

# CAPE COD TRAIL RACE



Crane Wildlife Management Area  
Falmouth, MA

April 6, 2014



**All-Trail 10K, Half-Marathon, Marathon, or 50K**  
**All Proceeds to Charity. "Run Forward. Give Back."**  
**Sunday, April 6, 2014, 8 am**  
**Frances A. Crane Wildlife Management Area, Cape Cod**  
**754 Nathan Ellis Highway (Route 151), E. Falmouth, MA 02536**  
**capecodtrailrace.com    facebook.com/capecodtrailrace**

**Cost:** 10K: \$25. Half, Marathon, or 50K: \$45. T-shirts: \$10.  
 Discount to active military (see website for details).

**Limit:** 250 runners total. First-come, first served.  
 Online registration only at [capecodtrailrace.com](http://capecodtrailrace.com).

**Information:** [info@capecodtrailrace.com](mailto:info@capecodtrailrace.com)  
 Carl Gustafson, Race Director: [carl@capecodtrailrace.com](mailto:carl@capecodtrailrace.com)

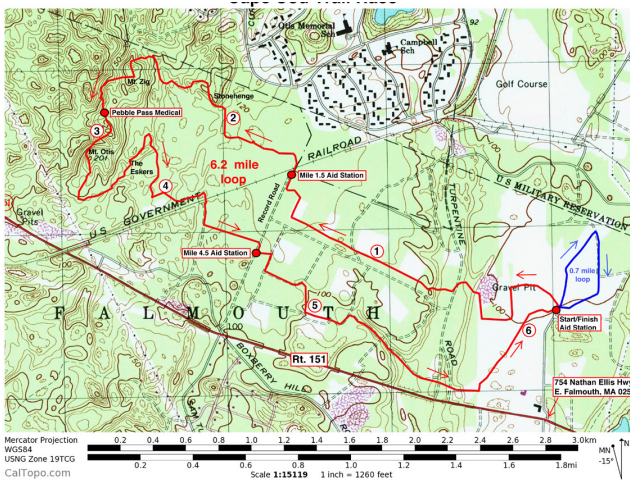
**Charity**

This race will benefit five charities this year:  
 Independence House; Cape Cod Center for Women;  
 The 300 Committee Land Trust; The Falmouth Military  
 Support Group; and an organization benefiting the most  
 innovative cancer research in Boston.

**Course**

The course is a 10K loop (red on map) past fields and through forest, on trails that are 60% double-track and 40% single-track. The 10K runners will do the loop once. Half-Marathon runners will start with a 0.7-mile loop (blue) and then do the 10K course twice. Marathon runners will do the 0.7-mile loop twice, then four loops of the 10K course. 50K runners will do the 10K loop five times. The footing on the course is mostly smooth trail, but there are some rutted, rooted, and rocky sections. There are a few boulders that must be hopped or dodged, and there are some short but steep uphill and downhills. The total elevation gain and loss is <500 feet per loop. The course will be well marked with signs and flagging. There will be water, electrolytes, and trail food at the start/finish line and two water stations on the course. Runners must start their last loop by 2:15 pm. Course closes at 4 pm.

- There will be no cups on the course. Runners must bring means of carrying liquids with them (i.e., water bottle, hydration pack).
- There will be parking and port-a-potties near the start/finish line, but please car pool if possible. There will be no shelter or indoor accommodations.
- Number pick up between 6:30 - 7:30 am.
- Late registration from 6:30 - 7:30 am if the 250-runner limit has not been reached (check website).
- No pets with runners.
- Sanctioned by USATF; permitted by Massachusetts Division of Fisheries and Wildlife



# Benefitting Organizations

All profits from the 2014 race will be donated to the following charitable organizations:



For 35 years, **Independence House** has been a leader on Cape Cod in helping domestic violence and sexual assault victims find safety, justice and empowerment. In partnership with youth and adults, we are striving for a future without violence and abuse and we promote and advocate for safe and healthy intimate partner relationships. Independence House is located in Hyannis, Orleans, Falmouth and Provincetown serving all 15 towns on Cape Cod. [www.IndependenceHouse.org](http://www.IndependenceHouse.org).



A Beacon of Hope

**Cape Cod Center for Women**

Providing services for battered women and their children

The **Cape Cod Center for Women** in Massachusetts is the only 24-hour, 7-day-a-week confidential domestic violence emergency shelter and sexual assault hotline serving Cape Cod, Martha's Vineyard and Nantucket. The Center is dedicated to providing quality programs and services to individuals and families escaping violence or abuse. Our compassionate community of staff, volunteers and supporters assist primarily battered women and their children in leaving violent environments and transitioning to independent living, fully connected to a network of community support and with a lifelong safety plan. [www.capecodshelter.org](http://www.capecodshelter.org)

**The Falmouth  
Military Support Group**



**The Falmouth Military Support Group** is a non-profit 501(c)(3) organization staffed and managed entirely by volunteers. It was founded in 2003 and organized exclusively for charitable purposes. It is the Falmouth Military Support

Group's mission to provide moral and physical support to the area's service members serving abroad with OIF/OEF and when they return home. The Group mails comforts from home and encouraging mail to our "kids" serving overseas. Support is provided to their families and friends by providing a meeting place to gather in support of one other. [www.fmsggrp.org](http://www.fmsggrp.org)



The **300**Committee  
Land Trust

**The 300 Committee** (T3C) is a private, non-profit land trust working to permanently preserve and protect natural lands in Falmouth, Massachusetts through acquisition, education and management. Working with the town, citizen groups and other organizations, it safeguards natural resources, provide public green space and preserve Falmouth's character, beauty and quality of life. Founded in 1985, T3C's original goal

was to save 300 acres to celebrate the town's 300th anniversary the following year. Community support for open space came out loud and clear when Town Meeting members, and voters, overwhelmingly approved the first omnibus land purchase of 401 acres. Since then, more than 1,200 members have joined the mission. In our 29-year history, The 300 Committee has worked to protect more than 2,300 acres of open space for conservation, recreation and water protection. [www.300committee.org](http://www.300committee.org)



# CAPE COD TRAIL RACE

10K Half Marathon Marathon 50K



Thank you to the many businesses and individuals who have contributed to making this a great day!







## Cape Cod Trail Race

"Run Forward, Give Back"

All-trail 10-K, Half-Marathon, Marathon, or 50-K.  
All Proceeds to Charity  
Sunday, April 6, 2014, 8 AM start  
Frances A. Crane Wildlife Management Area  
Cape Cod



## Runners' Guide

Version of March 7, 2014

### Basic Info

Start / Finish area: 742 Nathan Ellis Highway (Route 151), E. Falmouth, MA 02536

Cost: 10K: \$25. Half, Marathon, or 50K: \$45. T-shirts: \$10.  
Discount to active military (see website for details).  
Limit: 250 runners total. First-come, first served.  
Online registration only at [capecodtrailrace.com](http://capecodtrailrace.com).

Pick up numbers and t-shirts at start/finish area 6:30-7:30

Information: [info@capecodtrailrace.com](mailto:info@capecodtrailrace.com)

For questions:  
Carl Gustafson, Race Director: [carl@capecodtrailrace.com](mailto:carl@capecodtrailrace.com)

### Charity

This race will benefit several charities this year: Independent 300 Committee Land Trust, and The Falmouth Military Supportable organizations is provided below.

A detailed Runner's Guide was made available on the website. Included was a section with local businesses and places of interest, with sponsors highlighted and noted as such.

### Amenities and Local Info

#### Emergency

Dial 911

Falmouth Fire and Rescue Emergency 508 548 2323

#### Gas

Shell Station 3.6 miles. Go west on Rt. 151, past Rt. 28 to stoplight. Go right (north) on 28A, about 3/4 mile on left.

Hess Station 0.7 miles. Go east on Rt. 151 0.7 miles. On right at intersection with Sandwich Road.

#### Coffee, Breakfast

**Beach Plum Bakery** (Race Sponsor! 4.0 miles). Coffee, tea, bagels, pasteries, and breakfast sandwiches. Open at 6:30 am. West on 151 to light, north on 28A about 1 mile, on left.

**Daily Brew** (Race Sponsor! 3.9 miles). Barista coffee, pastries, sandwiches, soup, internet. West on 151 to light, north on 28A about 1 mile, on left.

Dunkin Donuts (0.7 miles). Go east on Rt. 151 0.7 miles, on right at Hess Station.

Dunkin Donuts (3.2 miles) West on Rt. 151 2.9 miles to light, north on Rt. 28A ~0.3 miles, on left in small plaza.

#### Convenience Stores and Supplies

**Dean's** (Race Sponsor! 2.9 miles). Convenience, wine and beer, deli sandwiches. West on Rt. 151 2.9 miles to stoplight, right (north) on Rt. 28A about 100 feet, on left.

North Falmouth Superette (3.2 miles). Convenience. West on Rt. 151 2.9 miles to stoplight. Continue straight over railroad tracks 0.3 miles to stop sign. On right.

Hess Station 0.7 miles. Go east on Rt. 151 0.7 miles. On right at intersection with Sandwich Road.

**Village Pantry** (Race Sponsor! 3.6 miles). Mini grocery store. West on Rt. 151 2.9 miles to stoplight. Left (south) on Rt. 28A for about 0.7 miles, on right in little plaza.

North Falmouth Liquor Store (3.6 miles). Liquor store. West on Rt. 151 2.9 miles to stoplight. Left (south) on Rt. 28A for about 0.7 miles, on right in little plaza.

**Art's Bike Shop / North Falmouth Hardware** (Race Sponsor! 3.3 miles). Hardware store, bike repair, bike rental in season. West on Rt. 151 2.9 miles to stoplight. Continue straight over railroad tracks 0.3 miles to stop sign. Continue straight 0.1 mile, on right.

**Uncle Bill's Country Store** (Race Sponsor! 3.4 miles). Cape Cod gifts, candy, jewelry, and fresh flowers. West on Rt. 151 2.9 miles to stoplight. Left (south) on Rt. 28A for about 0.5 miles, on right, attached to the Silver Lounge (see below).

### Left

36" x 48" poster was prominently displayed at registration with sponsor logos.

On the race website, there was a dedicated sponsors page with sponsor logos linked to the websites of the businesses. Top sponsors were also included in the righthand margin of each page on the race website.



P.O. Box 699, West Falmouth, MA 02574

April 12, 2014

Hartel Realty  
230 Jones Road Unit 6  
Falmouth, MA 02540

Thank you for your donation of \$300 as number bib sponsor.

The donation was for the Cape Cod Trail Race. The Falmouth Track Club is a 501(c)(3) nonprofit organization and the Cape Cod Trail Race is one of the races that the Falmouth Track Club provides for the running community.

The Falmouth Track Club Tax ID # is: 042-781-233. Your donation is tax deductible.

Our sincere thanks!

Deb Bonvan  
Sponsorship Chair on behalf of:

Carl Gustafson, Race Director  
Ken Gaynor, Charity Coordinator  
Dina Pandya, Charity Coordinator  
Kathy Flynn, Sponsor Coordinator  
Nina Geatrakas, Sponsor Coordinator  
Glenn Pacheco, Sponsor Coordinator  
Mary Ryther, Sponsor Coordinator  
Christopher Sherwood, Sponsor Coordinator  
Nancy Spiro, Sponsor Coordinator

All sponsors were sent a thank you letter for tax purposes and a color thank you suitable for display.



**Thank you to**

### Trader Joe's

**for your support of the 2014 Cape Cod Trail Race!**



**Your donation helped these children cross the finish line at the Cape Cod Trail Race!**



#### Charitable Organizations Supported

Trader Joe's helped the Cape Cod Trail Race raise funds to donate to five charitable organizations this year: Independence House; Cape Cod Center for Women; The 300 Committee Land Trust; The Falmouth Military Support Group; and an organization benefiting the most innovative cancer research in Boston.

The Cape Cod Trail Race is an all-trail 10K, Half-Marathon, Marathon, or 50K. All proceeds were given to charity.

*"Run Forward. Give Back."*

The race was held on Sunday, April 6, 2014 at the Frances A. Crane Wildlife Management Area.

More photos and information can be found at: [capecodtrailrace.com](http://capecodtrailrace.com)

#### Some Race Highlights:

- This year the race attracted 262 runners from as far away as Montana and Canada.
- There were 52 children, ages 12 and under, who participated in a free kid's fun trail run.
- Superb, hot meals were offered throughout the day with gluten-free, vegetarian and vegan options available.
- Recyclable plates, cups, bowls and tableware were used to minimize trash.
- No cups were allowed on the course and the course was litter free at the end of the day.
- A guided visualization was lead before the start of the race.
- A race blessing was offered.  
...and so much more!



# Registrations & Donations

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## Trail Races

Registration was by online entry only. It opened on January 15 and sold out on March 19.

10K	M: 53	F: 78	Total: 131
Half	M: 39	F: 29	Total: 68
Full	M: 9	F: 5	Total: 14
50K	M: 37	F: 12	Total: 49

Grand Total: 262

## Kids Fun Run

While registration was required for the kids race, it was a free event.

ages 2-3:	Total: 7
ages 4-6:	Total: 15
ages 7-8:	Total: 13
ages 9-10:	Total: 6
ages 11-12:	Total: 10

Grand Total: 51

## Volunteers

Numerous people gave of their time, talents and resources to make this a successful event.

General assistance: 30+  
Medical personal: 12  
Official race timing: 10

## Donations

All race profits and money directly donated was given to pre-designated non-profit charitable organizations.

Independence House:	\$ 960
Falmouth Military Support Group:	\$1,050
300 Committee:	\$1,020
Cape Cod Center for Women:	\$1,165
Jimmy Fund:	\$ 965

Total \$5,160



All trail races participants were given a unique finisher's medal of a scallop shell with a logo sticker customized to the distance run, and a water bottle with the race logo and sponsor logo.

Kids Fun Run participants all received a cedar disc finisher's medal with a customized logo sticker.

T-shirts were available for purchase online, both in registration and as a separate item. All sponsors secured by the printing deadline were included on the back.

















# What People Had to Say

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It sure was fun!

Today, Carolyn ran Cape Cod's first ULTRA- marathon... has now done 16 ultras, in 8 states, maybe more! Wants to do one in each state before starting other countries. But... she is very quiet about it, we often find out later that she was off running somewhere across the country! And we learn long afterwards that she usual places first or second in her age group. Since the CAPE was holding its first Ultra here she HAD to let us in on it.

She "connived" Vic and me into volunteering a few hours at the aid stations at the race. However, when we got there at 1 o'clock, the job they gave us to do was wonderful... presenting the finishers with their medals after they crossed the finish line!

Of course, Carolyn didn't know what our jobs would be, so when she rounded the turn to the finish, it was a surprise and thrill to both of us... and I heard her shout...

"Hey, there's my Mom!!!" And I was thrilled to be the one to put the scallop shell medal over her head and get a great hug in return. Then a kind official took a photo of the 3 of us!

I met a lot of runners as they crossed the line and every one of them smiled broadly and said "Thank you" and some said "Thank you so much .. for doing this for us"!

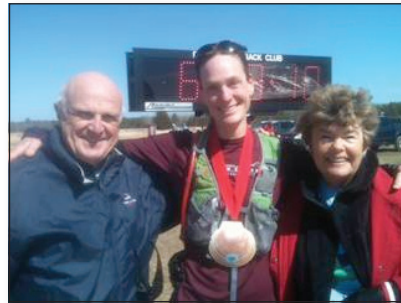
Hey, au contraire, I felt they were actually doing something for ME!!!! Inspiring, it was!

It was a great afternoon out on that windy field and though I was cold fingered, I felt very warm inside!

And I learned 3 days later, that she placed first in her age group.

Bring on the next race, ... EH? take care

M



I ran the 10Km and I want to tell you what an amazing race it was--in every way! You and all of the volunteers were so generous and encouraging and happy.

I am definitely going to enter next year and recruit many friends and my husband. When will the entries be open?

Have a great summer and Thanks Again!

Best,  
Laura Dadagian-O'Rourke

Very, very good race. Perfect preparation and execution.

Thank you,  
Dave



I've been meaning to write you to thank you for organizing such a great race. It was my third marathon and I was really blown away by the experience on so many levels. I'm not sure where to start so I'll just throw a few out there, and forgive me if I forget to highlight all of the great things about it.

--the course--gorgeous. I paced a friend at Stone Cat last fall which is legendary, and as I ran this race, I kept thinking, this is every bit as good as Stone Cat. I think you should ask the Stone Cat organizers to publicize your race to people who don't make it into the lottery, because just about everything they love about Stone Cat can be enjoyed at your race.

--- more on the course: the ridgeline after mount Ipe overlooking Nantucket sound with cool ocean breezes--awesome-ness!

--the course support: wonderful people. I seriously bonded with some of them!!! good ultra-style aid stations stocked with just what I'd want to see. Loved the cup free course.

--the free photos--WOW!!! they were excellent, and just a wonderful surprise. Normally the smaller races don't have photographers, and when they do, it can cost a fortune. That was a such a nice touch, and the quality was amazing.

--The food at the finish was so good I almost cried. The gluten free table--WOW. I am so bringing my daughter next year. She has dietary restrictions and will be so happy to be able to eat like that after a race!

--the prizes-very generous! You have great sponsors, I wish I lived on the cape so I could patronize them more but I will definitely let them know they are appreciated when I am down there.

--Seeing you at the start walking around and chatting with people, and seeing you cheering the runners on the course: to me this is the true sign of a good RD, that you did your homework and know how to form a team and delegate so that your job on race day is to simply sit back and let the plans execute and have time to connect with people. One of the first things I saw that morning was a relaxed RD, and I knew it was going to be a good day from there on out.

So, thanks to your hard work, I had the chance to win a race. I NEVER saw that coming. It really was a once in a lifetime experience. I think everybody had a great time that day, but I wanted to write you and tell you how much it meant to me. I tell my kids, you can make plans and goals and dream big, but sometimes, you come around a corner and life surprises you with more than you even thought to ask for.

Thank you!!!

Warmly,  
Alexandra Sieving

Thank you for the informative emails and clearly defining the mission of the event. I run a fair amount and participate in many of the local road races. I have to say that I had so much fun running this race and getting back on the trails again. There is something special about zipping along single tracks in a race environment. And the comradery was much more hospitable than I remember in my cross country days. I regret not being able to stay for the post race festivities but my carpool buddy needed to hit the road. I look forward to next year, or perhaps a semiannual trail race?

Sam Ledwell

It was an awesome race Carl. I can't believe that was put together and pulled off so well in such a short amount of time. Great course: wider trails at start prevented the congestion that occurs when single-tracks appear too soon. Appropriately flat for area (i.e. Cape Cod) but with steep hills that required some strategy (walk them or run them?). Loved that there were actually water views (and an ocean breeze!) from atop top of the two hills--this added a Cape Cod touch to an inland race. Always love finish lines that can be seen from far off, and the view of this one across the fields was the best. Course markers were amazing: I was able to follow them even when all alone in woods on last lap with diminished brain function. Great volunteers at turnaround and on course. Thought for sure it would start late, it being new and with all that was offered pre-race--but it didn't! I think you started something special.

Thanks!  
Chris

Great job with a first-time race! As a vegetarian, I appreciated the great selection of post-race food...and as a back-of-the-packer who was often running alone, I can attest that the course marking was excellent!

And of course, as a race director, I can appreciate how much effort you put into this--I've never even tried to collect raffle prizes, etc., because I know what a huge amount of work that can be, and how much volunteer help is involved.

Good luck with future events!

John Goldrosen

Great race all the way around. Tremendous track we got to run on! In my estimation it was some of the best single track to be found anywhere!

Great weather, great staff, extremely well marked course, and a very chill vibe from start to finish!

I ran in an extremely peaceful, thankful state; ever mindful of the opportunity and the unfolding experience!

Thank you very much.

Take care and be well,  
John Correiro

I just want to congratulate you on a remarkable event. The Cape Cod Trail Race was outstanding!!! Aside from the weather being perfect, the trails were impeccably clean, they were very well-manned, and absolutely well-marked. It was fabulous to have such close access to gear each time a loop was completed. And the food was spectacular. As a runner that was there until the end, I appreciated that there was still hot food left at 3:30. Thank you, thank you, thank you for a truly remarkable day. You have set the bar very high!!!! I can't wait to participate again next year.

Dot Bergen

I did the 10K trail race...my very first one! It was awesome! I felt like a kid running through the woods... :)

Laura J. Gaito

Very pleased with the race and trail. Thanks a lot for putting on such a great race.

Best,  
Jeff

Thank you, thank you, thank you, what a wonderful event!!!

Meghan Hanawalt

