



I recently found out I was selected for the Falmouth Race along with another friend of mine that I met in the community. We were so excited because not everyone gets selected. This is my very first race ever and I am pumped!

I heard about this race through some friends I met in the community. I happened to tell them that I love to run, and I had joined a Run Club. The individuals I met at Run Club are all fantastic and they get together every Tuesday evening. I mentioned to them that I also enjoy running on my own usually 2-3 times a week. Well after that they were excited to tell me that there was a race that takes place every August in Falmouth, Massachusetts and that it is a lot of fun and I should try to get in. Then one of them said that if I did, they would as well, and my husband promised he'd join. We waited with anticipation for the participant selection results that were released May 24th. We found out that my friend and I had been selected.

Unfortunately, my husband was not. He was a little disappointed at first but recently found out he has another shot at being selected through the United States Coast Guard as they have a number of spots reserved for members. He is currently waiting to find out if he gets selected from this avenue. Fingers crossed!

As for the training, I will continue to run on Tuesdays with Run Club, which is usually about a 5 km run. I will run my own, after work, 2 days a week and my friend and I plan to get together at least once a week and maintain the 7-mile run goal. Once it gets closer to race day, we'll start running the race route, as we understand it's pretty hilly.

We will be prepared!

Chantal Wright