have had my running "career".
While a late starter to the sport, I have never had a serious injury. This may be just luck, but I feel running has kept me healthy. A surgeon told me after a post operation mishap that he felt running put me in shape to come through the original and second surgeries and accounted for my good recovery.
All three of my sons and Bob (Number 1 supporter!) run. I like to think it is because of a good example.
A few years ago, The After Hours Coordinators began waiting at the Finish Line of the Cape Cod Marathon. While the Finish was being taken down and much had been put away our group waits with a medal, a wrap and more recently a time for those who are struggling to finish. Being able to do this allows me to wait for those who like me have put a lot into getting ready and are determined to finish. They are " my people".

Outlets for the Endless Energy of Children!

Youth Running by Ken Gartner

The FTC Youth Running Group is going strong! We run at 5:30 p.m. on Wednesdays normally at the Falmouth High School track and sometimes at the Trotting Park Track. We also do other runs during the week. Among the favorites is the 3.5 mile run down the bike path from Falmouth to Woods Hole where we end up having ice cream in the summer or at Pie in the Sky in the winter for a parent pick up.

The FTC Youth Running Group has had good turnouts at a few recent local road races: a 5K in Oak Bluffs in May and the Flag Day 5K in Falmouth Heights among them. Eight kids ran personal best times at the Flag Day 5 K Race and many won or placed well in their age group divisions.

The group's main focus is fall cross country running. The group participates in the very competitive USA Track and Field fall cross country races. The races are held in two year age groups. Many of the FTC youth runners have done well in these races.

7 year old Marc competes at the Falmouth Flag Day 5k

Henry and Silas at the Falmouth Flag Day 5k awards

We sent thirty youth runners to the Junior Olympics last year! Last year ten youth runners advanced to the Regional Meet and one runner to the Nationals! We would like to field more full teams this year. It is all a lot of fun!

Anyone is welcome to participate. The ages we have now are 7 to 14. There is no charge to participate. If you are interested please contact ken gartner at: kj.gartner@comcast.net and you will be added to the group email list.

Happy Fourth of July!!

Like what you see? Become a contributor!
Send in your stories, interviews, pictures and more
to: Carl -Spiritrunning@comcast.net
Matt- Director@capecodmarathon.com

See you in August…