

# CAPE COD TRAIL RACE



10K Falmouth Track Club  
HALF MARATHON MARATHON 50K

Crane Wildlife Management Area  
Falmouth, MA

April 12, 2015



**All-Trail 10K, Half-Marathon, Marathon, or 50K**

**All Proceeds to Charity. "Run Forward. Give Back."**

**Sunday, April 12, 2015, 8 am**

**Frances A. Crane Wildlife Management Area**

**754 Nathan Ellis Highway (Route 151)**

**E. Falmouth, MA 02536**

**capecodtrailrace.com**

**facebook.com/capecodtrailrace**



### Cost

10K: \$30. Half: \$45. Marathon or 50K: \$55. T-shirts: \$12. Discount for active military (see website for details).

### Limit

350 runners total. First-come, first served. FREE kids race at 1:30 pm. Limited to 100 kids. Online registration only at [capecodtrailrace.com](http://capecodtrailrace.com).

### Benefitting Charitable Organizations

The race will benefit several local and regional charities this year: Big Brothers Big Sisters of Cape Cod & the Islands; Lyme Awareness of Cape Cod; Cape Wildlife Center; Wounded Warrior Project; Jack's Pact; Falmouth Together We Can; and Falmouth Bike Lab.



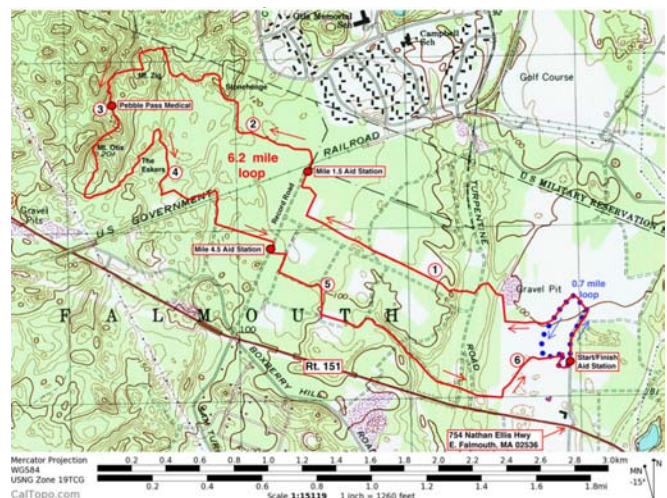
A family-friendly event on Saturday afternoon, April 11, 12-4:30 pm at Ballymeade Country Club, a couple of miles from the race site. Keynote speaker and awards at 5 pm, and immediately following, enjoy a pre-race dinner! [capecodexpo.com](http://capecodexpo.com)

### Logistics

- 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 available at the Cape Cod Food, Fitness & Fun Expo on Saturday afternoon OR at the start/finish area between 6:30 - 7:30 am.
- Late registration from 6:30 - 7:30 am if the 350-runner limit has not been reached (check website).
- No headphones on the course. No pets with runners.
- Sanctioned by USATF; permitted by Massachusetts Division of Fisheries and Wildlife.

### Course

The course consists of two loops: a 10K loop (red on map) through fields and forests on trails that are 60% doubletrack and 40% singletrack, and a 0.7 mile doubletrack loop (blue dotted on map) through fields. 10K runners will do the 10K loop once. Half Marathon runners will start with a 10K loop, then do the 0.7 mile loop once, and finish with a second 10K loop. Marathon runners will start with a 10K loop, then do the 0.7 mile loop twice, and finish with three additional 10K loops. 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 downhill. The cumulative elevation gain on the 10K loop is about 480 feet (same for elevation loss), and the 0.7 mile loop is nearly flat. 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 10K loop by 2:15 pm. The course closes at 4 pm.



# Benefitting Organizations

All profits from the 2015 Cape Cod Expo and Cape Cod Trail Race will be donated to the following charitable organizations:



## Big Brothers Big Sisters

**Big Brothers Big Sisters of Cape Cod & the Islands** currently serves

between 200-250 youth per year in long-term, one-to-one mentoring friendships with adult volunteers. Its vision is to inspire, engage and transform the communities of Cape Cod & Martha's Vineyard by helping youth achieve their full potential, contributing to healthier families, better schools, brighter futures and stronger communities. [www.bbbscci.org](http://www.bbbscci.org)



**Lyme Awareness of Cape Cod** provides education and promotes awareness of Lyme Disease, both acute and chronic, and other tick borne

illnesses on Cape Cod Massachusetts and the Islands. A growing organization, it has recently purchased office space and will soon have a full center devoted to providing treatment, education and wellness, including a monthly support group meeting. [www.lymeticks.org](http://www.lymeticks.org)

CAPE WILDLIFE CENTER



## Cape Wildlife Center

promotes and protects the health and well-being of native wildlife and

their habitats, which are integral parts of the Cape Cod community. Information on how to humanely resolve conflicts between people and wildlife is regularly provided and the staff works with local, state, and federal agencies, elected officials and other advocacy groups to develop sound and humane public policy. [www.fundforanimals.org/cape](http://www.fundforanimals.org/cape)



**Wounded Warrior Project** is a veterans service organization that offers a variety of programs, service and events for wounded veterans of the military actions following September 11, 2001. Its mission is to honor and empower

Wounded Warriors of the United States Armed Forces, as well as provide services and programs for the family members of its registered alumni, as its registered veterans are called. [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)



**Falmouth Together We Can Inc.**, formed in 1996, is devoted to building a community that cares by developing a network of

people, groups, and businesses interested in promoting family, friendly neighborhoods, a healthy environment and the celebration of individual diversity, and designing, fostering, sponsoring and supporting activities devoted to these ends. Falmouth Together We Can, Inc. primarily supports Celebrations After-Prom Event. [www.falmouthafterprom.org](http://www.falmouthafterprom.org)



**Falmouth Bike Lab** is a community outreach program of the John Wesley United Methodist Church focused on teaching youth and adults

about bicycles and all the things they can help us accomplish. Educational opportunities for all ages are offered throughout the year, including the following programs: Earn-A-Bike, Build-A-Bike, Bike Lab Video Club, Girl Scout Bike Lab Badge, Boy Scout Cycling Merit Badge, Open Shops, and Assessment and Repair Training with Art DiAngelis (A.R.T. with Art). [jwumcfalmouth.org/falmouthbikelab](http://jwumcfalmouth.org/falmouthbikelab)



**Jack's PACT** stands for Positive Alternatives for Community and Teens. It is a grassroots community group, scholarship fund, and anti-drunk driving campaign that includes dozens of youth and adults. Its mission is to develop and to support initiatives that prevent drunk driving and other risky behaviors surrounding substance abuse in our community, while promoting healthy, positive lifestyles. [www.jackspact.org](http://www.jackspact.org)

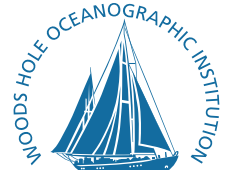


# CAPE COD TRAIL RACE

10K Half Marathon Marathon 50K



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



Special thanks to:



Jordan Gustafson Films





## Cape Cod Trail Race

"Run Forward, Give Back"

All-trail 10-K, Half-Marathon, Marathon, or 50-K.  
All Proceeds to Charity  
Sunday, April 12, 2015, 8 AM start  
Frances A. Crane Wildlife Management Area  
Cape Cod



## Runners' Guide

Version of January 28, 2015

### Basic Info

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

Cost: 10K: \$30. Half Marathon: \$45. Marathon, or 50K: \$55. T-shirts: \$12.  
Discount to active military (\$3 for 10K, \$5 for Half, \$7 for Full or 50K).  
Limit: 350 runners total. First-come, first served.  
Online registration only at [capecodtrailrace.com](http://capecodtrailrace.com).

Pick up numbers, t-shirts, and swag on Saturday, noon to 4:30  
(<http://www.capecodexpo.com/>) or (less preferred) at the sta

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

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

### Charity

All net proceeds, and all cash donations go to charity. The race Brothers Big Sisters of Cape Cod & the Islands; Lyme Awaren the Wounded Warrior Project; Jack's PACT; Falmouth Togethe year the race raised more than \$5000 for Independence Hou Committee Land Trust, and The Falmouth Military Supp charitable 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 high-lighted 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

**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) Go west on Rt. 151 2.9 miles to light, north on Rt. 28A ~0.3 miles, on left in small plaza.

**White Lion Baking Company** (Race Sponsor! 2.5 miles). Paleo, gluten-free, grain-free baked goods and products. Open at 9:00 am. East on 151.

#### 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 (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 (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.

April 30, 2015

Paul Hartel  
Hartel Realty  
230 Jones Road Unit 6  
Falmouth, MA 02540

Dear Paul,

Thank you for your generous donation of \$400 for the Cape Cod Trail Race number bibs!

Last year the Cape Cod Trail Race was able to raise over \$5,000 for community charitable organizations and this year we were able to double the funds raised through the Cape Cod Expo and Cape Cod Trail Race.

The Falmouth Track Club is a 501(c)(3) nonprofit organization and these events are two of the many ways that the Falmouth Track Club provides for wellness, healthy child development, and support of the Falmouth and broader Cape Cod communities.

Your gift shows Hartel Realty supports the

Our sincere thanks,

*Deb Bonvan*

Sponsorship Chair on behalf of:

Ken Gaynor, Charity Coordinator  
Nina Geatrakas, Sponsor Coordinator  
Carl Gustafson, Race Director  
Glenn Pacheco, Sponsor Coordinator  
Dina Pandya, Charity Coordinator  
Mary Ryther, Sponsor Coordinator  
Christopher Sherwood, Sponsor Coordinator  
Johanna Zarra, Sponsor Coordinator

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



**Thank you to**

**Island Queen**

**for your support of the 2015 Cape Cod Trail Race!**

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 12, 2015 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 355 runners from as far away as Arkansas and Canada.
- There were 58 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.
- National Anthem and America the Beautiful sung by professional singers.
- A race blessing was offered. ...and so much more!

**Charitable Organizations Supported**

Island Queen helped the Cape Cod Trail Race raise funds to donate to seven charitable organizations this year: Big Brothers Big Sisters of Cape Cod & the Islands; Lyme Awareness of Cape Cod; Cape Wildlife Center; Wounded Warrior Project; Jack's PACT; Falmouth Together We Can; and Falmouth Bike Lab.



# Registrations & Donations

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## Trail Races

Registration was by online entry only. It opened on October 17, 2014 and sold out on January 13, 2015. The limit of runners was increased by 100. Number of registrants for 2014 is in parentheses.

10K	M: 55 (53)	F: 82 (78)	Total: 137 (131)
Half	M: 55 (39)	F: 82 (29)	Total: 137 (68)
Full	M: 13 (9)	F: 14 (5)	Total: 27 (14)
50K	M: 32 (37)	F: 22 (12)	Total: 54 (49)

Grand Total: 355 (262)

## Kids Fun Run

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

ages 2-3:	Total: 9 (7)
ages 4-6:	Total: 13 (15)
ages 7-8:	Total: 17 (13)
ages 9-10:	Total: 17 (6)
ages 11-12:	Total: 16 (10)

Grand Total: 72 (51)

## Volunteers

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

General assistance: 40+

Medical personal: 12+

## Donations

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

Cape Lyme Awareness:	\$2094.60
Cape Wildlife Center:	\$2049.60
Big Brothers/Big Sisters:	\$2039.60
Wounded Warriors:	\$2474.60
Together We Can:	\$510.00
Jack's Pact:	\$510.00
Falmouth Bike Lab:	\$535.00

Total \$10,213.40

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 Platypus collapsible 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.

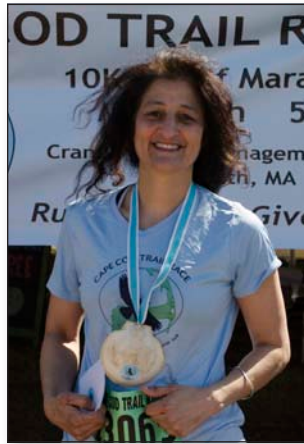
Short-sleeve tech shirts were available for purchase online, both in registration and as a separate item. All sponsors at the \$50 level or higher secured by the printing deadline were included on the back.











# What People Had to Say

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Let me first say thank you, my friend and I had the best experience possible running our very first trail marathon. We were a bit nervous about it since we do not have much trail experience. When we arrived at the expo, we knew right away that this was a top notch event!! The speakers at the expo were fantastic!! We enjoyed each presentation that we attended and left there feeling more relaxed and like a part of your local running community.

At the race we were excited to see that all of our worries could be put to rest as soon as we parked the car. The race was so well organized, you folks thought of everything!! The loop course was so well supported and we had everything we needed to run all 26.2 miles!! It was a fantastic experience for our first long distance trail run, in fact we have decided that attending next year is a must and knowing the level of enthusiasm and support at this event, we can totally go for one more loop and complete the 50k.

We were both very pleased with our finish and I even took first in my age group for the event. So exciting for me as this rarely happens. I want to thank you for the generous award I received at the event, it is always great to shop for more running gear and the gift card will be put to good use. :)

We can't say enough about this event and are still talking about the wonderful experience we had. Thank you for hosting this event and pass along a great big Thank You to all of the organizers and volunteers who made it all come together.

Looking forward to next year!!  
Jane Leafe

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To Carl - Thank you for all your hard work! Your advice at the race start and your positive encouragement as I came in off my first loop were so meaningful to me!

Jessie

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This was a wonderful event--my 1st 10k slogged through. I wouldn't have been able to do it but for the beauty of the course. The food was amazing and I appreciated that there was no waste. Hope you have more trail races.

Thanks to all.  
Lauren

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Great race! Wonderful experience. Thank you for all of the hard work!

Best  
Kama Wien

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Thank you so much for a spectacular race! It was a wonderful experience and I am in awe of your awesome volunteers.

Many thanks!  
Amy

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Thanks for a great race Carl! Everyone I spoke with had a blast and it was a really fun family event. I also took away a number of really good items to include in a race I am currently directing (no cups on the course for example) so thank you! Hope to see you around soon.

Jake Dissinger



I wanted to write to give my sincere and heartfelt thank you for putting on an outstanding race! This was my first year running your race, and it was my 13th marathon (lucky 13!). You put on a fantastic race, from the support that morning, to enthusiastic cheers even to us in the back of the pack. Or in my case, dead last lol. Thank you a fantastic year, and for all that you do.

Shannon

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This was an awesome race and I'm so glad I came up and ran it. The course was beautiful (although hillier than I expected!) and so well marked. The aid stations were fantastic. The Sea Crest was lovely and so nice about giving me a late checkout so I could shower and stretch after the race.

One quick suggestion: maybe think about staggered starts next year? The first loop was really crowded, although after that it thinned out nicely.

Again, thanks for an great day and a fun race!

Cortney

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Thank you so much for the race Carl. My first ultra marathon- and you made the experience awesome by having such a well organized event. I truly mean that.

Look forward to next year!  
Skip

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I just wanted to thank all the staff and volunteers for a wonderful race.

I don't know if I would have finished it had it not been for the positive energy supplied by everyone (including the other racers – a few kind words at the end of lap 3 got me running again when I was feeling like I couldn't – I will be forever grateful to that runner)!!! I had such a great feeling about the race starting with the wonderful email sent out a few days before race day – reminding us to smile and have fun! :)

This was my first trail race (I chose the marathon option) so I wasn't really sure what to expect. And boy did it take a lot out of me! I finished exhausted but smiling and feeling SO accomplished! I have told everyone with ears about what a perfect race it was and I will continue to do so.

My friend and I were laughing all the way home talking about how amazing everything was... especially the race director meeting us at the end of each lap to check in and ask what we need! I have never been to or heard of a race like that!!! WOW... just wow!!

My ONLY regret is that I didn't get to try the soup!!!! I heard it was amazing! But I had been eating plenty along the course, so by the end of the race I wasn't even that hungry! You really took the time to have snacks & food for everyone!! My friend and I have made a pact to come back and do the 50k... so we will see you next year!!! I hope to try the soup! :)

Thank you again for everything! It's a race I won't soon forget!  
Jamie Burniston

Thank you for a wonderful race. We increased our numbers from 3 last year to 5 this year. All want to return and more want to join. We had a wonderful time and the cupcakes were awesome!!

Mary Alex

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I just wanted to thank you for the trail race and all your encouragement! What a great experience! Food was fantastic, trails were well marked. Every time I wasn't quite sure I'd look up and there before me was a colorful streamer hanging from a tree branch. I'd call this the kindest race I've ever run. Greg was there - just after I'd run my second to the last loop and the needed encouragement pulled me through. The last loop was better than the one before it where I started to feel the pain! It was a great learning experience as well. I feel good today. Probably because I ate and drank well throughout the run. Something I failed to do in the past. Also recovery - ice bath right after and then epsom salt today and major rolling and stretching helps too.

Thank you for such an excellent learning experience and fun confidence building race! I went into it thinking no way would I finish!

Sincerely,  
Suzanne

---

We all returned home with big smiles on our faces. We had so much fun. The trail race, the food and of course the people made this event so much fun.

Thank you for all your hard work. It was well worth the time we spent driving there and back.

Farhana

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We will be back next year. This was one of the very best races we have ever done. The organization, course, all the wonderful food, massages, and the positive atmosphere was awesome! Very reasonable price too.

Many thanks,  
George Henry

---

Carl, I wanted to thank you for organizing an amazing weekend. I have been running races for almost 30 years and I have never come across a race director quite like you. You were always running around making sure everything was in place.

The race was very well organized. Like I said I have run hundreds of races and have NEVER had such yummy pre and post race food. The choices were awesome.

I ran the half marathon and was up with the front pack and I thought the trails were very well marked. I never got lost and always came across a ribbon or sign marking the trail.

I want to truly commend your efforts and look forward to next years race.

Thanks again,  
Kelly Spiro Bradbury (winner of the half marathon)

