

FARC Club Meeting
Wednesday, October 19th
Michael Tighe Park

Fun Run 6:15 PM, Meeting @ 7:00 PM

Guest Speaker: Rick Lee



FARC is excited to have 61-year-old Rick Lee from Bayville speak at our October meeting. Rick is an entrepreneur, outdoorsman, sailor, wildlife photographer and now a runner. He started running 4.5 years ago at the age of 57 having no prior running experience. In 2021, he set new US age group records in the 50k (3:31:44) & 50 miles (5:31:30). He won many age-group races such as Pike Peak Marathon (5:31), JFK 50, Boston Marathon (2:47:58) & the 5th Ave Mile (4:57). He loves to race and covers a wide range of distances from 1500m to 100 miles. His running passion led him to run the Marathon Des Sables in the Sahara Desert, a 7-day 150-mile race, as well as WMA in Finland representing the US and returning with 3 gold and 2 bronze medals this year. As a member of the Shore AC, he participated in many USATF races and received a co-runner of the year vote from the USATF in 2021. As of October, Rick has logged over 3000 miles and 33 races working fulltime, including 4 marathons. His recovery in between races is amazingly efficient. Rick is willing to share his training, diet & race experiences.

Join us for Rick's presentation that includes a slide show.