

Postcards from Falmouth Zoom Program Transcript

Recorded: August 10, 2021

Presenter: Paul Clerici

Host: Jill Erickson

Topic: *A History of the Falmouth Road Race: Running Cape Cod*, by Paul Clerici

- Available from Falmouth Public Library and other CLAMS libraries under 796.42 CLE
- Also mentioned (all by Paul Clerici):
 - *Born to Coach: The Story of Bill Squires*, available from Falmouth Public Library under 927.9642 Squires
 - *Images of Modern America: The Boston Marathon*
 - *Boston Marathon History by the Mile*, available online via CLAMS

Note: The right column references postcards by identifiers searchable in the Digital Commonwealth online collection.

00:00	[Music]	
00:45	good morning I'm Jill Erickson I'm Head	
00:47	of Reference and Adult Services at the	
00:49	Falmouth Public Library and we're	
00:52	delighted this morning to have	
00:55	Paul Clerici come and visit us via Zoom	
01:00	we are recording this presentation and	
01:02	it will be available on the Falmouth	
01:04	public library YouTube station as well	
01:07	as FCTV we'll be broadcasting it	
01:11	and you probably those of you that are	
01:13	already here know we will be muting and	
01:16	hiding you um during the presentation uh	
01:19	Paul is actually joining us via his	
01:21	telephone so but he does have a slide	
01:24	presentation that accompanies this	
01:27	presentation	
01:28	this particular talk is part of a series	
01:31	we've been doing it was a grant that we	
01:34	got called Postcards from Falmouth which	
01:37	is a Falmouth Public Library local	
01:39	history project made possible by a	
01:41	Library Services Technology Act grant	
01:44	and administered by the Massachusetts	
01:46	Board of Library Commissioners	
01:49	and we are really delighted at all the	
01:51	programming that we've had but we're	

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01:54	particularly excited that Paul is here	
01:56	today because as many of you know	
01:59	this coming Sunday is in fact the	
02:01	Falmouth Road Race	#falmouthroadrace
02:03	Paul's book is called A History of the	
02:05	Falmouth Road Race: Running Cape Cod	
02:10	and he is the best-selling author and	
02:12	award-winning former newspaper editor	
02:14	and sports editor who has written the	
02:16	authorized biography Born to Coach: The	
02:18	Story of Bill Squires, Images of Modern	
02:21	America: The Boston Marathon, A History of	
02:23	the Falmouth Road Race which he will be	
02:25	discussing today	
02:27	and Boston Marathon History by the Mile	
02:30	um and I see that he also was has run	
02:34	the Falmouth uh Road Race which is also	
02:37	delightful um so I will now turn it over	
02:40	to Paul	
02:41	oh thank you very much I really	
02:42	appreciate that um yeah I'll take you	
02:44	through the course the history uh the	
02:47	great race that's coming up on Sunday	
02:49	um actually the first photo is a nice uh	
02:53	aerial shot from NASA of Cape Cod	
02:56	um the reason I put this in and circled	
02:58	Where the course is is actually people have	
03:00	asked me where the town of Cape Cod is	
03:03	um if you live from out of state so I	
03:05	thought I'd include that	
03:06	uh at the beginning for anyone here	
03:08	who's from out of state and if you're	
03:09	not from out of state it's a fun photo	
03:11	anyway maybe you can see your house but	
03:13	it's a great photo um the next photo uh	
03:16	is of um	
03:18	Tommy Leonard at the Eliot Lounge	#tommyleonard
03:20	he's actually talking to [unintelligible] a	
03:22	local uh race director some of you may	
03:24	know um Tommy Leonard who passed away in	
03:27	2019 um	
03:29	thought of this race all it's all	
03:31	from him uh	
03:33	it's an amazing man who really loved	
03:36	running loved the Boston Marathon loved	#bostonmarathon

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03:38	the town of Falmouth loved people	
03:40	most of you probably know of him if you	
03:42	haven't met him before	
03:44	um in 1972 when the summer Olympic Games	#1972 #olympics
03:48	were on he was working at the Brothers	#brothersfour
03:50	Four	
03:51	uh which used to be a place up in the	
03:53	Falmouth Heights which is no longer	#falmouthheights
03:54	there um and he was watching the Olympic	
03:57	Games again he loves uh running and	
04:00	everything and Frank Shorter an American	#frankshorter
04:02	was leading the race he was all excited	
04:04	he was a bartender up there and he	
04:06	stopped serving beer because he was sort	
04:07	of commenting about the race to	
04:09	everybody	
04:10	um and Frank Shorter won so on that is	
04:13	on television everyone saw it it was	
04:15	one of the excellent excellent races	
04:17	really piqued people's interest in	
04:19	running and Tommy said aw it would be great	
04:22	to get Frank Shorter to run in Falmouth	
04:23	and everyone laughed	
04:25	and Tommy always said you know when	
04:26	everyone didn't believe me or scoffed at	
04:28	my ideas that made me even more	
04:30	determined so he kept that in his mind	
04:32	this is the 1972 Olympic Games	
04:35	um and within about I would say the	
04:38	confluence of happenstance	
04:40	helped create this race	
04:42	between about 1970 and 72	
04:45	um	
04:46	Tommy Leonard separately Tommy Leonard	
04:49	um John and Lucia Carroll Rich and Kathy	#carroll #sherman
04:52	Sherman found themselves in the Cape	
04:54	they didn't know each other other than	
04:56	the couples who knew each other	
04:57	obviously um	
04:59	within that time period early 70s no	
05:01	running boom yet there were road races	
05:03	and things	
05:04	um but	
05:06	Tommy when he was in when he worked at	
05:09	the Eliot Lounge in Boston he did a	

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05:11	lot of things with Eddie Doyle from the	
05:13	Bull & Finch which became the um	
05:15	Cheers if you know the TV show and	
05:17	they would have little road races	
05:18	between the two bars to raise money for	
05:20	things so he always had that in his mind	
05:23	as things to do	
05:24	um so back at the Cape around here John	
05:27	Carroll uh cross country coach	
05:30	created the Falmouth Track Club to help	#falmouthtrackclub #falmouthrunningclub
05:33	some of the high school girls compete	
05:35	after the regular season uh because back	
05:37	then uh once the season ended that was	
05:39	it but there was also post-season	
05:41	tournaments and things	
05:42	but not for girls they were for women	
05:44	uh age group so	
05:46	um he created Falmouth Track Club so some of	
05:49	his high school girls could actually	
05:50	compete but they needed funding they	
05:51	needed some money	
05:53	um so Tommy found out about this and he	
05:56	said maybe we can create a little road	
05:58	race to raise some money to help the	
06:00	girls out and Rich Sherman worked at	
06:02	the recreation department uh in Falmouth	
06:05	so between all of them they they said	
06:07	hey let's just do a nice little race	
06:09	here um so for the next photo that	
06:12	you'll see is the actual t-shirt uh of	
06:14	the first year uh 1973.	#1973
06:18	so on August 15 1973 which was a	
06:21	Wednesday	
06:22	an odd day for a road race but it was	
06:24	Tommy Leonard's 40th birthday	
06:26	um so	
06:28	uh	
06:28	they thought let's do this race we'll go	
06:31	from uh the Captain Kidd in Woods Hole	#captainkidd #woodshole Gunning_WoodsHole_Sts_0801 through 0811

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		Hunt_WoodsHole_Sts_601 through 603
06:34	and we'll run along the shore and we'll	
06:36	end um at the Brothers Four at	Terrace Gables, which became the Brothers Four before being redeveloped into condominiums: Gunning_Heights_Bldg_1169 through 1206 Hunt_Heights_Bldg_229 through 243
06:38	Falmouth Heights it's like a seven-ish	
06:40	mile route that Tommy would run on his	
06:42	own anyway because he's running the	
06:43	Boston Marathon and you know he didn't	
06:45	really figure out the distance yet but	
06:47	he figured let's go from bar to bar	
06:49	that's what we do in Boston	
06:51	so uh later on they measured it it was	
06:53	actually uh John Carroll told me from	
06:56	door to door	
06:57	6.999 miles	
07:00	and over the years it did	
07:02	vary depending on whose car was used to	
07:04	measure it did go from	
07:07	6.99 to 7 and a half	
07:10	so for your running logs back then	
07:13	it wasn't certified until 2003 so for	
07:16	all those other races it did range and	
07:18	before Garmin that you couldn't really	
07:19	figure it out so it was seven-ish for a	
07:22	while um the seven mile mark was	
07:25	actually painted in Falmouth Heights you could	
07:27	actually see the number seven for many	
07:29	years so they thought this was a great	
07:31	idea you know let's get a bunch of	
07:32	locals um	
07:34	98 officially uh paid	
07:37	as Tommy would say 92 uh actually	
07:40	finished officially	
07:42	and everyone uh could basically fit in	
07:44	the Captain Kidd um	
07:46	you know 98 runners everyone was in	
07:48	there as a rainy day uh on a Wednesday	
07:51	but the t-shirt that Tommy created that	

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07:53	you see	
07:54	does say Falmouth Marathon uh which is	
07:57	interesting because back then um	
07:59	if you said road race that actually	
08:01	referred to automobiles or motorcycle	
08:03	races	
08:06	you wouldn't think of running and	
08:07	marathon everyone loves marathons if	
08:10	you're a running fan of the Olympics and	
08:12	everything uh which of course Tommy was so	
08:14	they put Falmouth Marathon so people	
08:16	wouldn't think it was a uh a bicycle	
08:18	race or automobile	
08:20	um and they started like I said in Woods	
08:22	Hole which is the next photo the nice	
08:24	aerial photo from the Historical Society	
08:26	Falmouth Historical Society which helped	
08:29	with some of these photos which is great	
08:31	um right on Water Street in front of	
08:33	Captain Kidd	
08:34	again those 98 official runners official	
08:37	Entrants and 92	
08:39	finished	
08:40	which is kind of interesting now that we	
08:41	have uh around 13,000 on the regular	
08:44	year	
08:45	which is kind of neat but it was great	
08:47	most people lived around here the	
08:48	Falmouth Cape Cod	
08:50	people showed up which was nice	
08:53	they knew where the money was going uh	
08:55	A bar to bar	
08:56	race uh	
08:57	was good people like that um actually	
09:00	having it finished there I remember they	
09:03	were telling me that basically	
09:05	there was no course map	
09:07	you know no um starting line tape	
09:10	no cones no police telling you which	
09:13	turn to do and everything because	
09:14	everyone's basically local so they	
09:16	basically say just follow the person in	
09:18	front of you hopefully no one was from	
09:20	out of state too much that got got lost	
09:22	or anything	

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09:24	the next photo shows a more modern start	
09:26	line	
09:28	but that's basically the start line on	
09:29	Water Street right next to the Captain	
09:31	Kidd	
09:32	of a more recent photo but it gives you	
09:35	an idea of what the start looks like	
09:37	um	
09:38	but it's really a small street so they	
09:40	have uh but back then with only under	
09:42	100 runners it wasn't you know basically	
09:44	just said ready set go and everybody	
09:46	went um but now they have it in waves	
09:48	and pulses because of so many people um	
09:51	they send out uh you know a couple	
09:53	thousand I think it's about a thousand at a time	
09:55	time then they wait two minutes next	
09:56	thousand like corrals to kind of space	
09:59	it out a little bit	
10:00	um actually the next photo shows you	
10:03	um what the weather conditions were and	
10:05	who the leader was David Duba	#davidduba
10:10	excuse me nice black and white photo	
10:11	from Historical Society that's Dave	
10:13	Duba from Michigan	
10:15	who was just on his way to Cape a friend	
10:17	of his I had a relative who worked lived	
10:20	near Woods Hole he was a cross-country	
10:22	runner and he goes okay I'll run this	
10:24	and but you can see the weather	
10:25	conditions it was rainy uh as I said on	
10:28	uh Wednesday afternoon which is again	
10:30	sort of a hard time but Tommy liked	
10:32	doing things like that	
10:33	um Jenny Tuthill won the female division	#jennytuthill
10:36	um it was a fun race basically just to	
10:39	raise some money	
10:41	Tommy Leonard passed around a little	
10:42	cigar box um at the Brothers Four	
10:45	afterwards to collect more money for the	
10:47	girls so they could compete	
10:48	um and it was a fun race it was uh it	
10:51	was	
10:51	again in the rain and once everybody's	
10:53	finished they just the finish line at	

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10:56	that time the first two years was at the	
10:57	Brothers Four	
10:58	which is for those of you who don't know	
11:00	it's not there anymore it's at the	
11:02	top of the hill	
11:03	when you go down to the finish line of	
11:05	the race	
11:06	that's where the apartments and condos	
11:08	there that's where the Brothers Four was	
11:10	and the building was	
11:12	located five ten feet from the curb it	
11:15	was right there you'll see a photo	
11:17	coming up soon um so you crossed the	
11:19	finish line you basically took a left	
11:20	you walked about ten feet and you're in	
11:22	the bar which people liked um so the	
11:24	word of mouth went about that and Johnny	#johnnykelley
11:26	Kelley Johnny the Elder Kelley um	
11:29	who lived on the Cape uh	
11:31	he also ran he was a big draw because	
11:33	everyone loved him um like when he ran	
11:35	the Boston Marathon he won it twice came	
11:37	in second place seven times	
11:40	for most people they always waited until	
11:42	he finished the Boston Marathon uh	
11:44	before they went home so he ran uh the	
11:46	Falmouth Road Race and everyone loved it	
11:48	uh he's in his 60s I think 65 at the	
11:50	time of the first race I remember Brian	#briansalzberg
11:52	Salzberg was telling me he was one of	
11:54	the	
11:54	gentlemen who has run every Falmouth	
11:57	Road Race uh there are four now Falmouth	
11:59	four	
12:00	and he I remember Brian telling me that	
12:03	when he finished went into the Brothers	
12:04	Four	
12:06	um he looked down on the dance floor	
12:08	there and he saw this older gentleman	
12:10	with white hair and a Hawaiian shirt	
12:12	dancing	
12:13	just dancing and dancing on the uh on	
12:15	the dance floor and Brian was really	
12:17	tired he found out it was Johnny Kelley	
12:19	He goes here's a guy double my age dancing	

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12:22	right after running the seven miles I	
12:24	can't even really walk around he goes aw the	
12:26	guy's in great shape which everyone knew	
12:27	Johnny was um	
12:29	so that was how the first year started	
12:31	it was very small there were a few races	
12:34	around especially down the Cape there	
12:35	were some as well	
12:36	but no running boom yet but people	
12:38	started getting interested um like I	
12:41	said with the 1980 1972 Olympics	
12:44	everyone saw an American Frank Shorter	
12:46	win the marathon so that piqued people's	
12:48	interest	
12:50	Title IX was passed in 1972 for equal	
12:53	funding federal funding for boys and	
12:55	girls sports so	
12:57	girls started getting	
12:59	more accessible for sports and running	
13:01	and things like that little road races	
13:03	started to come up	
13:05	the Greater Boston Track Club which uh	#greaterbostontrackclub
13:07	started the same week as the Falmouth	
13:10	Road Race separately though	
13:12	in Boston had a lot of great	
13:13	post-collegiate runners um they had a	
13:16	big impact on Falmouth that you'll hear	
13:18	about later so things started to looking	
13:20	back at it and um	
13:23	succession of events started to line up	
13:26	at the time you don't know when things	
13:27	happen when they happen so the following	
13:30	year which is the next photo	
13:31	um you'll see Marty Liquori um 1974.	#martyliquori
13:36	Marty Liquori is one of our greatest	
13:38	runners he was the third American high	
13:41	school kid to run a sub-four-minute mile he's	
13:43	Olympian	
13:45	his brother Steve uh went to BC and	
13:48	Tommy Leonard talked to him to get Marty to	
13:50	run	
13:51	um they changed the race to a Sunday	
13:54	Tommy said if we're gonna do this again	
13:56	let's do it on a Sunday	
13:57	which they did	

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13:59	and	
14:00	people knew Marty Liquori I mean	
14:02	everybody knew him you can see from the	
14:04	photo from the Historical Society all	
14:06	the crowd this is the finish line up	
14:08	near the Brothers Four is right on the	
14:09	right there you can sort of see the	
14:11	finish line	
14:12	the bottom right there but that's Marty	
14:13	Liquori coming in second place you can	
14:16	see the crowd this is just the second	
14:17	year 1974.	
14:19	and uh	
14:20	the amount of people from 92 finishing	
14:23	the first year jumped to about 400 in	
14:25	1974.	
14:27	by 1974 like like I was saying the	
14:30	running boom is just starting but more	
14:32	people are running more people are aware	
14:33	of it	
14:34	uh whether you're competing in the top	
14:36	runners or you're just running to run	
14:39	maybe your age group you started to get a	
14:40	lot so here's Marty Liquori coming to	
14:42	family um and Tommy Leonard had talked	
14:45	to coach Bill Squires of the Greater	#billsquires
14:46	Boston Track Club if he could bring some	
14:48	of his guys down	
14:49	um who everyone started to really know	
14:51	locally and that included Bill Rodgers	#billrodgers
14:54	who would come in pretty well in the	
14:56	Boston Marathon at that time he had not	
14:57	won it yet if you know who Bill Rodgers	
14:59	is which I assume most people tuning in	
15:01	does	
15:02	um so the race got a lot of attention	
15:05	and I remember talking to Bill Rodgers	
15:07	about this for the book	
15:08	and he said I really wasn't afraid of I	
15:10	respected Marty Liquori but he's a miler short	
15:12	distance guy and he goes uh this is a	
15:14	seven mile race I'm training for Boston	
15:16	Marathon and things he goes I should win	
15:19	because I'm not really afraid	
15:21	of him competitive wise and he wasn't	

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15:23	Bill won uh and Marty came in second	
15:25	but it was an excellent race really	
15:27	brought a lot of attention as you can	
15:28	see from that uh Historical Society	
15:30	photo uh of just all the people um	
15:33	gathered there which was which was	
15:34	excellent um just to see that attention	
15:37	come into this town which was nice um	
15:40	Debbie Richie was the first female and	#debbierichie
15:42	it's just kind of funny the disparity	
15:44	back then that uh when Bill Rodgers won	
15:47	he got a nice big trophy when Debbie	
15:49	Richie won she was a 15 year old she was	
15:51	telling me she got a hair dresser and a	
15:53	bouquet of roses	
15:54	so it was kind of funny to see the	
15:55	difference back then but still	
15:57	recognized as a winner which was which	
15:59	was neat	
16:00	again this is finishing at the Brothers	
16:02	Four the next photo you will actually see	
16:04	what the Brothers Four look like	
16:07	this photo Charlie Rodgers took uh Bill	
16:09	Rodgers' brother who took a lot of photos	
16:11	uh	
16:12	back then when his brother was running	
16:14	that's what the Brothers Four looked	
16:16	like so the finish line is just to the	
16:18	right	
16:19	on the road there the sidewalk separates	
16:21	the building from the road it's that	
16:22	close	
16:23	so	
16:24	I remember Dave Duba and those guys	
16:26	saying it was great he just crossed the	
16:27	finish line like I said turn left and	
16:29	I'm in a bar	
16:31	so the Brothers Four looked like that	
16:32	was again about the top of the hill as	
16:35	you're going down to the finish line	
16:36	that last final portion Falmouth Heights	
16:39	is what the Brothers Four	
16:40	your locals	
16:42	will remember that	
16:43	um it was great they had great support	

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16:46	the first couple years	
16:48	first two years that's where it finished	
16:50	but then more and more people started to	
16:51	come	
16:52	uh people would spill out into the field	
16:54	the ball field back there where the Falmouth	#falmouthheightsballpark Gunning_Heights_Ball_1251 through 1265 Hunt_Heights_Bldg_267 through 269 Hunt_Heights_Bldg_194 Hunt_Heights_Bch_274
16:56	Commodores used to play	
16:58	uh drinking and everything so it got a	
17:00	little little um	
17:02	extracurricular activity there so what	
17:04	they did is they actually moved from the	
17:06	following year uh from 1975 down to	
17:09	where roughly where it is now just to	
17:10	give it more room you can manage it more	
17:12	so the first two years did finish right	
17:14	at the Brothers Four	
17:15	but things were changing that was uh the	
17:18	interest uh the running boom was just	
17:20	really starting a lot of people getting	
17:22	into it um the next photo that you'll	
17:25	see another Historical Society photo	
17:28	back at Woods Hole you'll see Bob Hall	#bobhall
17:30	for the wheelchair start right there	
17:33	this is significant um	
17:35	in 1975	
17:37	for that Boston Marathon Bob Hall um was	
17:40	one of our ex	
17:41	excellent wheelchair athletes	
17:43	he went to school at Boston State	
17:44	College where Coach Squires had taught and	
17:47	coached and he asked Coach Squires I want	
17:49	to do because he's an athlete he won the	
17:51	mile	
17:52	and the other a couple other national	
17:54	wheelchair championships	
17:55	that he wanted to do the Boston Marathon	

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17:57	so Coach said all right let's do it	
17:59	there's no other wheelchair out there	
18:00	That's ever done it this is 1974-75	
18:03	when you thought about it so Coach	
18:04	Squires trained him um it was difficult	
18:08	obviously he had to adjust the training	
18:09	because of the wheels and everything but	
18:11	he trained uh Bob Hall	
18:13	and uh Coach Squires got in contact and	
18:15	Bob Hall as well with the BAA will call	Boston Athletic Association
18:18	the race director finally he said okay	
18:20	if um we'll admit Bob Hall and if he	
18:23	finishes under three hours he'll be	
18:25	considered an official entrant official	
18:27	finisher he'll get a certificate	
18:29	so a lot was riding on this because	
18:30	prior to this again no wheelchair	
18:32	athletes ever and sure enough Bob Hall	
18:34	finished in 2 hours and 58 minutes	
18:36	became the official the first official	
18:38	wheelchair	
18:40	finisher he basically every wheelchair	
18:43	category you see in races now basically	
18:45	started from Bob Hall	
18:46	uh he created um	
18:49	this category he created wheelchairs he	
18:51	helped coach everything like that really	
18:52	started with Bob Hall	
18:54	and then being a local from Belmont he	
18:56	thought about the Falmouth Road Race and	
18:57	called the race and sure come on over	
18:59	so 1975 was the first year	#1975
19:02	uh for wheelchairs and Bob Hall	
19:04	won the first eight Falmouth Road Races uh	
19:06	and here's a nice great picture of him	
19:09	from the Historical Society of him	
19:11	coming out of Woods Hole and you'll see	
19:12	the great crowds really starting to pick	
19:15	up which was nice	
19:17	because 1975	
19:19	really	
19:20	really brought this race to	
19:23	the forefront of the running community	
19:25	for those who hadn't followed it before	
19:28	the next photo which is a nice color	

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19:30	photo from Charlie Rodgers again	
19:32	from 1976 but the runners inside you'll	
19:35	see that I'll show you who they are	
19:37	really really catapult this race um if	
19:40	you look at the photo from left to right	
19:42	you'll see Tom Derderian in the beard	
19:44	then there's Frank Shorter uh Amby	#ambyburfoot
19:46	Burfoot with the beard Alberto Salazar	#albertosalazar
19:48	has a blue shirt toward the back second	
19:51	Row so to speak	
19:52	then Bob Hodge from Greater Boston Track	
19:54	Club Vin Fleming from Greater Boston Randy	
19:56	Thomas and then Bill Rodgers on the right	
19:58	um in 1975 Tommy Leonard's wish finally	
20:02	came true he got a hold of Bill Rodgers	
20:04	who got a hold of Frank Shorter because	
20:05	they knew each other	
20:07	and Bill Rodgers had by that time won the	
20:09	Boston Marathon in April everyone who	
20:11	didn't know Bill Rodgers before us	
20:13	locals did but he really threw himself	
20:15	on the map and running everyone knew	
20:17	Bill Rodgers now everyone knew the	
20:19	Greater Boston Track Club because Bill	
20:20	Rodgers was a member of the Greater Boston	
20:22	Track Club along with Alberto Salazar	
20:24	and	
20:25	Greg Meyer and all the other great	#gregmeyer
20:27	American runners	
20:28	and um	
20:30	told Frank Shorter about the Falmouth Road	
20:31	Race and at the time Frank would run in	
20:33	Europe around that time the different	
20:35	running circuits for an elite athlete	
20:37	but Frank said you know I'd love to run	
20:38	Falmouth to stay local because I get	
20:40	paid an appearance fee when I go to	
20:42	Europe	
20:43	um not to maintain his amateur status	
20:45	for	
20:46	the Olympics right the race couldn't pay	
20:48	Frank so Bill Crowley	
20:51	um who owned the Captain Kidd and a	
20:52	couple other places in in the Cape uh on	
20:55	the Cape there uh paid him	

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20:58	like an appearance fee	
20:59	which absolved the Road Race of anything	
21:01	I remember talking to	
21:03	um Bill Crowley's wife	
21:05	about it uh years later for the book and	
21:07	she said that they kept the cancelled	
21:08	check so if the Olympic Committee or	
21:11	the US [Olympic] Committee or anyone wanted to	
21:13	find out where the money came from	
21:15	they had proof	
21:17	the race did not pay him so Frank came	
21:20	and uh he ended up winning and Bill	
21:22	Rodgers goes you know Tommy Leonard never	
21:23	thanked me for uh bringing Frank Shorter	
21:25	He goes I lost	
21:26	two Falmouth Road Races to Frank	
21:29	um but having Frank Shorter um the gold	
21:33	medalist and excellent runner on his own	
21:35	outside of the Olympics come to Falmouth	
21:37	in 1975. again this is the third year of	
21:40	the race	
21:41	they again started 92 finishers the first	
21:44	year 400 the second year it jumped to	
21:46	about I think 800 or so	
21:49	for 1975.	
21:52	just	
21:53	again catapulted Falmouth and the race	
21:55	and	
21:56	everyone's knowledge of this area	
21:58	especially with the Road Race so really	
22:00	big interest at press conferences	
22:02	um interviewing um Frank Shorter and	
22:05	Bill Rodgers they moved the finish line	
22:07	to the bottom of the hill a little bit	
22:08	like I was mentioning um also there were	
22:11	two little factors not many people know	
22:14	that actually two races in 1975 run run	
22:17	simultaneously the AAU the Amateur	
22:20	Athletic Union required you	
22:22	for their races to have AAU card to be	
22:25	members and not everyone was a member	
22:28	so what they did is they ran the race	
22:30	the Falmouth Road Race but they also ran	
22:33	at the same time for those of you who	

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22:34	didn't have an AAU card	
22:37	a fundraiser but it was within the same	
22:40	time so that's how they got away with uh	
22:42	for being able to run the race without	
22:44	being an AAU member so it's kind of	
22:46	interesting there's two sets of results	
22:48	uh when you look it up but it's kind of	
22:50	interesting uh and Joan Benoit Samuelson	
22:52	won her first of six	
22:54	Falmouth Road Races uh that year as well	
22:56	so it was a big big year Tommy Leonard	
22:59	always said that he really thanked uh	
23:01	among many people Coach Squires for	
23:03	bringing his horses as he said	
23:05	uh down to the race which really brought	
23:07	more great attention and you'll see the	
23:09	next photo um another black and white	
23:12	photo from the Historical Society	
23:15	uh just the jam-packed amount of	
23:17	spectators	
23:19	down at Falmouth Heights is unbelievable	
23:21	still is um although this year the ball	
23:24	field will be closed off the spectators	
23:26	but	
23:27	um all those years you will see it	
23:28	packed on the beach on the right	
23:30	um the ball field on the left just	
23:32	climbing up you'll see tons of people	
23:34	everywhere on the roof of the casino	
23:38	the interest just came in with	
23:40	the bibs were still given out in a van	
23:43	at the start	
23:45	which changed quickly	
23:47	but Falmouth even though it's hard to	
23:49	grow and had to get all this great	
23:51	attention and thousands of people knew	
23:53	about it it still kept its uh it's um	
23:57	small town feel which was nice uh	
23:59	Lucia's brother Sebastian um	
24:02	who plays in an orchestra used his trumpet	
24:04	to play the call you know called to the	
24:06	post that you hear	
24:07	horse races um at Woods Hole	
24:10	for every start line that will come up	
24:13	uh he would play that um I think the	

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24:15	first year or two he's actually on the	
24:16	fire fire stairs on one of the buildings	
24:19	that was kind of moving as he would play	
24:21	so he did the rest of them on the	
24:22	sidewalk	
24:24	a little moving around a little too much	
24:25	for his uh his liking he said um but he	
24:28	would do that which a lot of people	
24:30	appreciate is kind of neat uh	
24:33	newspapers re the newspapers they were	
24:35	really starting to focus having sections	
24:37	of the paper about the Road Race which	
24:39	was neat uh which which they hadn't had	
24:41	before um and actually 1979	
24:45	first introduced 1980 it was capped so	#1980
24:48	it really started to grow	
24:50	um with that interest which I thought	
24:52	was which is excellent and the next	
24:53	photo you actually see again from the	
24:55	Historical Society back at Woods Hole	
24:58	um they really started to have to focus	
25:00	on getting some	
25:02	semi-crowd control because people would	
25:04	be milling about the first few years	
25:06	um but again as it grew and grew and	
25:08	grew into a couple of thousand runners	
25:10	it was kind of difficult so again mostly	
25:13	local but again after the Frank Shorter	
25:15	and the Greater Boston guys until Rodgers	
25:17	started to come everyone	
25:19	from outside of the Cape really started to	
25:22	focus in on this race and you'll see a	
25:24	banner there from Perrier interesting	#perrier
25:26	story	
25:27	around that time Perrier was thinking of	
25:30	sponsoring road races	
25:32	and thinking about doing the New York City	
25:33	marathon uh one year and Fred Lebow the	
25:37	race director that came to Falmouth	
25:39	to run with some of his uh people and uh	
25:42	was talking to Tommy Leonard about you	
25:44	should talk to Perrier so	
25:46	Tommy did he put on as you said his best	
25:49	suit which had pizza	
25:51	stains on it and his tie was crooked and	

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25:53	he went down to New York where the	
25:55	New England division was and talked to	
25:57	the president there	
25:59	and he said you know like 90 degrees out	
26:01	I'm sweating and my forehead's all red	
26:03	I'm jumping around the conference room	
26:04	and my arms are flailing and I'm telling	
26:06	them about the beauty of Falmouth and	
26:08	the Road Race and you should really	
26:09	sponsor this and he goes about halfway	
26:12	through they stopped and said you got us	
26:14	because your enthusiasm alone	
26:16	we'll do it we'll sponsor you and	
26:19	you'll be our first road race this is	
26:21	1977	
26:23	even before New York City Marathon which	
26:25	is a few months later so Falmouth was the	
26:27	first race	
26:28	road race that Perrier	
26:30	uh sponsored and um they've done a lot	
26:33	throughout the year the road races but	
26:34	Falmouth was the first one so they gave	
26:36	a check by the spot that's a couple of	
26:38	phone calls to Falmouth to uh	
26:40	Tommy he's in New York with the check	
26:43	he's like this is great we have it so	
26:45	you got the banner and it just helped	
26:47	other things too um but he really	
26:50	started to show other people know about	
26:52	this race	
26:54	which was great so in 1977 that's where	
26:56	you see uh Perrier sign	
26:59	started in 77 that was a banner that you	
27:01	see	
27:02	for several years they just changed the	
27:03	year	
27:04	but you'll see greater interest in the	
27:06	next photo of color photo from Charlie	
27:08	Rodgers is back to the finish line in the	
27:10	background you'll see the Brothers Four	
27:13	another marquee event was in 1978 a year	
27:17	after	
27:18	Tommy got that funding which was great	
27:21	of uh the 1978 race had	#1978
27:24	in its field had 9 Olympians 13 sub 4	

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27:27	minute milers 16 national champions	
27:30	um	
27:31	the interest was huge it was a hot and	
27:33	muggy day which it usually is for the Falmouth	
27:35	Road Race either hot muggy or rainy	
27:37	as everyone knows	
27:38	um	
27:39	that hasn't changed much	
27:41	so uh you had a great big huge field	
27:44	with this race and you had so much going	
27:46	on	
27:47	competitive wise and back to the Greater	
27:49	Boston Track Club	
27:51	Bill Rodgers was a member Alberto	
27:52	Salazar as I was saying Dan Dillon	
27:55	Bob Hodge Randy Thomas great great	
27:57	runners	
27:58	in this area that other people started	
28:00	to know about when they went to other	
28:01	races	
28:03	um and interestingly uh Salazar was a	
28:06	young maybe 21 22 at the time and he	
28:08	looked up to his fellow Greater Boston	
28:10	guys	
28:11	and	
28:12	[unintelligible] at the starting line uh Coach	
28:14	Squires who coached them all uh but they	
28:16	always said you're friends until	
28:18	the gun starts	
28:19	then you want to beat that person and	
28:20	then once the race is over you have a beer with them	
28:21	with them which is true for any athlete	
28:24	um so Salazar was sort of looking at	
28:26	Rodgers and uh	
28:27	these other guys and seeing what	
28:29	they're doing maybe emulating them	
28:31	And Salazar was an excellent runner too back then	
28:33	um	
28:33	really starting out um back in 78. so	
28:36	Coach Squires sort of noticed this so he	
28:38	told Rodgers once you drink your water	
28:40	stretch out behind the building here you	
28:42	know stay in the shade and Bill Rodgers didn't	

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28:44	know people were looking at him uh	
28:46	fellow athletes so Bill Rodgers hydrated	
28:49	got ready	
28:50	um Salazar couldn't find him just fine	
28:52	they all did the routine the gun goes	
28:54	off everyone's running uh Bill Rodgers	
28:56	skips the first water stop because he's	
28:58	all hydrated so Salazar go thinking to	
29:01	himself well he didn't have water I	
29:03	won't have water not knowing that Bill	
29:05	Rodgers is fully hydrated um it was that	
29:07	kind of way cat mouse throughout	
29:10	Rodgers was very close in the second pack	
29:13	very hot and humid really bad day and	
29:15	Salazar and Rodgers really pushing each	
29:17	other because they were really really	
29:19	good runners I remember interviewing	
29:20	Salazar for the book he was telling me	
29:23	around four and a half four four and a	
29:25	half mile mark he started to catch up	
29:28	or wanted to catch up to Rodgers right	
29:31	off his shoulder and he just couldn't he	
29:33	couldn't get extra gear he was confused	
29:36	as to why he mean you're confused	
29:38	because well I didn't know why I should	
29:40	be able to I'm training with them I knew	
29:41	and you kind of know who you can stay	
29:43	with for a while because you trained	
29:44	with them because I'm looking back now	
29:47	and I'm getting heat stroke because	
29:49	oxygen's not going to my brain but I	
29:51	didn't know at the time I was just	
29:52	confused why I couldn't catch up with	
29:53	them	
29:54	and it went like that for a mile or two	
29:57	and to the point that he to this day	
29:59	can't remember the last	
30:01	couple two three miles of the race still	
30:03	can't remember	
30:04	and what happened was as you can see in	
30:06	this color photo	
30:07	this is at the finish line of 1978. Bob	
30:11	Hodge is uh closest runner right behind	
30:13	him is Greg Meyer behind him is Alberto	
30:16	Salazar and Randy Thomas is behind him	

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30:18	Salazar was probably around fifth or	
30:20	sixth at the top of the hill where the	
30:22	Brothers Four is and he was so	
30:23	dehydrated so in trouble	
30:26	uh because of the heat that several	
30:28	people passed him he came in tenth place	
30:30	and he just collapsed at the finish line	
30:32	his body temperature was 108 degrees and	
30:35	the medical staff	
30:37	obviously recognized the danger of this	
30:39	the fatal danger of this actually and	
30:41	threw him in the little kiddie pool of	
30:43	ice which Falmouth had	
30:46	which	
30:47	interestingly	
30:49	the year before in a medical journal	
30:50	they had a story um about	
30:54	having ice baths for athletes to	
30:56	overheat	
30:57	to bring their body temperature down how	
30:58	much of a great safety measure and the	
31:00	medical staff at	
31:02	Falmouth was ahead of a lot of other road	
31:04	races had it	
31:05	August race in Falmouth near the beach	
31:07	so they were really cognizant of of this	
31:09	kind of danger with runners and with 108	
31:12	degree temperature	
31:14	all sorts of stuff can go wrong and did	
31:16	with Salazar he was combative which is a	
31:18	sign of heatstroke uh they put him in	
31:21	the ice to bring his temperature down	
31:23	his father José was really worried to	
31:25	you know get him to the hospital now	
31:27	and Dr. Crago was like no we can't we	#arthurcrago
31:28	gotta get his body temperature down now	
31:30	he'll never make it to the hospital if	
31:32	we leave right now at 108 degrees	
31:34	uh they gave him his last rites	
31:36	actually because it was not looking good	
31:38	at all um they finally got his body	
31:40	temperature down brought him to the	
31:41	hospital he got several IVs of fluid	
31:44	he did eventually come back for the	
31:46	award ceremony which was several hours	

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31:47	later and he kept the gauze back um	
31:50	gauze pad on his arm it was kind of like	
31:52	a batch of honor as he's getting the	
31:53	tenth place trophy kind of like letting	
31:55	the people know hey this didn't get me	
31:57	um next year I'll come back and I'll end	
31:59	up winning had a great stretch of	
32:01	excellent races um but it was it was a	
32:04	marquee race because of just the way	
32:06	these guys ran I remember talking to	
32:08	Bill Rodgers about it and he says we ran	
32:11	like that we would run you to the ground	
32:12	that was just how we were	
32:14	competitive wise because it was very	
32:16	primitive and dicey that's just how we	
32:18	ran um	
32:19	and	
32:20	Salazar didn't take any offense by it he	
32:22	goes no that's how that's how you do it	
32:24	uh also Craig Virgin was there an eventual	#craigvirgin
32:26	winner one of my great American uh	
32:28	Olympians and he remembers he was struck	
32:31	by Bill Rodgers he remembers after	
32:33	finishing that race that Bill won	
32:35	uh Craig saw Bill Rodgers sitting in a	
32:37	chair at the ball field with a line of	
32:39	about	
32:41	a couple hundred fans	
32:43	where you get their autograph and Bill	
32:45	sits there for a couple hours and just	
32:46	talks everyone gets autographs like he	
32:48	does now and Craig looks and goes I'm	
32:50	gonna model myself after him that's how	
32:52	an athlete should be	
32:54	so the interest was just going	
32:56	I'd say worldwide at this point and the	
32:58	next photo from the Historical Society	
33:01	you'll see um a makeshift media press	
33:04	truck	
33:05	that sort of had to accommodate	
33:08	the press more people wanted to know	
33:10	about this race this little town in Cape	
33:11	Cod	
33:12	um because everyone wanted us to run all	
33:15	the great runners you want to run	

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33:16	against the best they start seeing this	
33:18	race as being one of them despite the odd	
33:20	seven plus mile distance	
33:23	they wanted to come here so this press	
33:25	truck was sort of hastily built every	
33:27	year Tony Rivers who always covered this	
33:29	race still does remarks one year that	
33:33	they were on this press truck and it	
33:35	would go slow around the corner and	
33:36	sometimes the leaders would have to sort	
33:38	of put their arm out to not get hit by	
33:39	the truck uh he remembers one year that	
33:41	he heard a big clunk	
33:43	and he looks out from behind the truck	
33:45	and sees one of the wheels pop off and	
33:47	roll into someone's front yard	
33:49	it still works he goes well there's	
33:51	enough there's a bunch of other wheels	
33:52	so we can deal with it	
33:54	um the next photo color photos from Gus	
33:56	Canty you see the Expo	#healthandfitnessexpo
33:59	Expo started to pop up the first couple	
34:01	years some people sold stuff at the	
34:03	sidewalk it was whole again with this	
34:06	increased interest from the media from	
34:08	other runners from just people who want	
34:10	to watch it they had to have an expo	
34:12	which was nice with different vendors	
34:14	this is the old Gus Canty now it's at	
34:15	the high school	
34:17	um the next photo that you'll see um is	
34:20	a real good sign of how this race	
34:24	enjoys and celebrates its history by	
34:27	bringing back former winners uh which is	
34:30	real nice not a lot of races do that but	
34:32	they do which I thought was great uh and	
34:34	here's the table with at the top there's	
34:36	Frank Shorter next is Bill Rodgers	
34:38	then Meb Keflezighi and Joan Benoit	#mebkeflezighi #joanbenoitsamuelson
34:41	Samuelson signing autographs and they	
34:43	still do they still bring back former	
34:44	champions they have	
34:46	celebratory years anniversary years uh	
34:49	the Falmouth Road Race does so it's	

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34:50	really nice to see how they do celebrate	
34:52	that	
34:53	um the next photo that you see is	
34:55	familiar to a lot of people in the	
34:57	summer uh the Bourne Bridge with traffic	#bournebridge
34:59	uh in addition to the increase of	
35:01	interest as I mentioned is the traffic	
35:04	so this is weekend traffic that a lot of	
35:06	people see at the Bourne Bridge uh I	
35:08	remember Tommy Leonard saying that um	
35:10	he promised people because the second	
35:12	year of the race if we don't get	
35:14	at least 200 people in the second year	
35:16	He might as well jump off the Bourne Bridge	
35:18	and lucky for him they got more than 200	
35:20	so he didn't have to jump	
35:22	I said can you swim he goes well I don't	
35:24	think it'll matter	
35:25	if I had to jump	
35:27	um but that's the traffic that you'll see	
35:30	the next photo is	
35:33	from the viewpoint of a runner at the	
35:35	start so you really get a sense of what	
35:37	the start had become with all this	
35:39	interest	
35:40	from curb to curb just people this is	
35:42	before this photo was taken before the	
35:45	uh pulse start which which uh	
35:47	has waves so you just crammed everyone	
35:49	in	
35:50	um you got to know your neighbor	
35:51	everyone knew each other um but it was	
35:54	really it was really neat because like I	
35:55	said in 19 in 1973 was 92 finishers	
35:58	went to 400 the next year 870 1975	
36:03	1600 1977 by 1980 they had to cap it at	
36:06	4 000.	
36:07	and this is just several years after the	
36:09	start of the race so	
36:11	um	
36:12	Falmouth like most races that started	
36:14	back in the 70s with the running boom in	
36:15	the first you know	
36:17	first	
36:18	half of the 70s	

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36:19	you were just reacting you really think	
36:21	that you didn't have a chance to be	
36:23	proactive and	
36:25	assume or guess	
36:27	hundreds and thousands of people	
36:28	hundreds or thousands of people that	
36:30	show up you just did what you did when	
36:32	people showed up	
36:34	so in 1980 uh Falmouth capped it at 4	
36:37	thousand to kind of take a breath and go all	
36:38	right we have to start looking back	
36:41	what happened they had meetings after	
36:42	every year to see how they can improve	
36:43	but they look back all right let's take	
36:45	control of this thing	
36:47	because the running boom basically	
36:48	exploded and Jim Fixx the author did uh	
36:51	his books uh	
36:53	and people just	
36:55	really wanted to run	
36:56	they wanted to compete on the athletic	
36:58	on the elite level they wanted to	
37:00	compete on age group level or they just	
37:02	wanted to run so all these different	
37:04	factions of runners wanted to go to the	
37:07	best races and Falmouth was one of them so	
37:10	everyone started to show up so other	
37:12	things had to be you know	
37:13	like I said with the press truck and the	
37:15	Expo to accommodate people the number	
37:17	pickup no longer giving out numbers in	
37:19	the back of the car	
37:20	at Woods Hole if you needed that day of	
37:23	the race uh and you see the next photo	
37:26	uh approaching Nobska Point Lighthouse um	#nobskalight Gunning_WoodsHole_Bldg_0745 through 0773 Hunt_WoodsHole_Bch_575 through 577
37:28	all the people	
37:30	it's just it was jammed with people	
37:31	which was great um Falmouth was becoming	
37:35	Falmouth synonymous with the race and	

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37:37	people started to really enjoy the Cape	
37:39	and the town and the community remember	
37:42	Matt Auger was saying the assistant race	#mattauger
37:43	director	
37:45	you can have the	
37:46	greatest race the greatest course the	
37:47	greatest	
37:48	um	
37:50	appearance of runners but the community	
37:52	is not behind you you have nothing and	
37:54	that's true	
37:55	Falmouth had their ups and downs they	
37:57	had their adjustments like every race	
37:58	every city and town had when they	
38:00	started a race but the community has	
38:01	been behind it	
38:03	and there's been changes along the way	
38:05	obviously like with anything with any	
38:07	growth you know from I could say from 92	
38:09	finishers the first year to almost 13	
38:12	000	
38:13	in more recent years which is basically	
38:15	what they've been averaging uh this year	
38:17	notwithstanding	
38:18	and you have to adjust and you have to	
38:21	accommodate um	
38:23	one thing Falmouth does which I don't	
38:25	see in some areas in some states and	
38:27	things	
38:28	is you have a global international race	
38:31	but you still have that small hometown	
38:33	feel	
38:34	um they still pay attention to the	
38:36	Olympians and the elite athletes as well	
38:38	as the amateur athletes and those in the	
38:40	back of the field and it's nice to see	
38:42	that you don't see that a lot of races I	
38:44	mean you have something you know that	
38:46	they're worried about people	
38:47	getting here safely um flying in from	
38:50	different countries and	
38:52	getting host families for the lead	
38:54	athletes and the press conferences and	
38:55	things like that um then their	
38:58	requirements that they want to do at the	

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39:00	Expos for their companies and stuff that	
39:02	they have to schedule	
39:03	and also the amateur athletes who if	
39:06	they want to put their clothes in a	
39:09	little bicycle locker I mean a little	
39:11	locker at the starting line that will be	
39:13	moved to the finish line for them	
39:14	they'll be able to get they want to ride	
39:16	their bikes to Falmouth Heights it'll be	
39:18	in a secure area and they get a bus to	
39:20	the starting line little things like	
39:21	that	
39:22	for the amateur runners um	
39:25	they still hold on to they still do	
39:26	which I think is great um so that's nice	
39:29	to see with family that again you don't	
39:31	always see uh the next photo that you	
39:32	will see Nobska Light Nobska Point Light	
39:35	which is the first mile mark it's just	
39:36	very iconic and people just love that	
39:39	um	
39:40	even though it's wide open if it's a hot	
39:41	day you're gonna toast but that's fine	
39:44	going past that lighthouse	
39:45	uh the next photo was interesting John	
39:47	Carroll	
39:48	took this photo of Surf Drive um this is	#surfdrive Gunning_Village_Sts_085
39:51	from 1991 the locals remember Hurricane	#hurricanebob #1991
39:55	Bob that actually um occurred	
39:59	right after the Falmouth Road Race the	
40:00	same day	
40:02	if it occurred several hours earlier	
40:04	probably wouldn't have had a race John	
40:05	Carroll was telling me	
40:07	it had such a force when it came across	
40:09	Block Island Rhode Island and Falmouth	
40:11	that actually moved the course that	
40:13	you'll see the ripples right here it	
40:15	actually physically moved the road to	
40:18	the point that the engineers it almost	
40:20	took about a year to re-fix it the race	
40:22	directors were telling me the Carrolls	
40:24	and Shermans were telling me they got	

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40:25	close they may have had to reroute	
40:28	reroute the road race part of the course	
40:30	around Surf Drive fortunately	
40:32	after about a year after within that	
40:35	year they were able to fix it	
40:37	but it actually moved houses it was a	
40:39	really real bad fatal hurricane if you	
40:43	remember from back then	
40:44	um	
40:45	it was it came ashore so close to the	
40:48	race that	
40:50	the race would finished and they were	
40:51	cleaning up that the uh the Carrolls and	
40:54	Sherman	
40:55	basically told for all you out of town	
40:58	volunteers go home now this was later in	
41:00	the day on that Sunday and they	
41:02	basically the remaining things that they	
41:03	were going to pack away	
41:05	at the finish and they just put a big	
41:06	pile wrapped it up and went home because	
41:08	the storm was coming it was that close	
41:10	that they just they just missed coming	
41:12	with the race	
41:13	um that's an interesting little side	
41:15	note there	
41:16	the next photo that you'll see	
41:19	is that last final stretch of the race	
41:21	uh the casino there on the left um	
41:24	it's an interesting little	
41:26	stretch down there it's only you know	
41:28	several hundred	
41:30	meters several hundred yards down there	
41:32	but it's interesting that um	
41:35	there's a crosswalk on the top there	
41:36	that you'll	
41:37	kind of see there	
41:39	and um it's interestingly that in 1988	
41:42	that sort of confused a couple runners	
41:44	um	
41:45	and	
41:46	Anne Hannam was winning and Betty Jo	
41:48	Geiger was the second really approaching	
41:50	her and just said about that crossword	
41:53	crosswalk there Betty Jo stood up and	

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41:55	passed Anne and sort of slowed down	
41:59	and then Anne sort of recognized that I	
42:01	better pick it up if she's going to	
42:02	continue and continue down the hill	
42:04	faster if Betty Jo had stopped she	
42:06	thought that was the finish line	
42:09	which everyone's like no no keep going	
42:10	keep going and so Betty Jo picked it up	
42:12	again but she ended up coming in second	
42:14	but people	
42:15	had some out of state those are	
42:17	different countries confused at one	
42:19	point that little crosswalk so you gotta	
42:20	pay attention actually	
42:22	um in 2003 Jen Rhines one of the great	#jenniferrhines
42:24	American runners	
42:26	um when she was running uh Olga Romanova	
42:29	and Catherine Ndereba the three of them	#catherinendereba
42:31	were basically top three	
42:33	um running for most of the race and	
42:35	Catherine Ndereba I think about four or	
42:37	five mile mark stepped off she was	
42:39	injured so it was Jen Rhines and Olga and	
42:41	Olga was in the lead ahead enough that	
42:43	Jen couldn't see her	
42:45	and then around this hill around this	
42:47	area here	
42:49	that you see the runners coming down	
42:51	everyone started to cheer Jen and they	
42:53	put finish line tape for her to break	
42:55	but Jen's going oh that's really nice as	
42:57	the first American to break the tape	
42:59	like they do with Johnny Kelley to Boston	
43:00	marathon whenever he finishes the	
43:02	tape across the finish line for him to	
43:04	break	
43:05	so she broke the finish line everyone's	
43:06	cheering telling her she won she goes	
43:08	yeah thank you I'm the first American I	
43:10	said no no you won the race you know	
43:12	Olga was ahead of me	
43:14	and they said no Jen turn around look up	
43:16	the top of the hill near the crosswalk	
43:18	that that's where Olga was the heat and	
43:21	the race just so	

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43:23	drained old that she stopped	
43:25	at the top of the hill	
43:26	and Jen managed the race so well in the	
43:28	heat she ended up winning which is a big	
43:30	aspect of this race is managing that	
43:32	heat you can be the greatest athlete uh	
43:34	like Bill Rodgers said the marathon will	
43:36	humble you well so will this weather	
43:38	you've had great Olympians not winning	
43:40	because you've got to manage this heat	
43:42	in in addition to the course and it's	
43:44	being seven miles um the heat is tough	
43:47	it's part of it it's an element of a race	
43:48	when you compete so it's an interesting	
43:50	little patch there and the Casino by the	
43:52	Sea there um on the left uh	
43:55	captain the Bill Sweeney used that	
43:57	casino um you would always see people on	
43:59	the roof and out the window cheering you	
44:01	on which is kind of neat when you're	
44:02	running from the top of the hill you can	
44:03	sort of see the peak of the building	
44:04	before the finish line	
44:06	nice little burst of cheering uh which	
44:08	is nice so it's another one of those	
44:11	neat um aspects of the race of the	
44:13	runner especially that you see like	
44:15	little landmarks along the way like the	
44:16	lighthouse and everything just sort of	
44:19	keeps you going um another great uh	
44:21	point of the race the next photo that	
44:24	you see uh is the great American flag	
44:26	um that's draped over the finish line um	
44:29	in 1987	#1987
44:31	um	
44:32	a veteran from Falmouth Jim Gehris	
44:35	read about the Mount Rushmore American	#mountrushmore
44:37	flag going on tour in the country it's	
44:39	the huge American flag it's 4 000 square	
44:42	feet 300 pound flag	
44:44	over Mount Rushmore	
44:46	and for I think it's for its anniversary	
44:48	which tour the country the flag was a	
44:50	big huge flatbed truck and if you had an	
44:52	event that you would like to have this	

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44:54	flag on display you let them know so Jim	
44:57	did in 1987 the	
44:59	Rushmore flag was the first one that	
45:01	was unfurled and was draped over atop	
45:03	the finish line that you see	
45:05	and they did that for a couple years the	
45:06	flag now isn't the Mount Rushmore one	
45:08	but Falmouth continued that tradition	
45:10	which is which is tremendous it's a	
45:12	beautiful	
45:14	uh element of this race that people look	
45:15	forward to and it's just it's amazing to	
45:18	see them unfurl with all the volunteers	
45:19	holding holding it because of its weight	
45:23	like I say it's 4 000 pounds so it	
45:25	doesn't touch the ground they they lift	
45:26	it up it's amazing to see	
45:28	um but it started uh with Jim Gehris in	
45:30	1987 really neat	
45:32	um but you started to see um you used to	
45:36	have an old chute system where you	
45:37	finish	
45:38	in that area there the next photo that	
45:40	you'll see	
45:41	from a ground over ground level of the	
45:43	finish line you had uh the old chute	
45:45	system	
45:46	with popsicle sticks from those of you	
45:48	who would run races when you crossed the	
45:49	finish line they gave you a popsicle	
45:51	stick with the number on it that was	
45:53	your finish and you gave it back towards	
45:55	the end of the	
45:56	chute where the official was to record	
45:58	your time they had	
46:00	Tape recorders when there's so many	
46:02	runners coming the same time the	
46:03	volunteers would just say the numbers in	
46:05	order with the tape recorder	
46:07	your your time was on top of the old BBC	British Beer Company
46:10	building the restaurant down there on	
46:12	the left	
46:13	on the roof	
46:14	yes	
46:15	you had uh big numbers being flipped	

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46:18	over	
46:19	every five minutes so you would look up	
46:20	to see your time	
46:22	uh all these different ways that would	
46:25	change and adjust over the years which	
46:27	is kind of interesting	
46:28	to see all those things uh	
46:31	now obviously computerized and	
46:32	everything but it's kind of neat to see	
46:33	that	
46:34	the next photo from the Historical	
46:36	Society is the photo I use for my cover	
46:40	of the book which actually you can see	
46:42	the seven painted	
46:43	uh right before the finish line which they	
46:46	obviously don't do anymore but it's just	
46:47	kind of neat to see the actual seven	
46:49	there and you see all the people on both	
46:51	sides um again the great interest of	
46:53	this um	
46:55	race is just	
46:57	it just brings so many people to the	
46:59	cave to the point that people have told	
47:00	me	
47:01	that they've bought homes here	
47:04	uh the president of Perrier that	
47:07	Tommy Leonard had spoken to said that	
47:09	he got a rental here he ran that year's	
47:11	race with some people from Perrier the	
47:12	first year in 77	
47:14	and they fell in love with the Cape so	
47:16	much they got property they got they	
47:18	they um would rent here and other people	
47:20	have bought homes here or summer homes	
47:23	or something because they just love the	
47:24	place they love the community um and that's	
47:26	so	
47:27	felt so welcome	
47:28	um from Falmouth so it it the impact	
47:31	that Tommy Leonard did with a small race	
47:33	for 92 finishers to raise money	
47:36	for some uh high school girls back in	
47:38	1973 has become where it is now which is	
47:41	just truly amazing with the Shermans and	
47:44	the Carrolls um taking this for so many	

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47:47	years just under 40 years to to where it	
47:49	is now with Dave McGillivray uh and	#davemcgillivray
47:52	Jennifer Edwards and Matt Auger and them	#jenniferedwards
47:54	it's just it's unbelievable the way this	
47:56	race has just grown and grown and grown	
47:58	um the next photo you actually see of	
48:00	the ball field at Falmouth Heights	
48:02	uh where you go to get your hot dog the	
48:06	old Bill Dougherty hot dog um I remember	
48:08	he was saying that	
48:09	at one point they thought he had to find	
48:12	a better machine to actually pump out a	
48:14	thousand hot dogs at a time which is	
48:16	pretty good	
48:17	prior to that it's like a little longer each	
48:19	hot dog but you're on the field you	
48:20	finished um	
48:22	you didn't care you wait you talk to	
48:24	your your friends and everything the	
48:26	next photo that you see the volunteers	
48:27	under the tent	
48:28	um	
48:30	it's become such a tradition with these	
48:31	volunteers you see families giving out	
48:33	water same families year after year if	
48:36	you run this race	
48:37	several years in a row you see the kids	
48:38	grow up	
48:39	it's become such so ingrained in the	
48:41	town in the community like I said you'll	
48:43	see family members helping out and	
48:45	eventually running as well which is	
48:46	great um but just to see that interest	
48:49	just community-wide and spectators	
48:51	I love it I love seeing that uh the next	
48:53	photo nice aerial shot	
48:55	of um Falmouth Heights the Historical	
48:58	Society provided this one this really	
49:00	shows you how the ball field is	
49:02	a little rectangle um and what's neat on	
49:04	the left that you'll see a member	
49:07	it was Rich Sherman or John Carroll was	
49:09	telling me that they actually had to get	
49:11	uh a US Coast Guard permit because he's	
49:14	I think we're the only road racer that	

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49:15	needs a Coast Guard permit	
49:18	um	
49:18	there used to be boats that would follow	
49:21	the race in the water because you could	
49:22	do that most of the course	
49:24	most of it other than the inner harbor	
49:26	when you're going in and stuff	
49:27	you can see from the water so both would	
49:29	be at Woods Hole	
49:31	and they would just go and follow the	
49:33	race and you had this little caravan of	
49:34	boats going to Falmouth Heights well	
49:36	that can be kind of dangerous because	
49:37	swimmers there to the left of the beach	
49:39	and everything so they had to get	
49:40	parameters parameters there	
49:43	and also if the President	
49:45	was visiting Martha's Vineyard which uh	
49:48	President Obama did for several years um	
49:50	there's like a no-fly zone where the	
49:52	president is up 10 miles I think it is	
49:54	and Martha's Vineyard is within 10 miles so	
49:57	you couldn't have helicopters or fly	
49:58	zones so you had Secret Service	
50:01	was snorkeling along the beach looking	
50:03	for things if there's any	
50:05	all sorts of	
50:06	added things for a race director that	
50:09	most races don't need but that's Falmouth	
50:11	does	
50:12	and that stretch of beach day was	
50:14	interesting the first few years um	
50:17	because the police didn't want	
50:19	open public drinking of beer that	
50:22	spilled out into the Falmouth Heights the	
50:24	ball field there after the Brothers Four	
50:26	the first couple years	
50:28	um people got sort of clever and they	
50:30	would bury the keg	
50:31	in the sand the night before	
50:34	um	
50:36	and sort of mark it where	
50:37	it was and the next morning they would	
50:39	bring the tap	
50:41	for those people who remember what kegs and	

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50:42	beer taps were	
50:44	find a little marker to kind of uncover	
50:46	a little bit of the sand and put the	
50:47	beer tap in and you see these beer taps	
50:49	lined up on the beach well the police	
50:51	got you know smarter than that and they	
50:53	use metal detectors to figure out where	
50:55	the kegs were and dug them up so they	
50:56	don't do that anymore but it's fun	
50:57	seeing the beer taps lined up	
51:00	the next photo is uh of Tommy Leonard	
51:03	right outside of the Captain Kidd that	
51:05	dedicated the start line which is now	
51:07	officially called the Tommy Leonard Start	
51:09	Line and there's a nice plaque there	
51:11	that people can see and visit if you'd	
51:12	like uh one thing that was great about	
51:14	Tommy Leonard uh just just	
51:17	his	
51:18	ultimate benevolence	
51:20	and selflessness and just the things he	
51:21	did for community for people	
51:24	that everyone recognized and wanted to	
51:26	honor him which I'm glad they did while	
51:28	he was still around to enjoy it	
51:30	um there's a nice bench uh down near the	
51:32	ball field um the	
51:34	Mass Ave. bridge is the Tommy Leonard	
51:36	Bridge where you run under that for the	
51:38	Boston Marathon which is at the corner	
51:40	of Mass Ave. there where the Eliot Lounge	
51:42	used to be where he worked	
51:43	um so it's nice that everybody honored	
51:45	him and then when he did pass in 2019	
51:48	um there's a nice little painting of his	
51:50	face and every mile marker so it's	
51:52	really nice that Tommy was honored that	
51:54	he knew uh all the people that he	
51:56	touched and everything and uh so that's	
51:59	I'm so glad for that	
52:00	um and the last photo uh will end this	
52:03	kind of shows the um another effect and	
52:07	impact that Falmouth Road Race has its	
52:09	offspring supposedly um the Cape Cod	
52:12	Marathon and all their related races	

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52:14	um	
52:15	were created um as extensions from the	
52:19	Falmouth Road Race of Courtney Bird and the	
52:21	Sherman and Carrolls' influence of these	
52:23	different local races um	
52:26	which is great to	
52:27	expand running and expand	
52:30	interest in the Cape and everything	
52:31	which is which is excellent uh Joe	
52:33	Concannon the sports writer for um	
52:36	local papers around here in Boston area	
52:39	um created Litchfield Hills Road Race in	
52:41	Connecticut seven miler uh based on the	
52:44	Falmouth Road Race tough race couple tough	
52:46	hill there in Connecticut also a seven	
52:48	miler been there for several several	
52:50	years which is excellent uh the Beach	
52:52	to Beacon 10k up in Maine Joan Benoit	
52:55	Samuelson wanted to create	
52:57	the same kind of atmosphere and	
52:59	everything that Falmouth had so she	
53:01	created that she got some ideas from	
53:03	Dave McGillivray and the Falmouth Road Race	
53:05	to create terrific race up in Maine	
53:08	where she's from the Falmouth Walk	
53:10	that Eddie Doyle and Tommy Leonard	
53:13	created 30 years ago that still benefits	
53:16	the community still walks the day before	
53:18	uh the Falmouth Road Race um and	
53:21	interestingly the Detroit Marathon	#detroitmarathon
53:23	um	
53:24	well the organizers when it was the	
53:26	Motor City Marathon in Detroit came to	
53:28	Falmouth Road Race unrelated to	
53:31	recreating something and ran the	
53:33	Falmouth Road Race and enjoyed what he	
53:35	saw	
53:36	so much so he wanted to replicate that	
53:38	in some fashion back in Detroit	
53:40	so they sort of reinvigorated renamed	
53:43	the marathon to the Detroit Free Press	
53:45	free press of the newspaper Detroit Free	
53:47	Press Marathon and he wanted to have	
53:49	some of the same kind of perks and	
53:51	everything that the Falmouth Road Race had	

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53:53	so it's reached all the way to Michigan	
53:56	so it's reached away this small little	
53:58	race that Tommy started	
53:59	uh and getting little free raffles going	
54:02	from store to store with his little	
54:03	shopping cart and putting in purses and	
54:05	gift certificates and whatever you could	
54:06	collect back in 1973 to what it is now	
54:10	uh it's truly amazing uh	
54:12	thankful to all the volunteers and the	
54:13	organizers and the community the runners	
54:16	the spectators everyone's made this race	
54:18	uh what it is today	
54:20	a huge international global race with	
54:22	that small town feel which is why people	
54:24	keep coming back	
54:26	um well I hope you enjoy this little uh	
54:29	trek through the Falmouth Road Race	
54:31	course and its history um	
54:34	and that is it I want to thank everyone	
54:36	for joining in well and thank you that	
54:40	was really fabulous Paul I you know I	
54:42	have lived in Falmouth for	
54:44	30 years now and um I can remember the	
54:47	the whole hurricane I arrived	
54:50	shortly after Hurricane Bob um and that	
54:53	was the photos were great the stories	
54:55	are great um I had uh and the the photo	
54:59	I love the photo of all the people on	
55:01	top of the casino um and I wish the	
55:03	casino was still there but that was a	
55:05	great photo um and the whole history of	
55:08	Perrier is you know their connection to	
55:11	it	
55:12	it's just it's fabulous now my question	
55:14	for you is um	
55:16	will you be running the Falmouth road	
55:18	race this year no not this year no I've run it	
55:21	a few times which I	
55:23	I enjoy every year	
55:25	and uh there's so many you bump into so	
55:27	many great people I remember one year	
55:30	before I really got to know Brian	
55:31	Salzberg like I said one of the four	
55:34	gentlemen now who run every year he's	

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55:35	the one with a long white beard	
55:37	a couple years they had a ferry that you	
55:39	could that runners could take	
55:41	to get to the starting line from	
55:42	Falmouth I'm sitting next to this	
55:44	gentleman the white beard and across	
55:46	from me is this woman who was sort of	
55:48	nervous and would talk I didn't know who	
55:49	Brian was at the time and the woman	
55:52	was nervous and were like are you okay	
55:53	she actually nervous my first time I	
55:55	said oh that's you'll be okay she goes	
55:57	how many times have you run it I've run it	
55:58	about four or five	
56:00	she was aw really good I said yeah	
56:01	I was telling a little bit about it	
56:03	and she asked the gentleman next this is	
56:06	the 38th running	
56:08	when I met in the 38th year of the race	
56:10	so she asked him how many times if he's	
56:12	running he goes I run it 37 times this	
56:14	would be my 38th because wow that's a	
56:16	lot and all of a sudden I I wait I look at him	
56:19	I said	
56:20	at the time I said you're one of the Falmouth	
56:22	Five aren't you he said yes	
56:24	I said she goes what's that I go	
56:26	this gentleman is one of the five men	
56:28	who run every year and he introduced	
56:30	himself but it was so funny bumping into him and going	
56:32	yeah I kind of run them all you know it	
56:33	was really kind of funny and you know so	
56:36	she's like tell me all about it but you	
56:38	meet all these great people on the	
56:40	course they'll cheer you on	
56:42	uh	
56:42	whether it's like I said with Craig	
56:44	Virgin seeing Bill Rodgers	
56:46	you know on the greatest marathoners just	
56:48	talking to everybody it brings you back	
56:50	it's it's it's an amazing town anyway	
56:52	it's like a second half	
56:54	my godparents have lived here for	
56:55	decades so I love coming to family	

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56:58	that's and I have to say I live very	
57:00	close to part of the race and every year	
57:03	I live just off of Queen Street um so I	
57:06	every year we just walk to the end of	
57:08	Queen Street and one of the great things	
57:11	is how many locals you still do see	
57:13	running the race um even in the	
57:16	trillions of people that show up and how	
57:18	much fun and and energy you get just	
57:21	from watching them race and everybody	
57:23	applauding and everybody	
57:25	so happy during the day that the road	
57:27	race happens um it's really a great	
57:30	thing and in your history the other	
57:32	thing that I	
57:33	took note of was that you know how many	
57:36	local people are still around and or who	
57:39	we know you know you mentioned Dr. Crago	
57:41	who is my husband's that was my	
57:43	husband's doctor um you know that	
57:46	everybody does get involved and which	
57:49	makes it one of the great things um I do	
57:52	want to know if anybody who's listening	
57:55	has a question that they want to ask you	
57:57	can just write it up in the chat and I	
57:59	will share that with Paul	
58:02	I also want everybody to know that there	
58:04	are signed copies of his book at Eight	
58:06	Cousins	
58:07	and my question for you Paul is	
58:10	what is your next book project have you	
58:12	got something in the works	
58:15	um I was actually thinking about I I	
58:18	just	
58:18	in addition to the Born to Coach the	
58:20	Bill Squires Story book and the Boston	
58:23	Marathon one um	
58:25	Modern America I was thinking about	
58:27	either something on Steve Prefontaine or	
58:29	maybe even trying to update the Falmouth	
58:31	book	
58:33	to include all the neat things as they	
58:35	approach their 50th anniversary	
58:37	um coming up I mean 50 years for for any	
58:40	race but especially this one like I said	

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58:42	has grown I mean you imagine 92 runners	
58:45	the first year	
58:46	to	
58:48	on again this year that was staying like	
58:50	13 000 in a small town	
58:53	uh I remember was doing the research	
58:55	there was so many different things	
58:57	um again the town the race grew as the	
59:00	town grew as the interest grew so a lot	
59:02	of things were changing and they were	
59:05	thinking about having a different course	
59:07	um you know didn't want to have it	
59:10	finished down at Falmouth Heights and	
59:11	things or the too many runners	
59:14	but as the town the growing pains of the	
59:16	town and the race worked together it's	
59:19	become what it had	
59:20	Some towns it started races in the 70s uh	
59:23	didn't	
59:24	and they're no longer here so that's	
59:26	like that's why I told you like that	
59:27	Matt Auger quote that he was telling me	
59:28	if you don't have the community behind	
59:30	you it's true	
59:31	and whatever the growing pains were it's	
59:33	it's grown	
59:35	to what it is now so um you know kudos	
59:38	to everyone involved over the years and	
59:40	decades	
59:41	um with what the with the Shermans and	
59:43	Carrolls and Tommy Leonard started and	
59:46	Bill Dougherty and all those guys Courtney	
59:48	Bird and just you keep going on and on	
59:50	there's so many people	
59:52	um	
59:53	this is the fruit of their labor it's	
59:55	it's amazing	
59:56	what um you see and then taking it to	
60:00	next level and the next level the next	
60:01	level you know you have Dave McGillivray	
60:04	and just all these different people	
60:07	with the same goal of the race	
60:10	you know that's the important thing and	
60:13	you see that reflected in like the valet	
60:16	with the bike uh valet for the amateur	

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60:19	runners and then you know the host	
60:21	families uh I remember Catherine Ndereba	
60:23	telling me her she's	
60:24	from Kenya and her host family for years	
60:28	would bake	
60:29	uh Kenyan bread for her and take her	
60:31	blueberry picking and she loved it every	
60:34	year Deena Kastor one of our great	#deenakastor
60:36	American marathoners	
60:39	took her out her family host family took	
60:41	her out to dinner	
60:43	uh on Main Street I think I can't	
60:45	recall the name of the restaurant which is	
60:47	no longer there and she just said to the	
60:49	waiter surprise me so the waiter brought	
60:51	a big	
60:52	plate of pasta with a lobster on top and	
60:55	cream sauce on top of that which she	
60:56	loved	
60:57	as the waiter's walking away she's so	
60:59	how do I eat this and he turned around	
61:01	and sort of waved his hands at her kind	
61:03	of like you're using your hands and she	
61:05	loved it so she's cracking this thing	
61:06	open	
61:07	use her hands in the fork with the pasta	
61:09	ate the whole thing walk down the street	
61:11	and got her lobster ice cream I mean	
61:13	these are memories that these these	
61:15	Olympians	
61:16	who have raced all around the globe	
61:19	they remembered these neat little	
61:20	personal stories when I interviewed them	
61:22	for the book I mean that's right	
61:24	years later	
61:25	you know of course they remember the	
61:27	race yeah these are great stories	
61:29	we actually have a question here for you	
61:32	which is uh Russ Pelletier um asks have	
61:36	you seen the time the Tommy Leonard	
61:38	tribute stone across the street from the	
61:41	Quarterdeck we are dedicating the Tommy	
61:44	Leonard Crosswalk	
61:45	this Friday	
61:48	oh that's right cause they had to delay it that's	

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61:49	right yeah Russ Pelletier brought that	
61:51	along yeah the great uh the crosswalk	
61:54	along uh across the street from the	
61:55	Quarterdeck where Tommy Leonard had worked for	
61:57	years uh there's a nice monument there	
62:00	it was dedicated um	
62:02	when not many people could gather	
62:05	uh several months ago it's a beautiful	
62:07	stone with a nice plaque you really	
62:09	should see it it says one end of the	
62:10	crosswalk and the other end of the	
62:12	crosswalk on main street is the Quarterdeck	
62:14	and Tommy Leonard was there like	
62:16	almost every day cutting fruit in the	
62:18	morning and he would uh hold court it	
62:20	was great you'd walk in there	
62:22	I remember having lunch with him several	
62:24	times just shooting the breeze and he'd	
62:25	always look at the menu here's a little	
62:27	table there and I'm going Tommy	
62:29	don't you know this menu like you know	
62:32	back and forth oh I might change and	
62:33	everything I look at the way waitress	
62:35	she's like you know whatever he always liked	
62:36	the same thing but and he would greet	
62:38	people coming in	
62:41	I mean just shooting the breeze with him	
62:42	having lunch and then	
62:44	being interrupted like 20 30 40 times	
62:46	which was great interrupt is not the	
62:47	right word because he loved it and it	
62:49	was great he would come in talk to	
62:51	everyone who came in oh Mr. Leonard Tommy oh I'm	
62:54	from Texas I'm from this oh wait I	
62:56	remember I've been there and he would	
62:57	talk it was it was his whole face would	
63:00	light up	
63:01	you know it's like Superman getting his	
63:03	energy from the sun he got his energy	
63:05	from people	
63:07	in every walk for life in every instant	
63:10	so if you can be there for the	
63:11	dedication it it it'd be so wonderful	

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63:14	that the	
63:15	[unintelligible]	
63:17	um	
63:18	who just basically put this town on	
63:20	the map in a good way of just being um	
63:24	so positive I mean it just	
63:26	you know I I'm sad talking about	
63:28	sometimes because he's no longer here	
63:30	but I'm really happy with all the great	
63:31	memories and the time and everything	
63:33	that he's given back so tonight	
63:35	I'm glad Russ brought that up um	
63:38	you know at that stone was a really nice	
63:40	monument too to see	
63:43	um and we have one more question um	
63:46	asking you how many registered this year	
63:50	and are they any are there any Olympians	
63:55	I think we I think this 8 000 they had	
63:58	to cap it for 8 000 and uh yeah several	
64:00	Olympians um	
64:02	and several former champions I don't	
64:04	want to stop making a list in case I	
64:06	Forget any of them um but one of the	
64:08	big ones is Molly Seidel who just won	#mollyseidel
64:10	the bronze in the Olympic marathon she's	
64:13	and she announced this before the	
64:14	marathon	
64:16	that she's going to run Falmouth and	
64:17	she's going to go out last	
64:20	and every person every runner she passes	
64:23	a donation is going to be made to the	
64:25	Tommy's Place which is a great place off	
64:27	of Main Street um	
64:29	in Tommy Leonard's name really	
64:30	you should look it up it's a beautiful	
64:32	beautiful place uh so she's gone through	
64:34	that she mentioned that even before she	
64:36	she competed in the marathon	
64:38	that she was going to do this as a nice	
64:39	little way uh to give back so um	
64:43	yeah it's a great fit I mean this	
64:44	Falmouth has always had even on Olympic	
64:46	years it had great fields	
64:49	um especially the since 1980 when Rod	#roddixon #gretewaitz
64:52	Dixon and Grete Waitz	

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64:53	they were the first international	
64:55	runners that really put it on the mark	
64:57	globally that international runners	
65:00	said oh yeah I kind of heard about	
65:02	Falmouth now now you hear about it and	
65:04	they come here to race	
65:06	and the community welcomes I mean you	
65:08	have people from so many different	
65:10	countries um like you know Falmouth can	
65:13	become an athlete's village so to speak	
65:15	in that	
65:16	you'll look around and you'll see people	
65:18	from	
65:19	dozens of countries	
65:21	in this small little town of Falmouth I	
65:22	love it it's just it's amazing how it's	
65:24	just welcome	
65:25	and then some places they come here they	
65:27	don't have a beach so they like I want	
65:29	to go into the water it's just it's	
65:30	amazing you know these great athletes	
65:33	you don't think of like normal things	
65:35	like a beach you know	
65:37	so it's great and having the host	
65:39	families and community welcoming it's a	
65:41	real nice that's that small town feel	
65:44	that I was mentioning that this race has	
65:47	in addition to	
65:49	being this international race so it's a	
65:51	great combination of the two	
65:53	well I will um	
65:55	thank you so much for	
65:57	doing this talk uh this morning I think	
66:00	everyone	
66:01	if you didn't if you didn't see it all	
66:03	or if you want more uh his book is A	
66:06	History of the Falmouth Road Race	
66:08	Running Cape Cod and as I mentioned	
66:10	there are signed copies at Eight Cousins and	
66:13	of course we always love it when you	
66:15	shop locally as well um as well as	
66:17	running locally um	
66:20	thank you so much thank to all of you	
66:22	and this will this has been recorded it	
66:25	will be on uh our the library's YouTube	

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66:29	page at some point and also FCTV will	
66:32	probably have it running again	
66:34	and thank you very much to FCTV for	
66:37	actually filming this today for us um	
66:40	thanks to you who came to listen	
66:43	and certainly	
66:45	uh thanks to Paul for telling us all	
66:47	these great stories and what a great	
66:49	collection of photos from Falmouth	
66:51	Historical Society as well	
66:54	that was a real treat	
66:56	so uh we will um end it there and um we	
67:00	look forward to seeing some of you run	
67:03	the marathon	
67:05	the marathon yeah I'm now calling that	
67:07	the marathon which is interesting that	
67:08	was actually one of the really	
67:09	interesting pieces yeah it originally	
67:12	was a marathon but the Falmouth Road	
67:15	Race uh we always love it it's a great	
67:18	event and we're so happy that it's come	
67:20	back this year um and we hope all goes	
67:23	well	
67:25	so	
67:26	thank you	
67:26	all for yeah	
67:30	[Music]	