



Cape Cod Trail Race

"Run Forward, Give Back"

All-trail 10K, Half-Marathon, Marathon, and 50K

All Proceeds to Charity

Sunday, April 10, 2016, 8 AM start

Frances A. Crane Wildlife Management Area

CCTR Runners' Guide 2016

Basic Info

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

10K & 50K start: 8 AM - Half Marathon start: 8:10 AM - Marathon start: 8:30 AM

Cost: 10K \$30, Half Marathon \$45, Marathon, 50K \$55, long-sleeve t-shirts \$15

Discount to active military (\$3 for 10K, \$5 for Half, \$7 for Full or 50K).

Limit: 400 runners total; first-come, first-served

Registration: online only at capecodtrailrace.com

Information: info@capecodtrailrace.com

Race Director: carl@capecodtrailrace.com

Pick up numbers and t-shirts 6:30-7:30 AM at the race site on race day or the day before at the Dinner of Champions pre-race dinner 5-8 PM at the Falmouth Navigator, 55 Ashumet Road, E. Falmouth.

Kids Fun Run

There will be a Kids Fun Run at 1:30 PM on race day, sponsored by Eastern Mountain Sports and Cooperative Bank of Cape Cod. Registration is free and available through the website. First come; first served to 100 children, ages 12 and under. Race distances will vary by age group and ability and be run on the .6-mile blue loop near the start/finish area. We ask that people coming only for this event do not arrive until 12:30 PM or later and car pool if possible. Please bring a drink container for your child.

Charitable Organizations

All net proceeds, and all cash donations go to the charitable organizations being supported for the current race. The race will benefit several organizations this year: Habitat for Humanity Cape Cod; Glenna Kohl Fund for Hope; Independence House; Heroes in Transition; Jack's PACT; Falmouth Water Stewards; Friends of Falmouth Bikeways; and Falmouth Aquatics. Last year the race and Cape Cod Expo raised more than \$10,000. More information about the charitable organizations is provided starting on page 6.

Course Overview

The course consists of three loops: a 10K loop (red on map) through fields and forests on trails that are 60% doubletrack and 40% singletrack, and 0.7/1.4 mile doubletrack loops (blue dotted on map) through fields. 10K runners will start at 8:00 am do the 10K loop once. 50K runners will start at 8:00 am and do the 10K loop five times. Half-marathoners will start at 8:10 am, begin with the 0.7 mile loop and finish with two 10K loops. Marathoners will start at 8:30 am, begin with the 1.4 mile loop and finish with four 10K loops. All half-marathon, marathon, and 50K runners must start their last 10K loop by 2:15 pm. All runners must finish by 4:00 pm, when the course closes.

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 486 feet (same for elevation loss), and the 0.7/1.4 mile loops are 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 aid stations on the course at miles 1.5 and 4.5.

Logistics

- There will be no cups. 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.
- Numbers can be picked up at the pre-race dinner Saturday from 5-8 pm at the Falmouth Navigator, 55 Ashumet Rd, East Falmouth (off Sandwich Road), and at the start/finish area starting at 6:30 am.
- Late registration from 6:30 – 7:30 am if the 400-runner limit has not been reached (check website).
- Pre-race meeting at 7:45 am.
- Runners will not be permitted to head out onto the 10K loop after 2:15 pm. The course closes at 4 pm.
- Race officials must be notified if you leave the course or do not finish.
- Every effort is made to clearly mark the course. If you get off course, you must return to where you left the course to continue. There will be no race time adjustments for travel off course.
- If someone indicates they would like to pass you, please be courteous and let them pass right away.
- Race bibs must be visible on the front of shirt or shorts.
- The use of earbuds/headphones during the race is strongly discouraged. This is for your safety and the safety of others, as much of the course is single-track and the use of headphones makes passing difficult. This is also for your enjoyment of the sounds of early spring. Crane Wildlife Management Area is a key site for the MassWildlife Biodiversity Initiative and known for important grassland bird species.
- No pets with runners.
- Chip timing provided by Norm's Timing Systems. The course distance has been measured with GPS and is approximate.
- This is a USATF sanctioned race and being held with a permit from the Massachusetts Division of Fisheries and Wildlife.

Crane Wildlife Management Area Regulations in a Nutshell

- No alcohol
- No littering

- No camping
- No fires
- No vehicles off road
- No commercial activities
- Hunting per regulations in season

For a complete list, see: www.mass.gov/eea/agencies/dfg/dfw/laws-regulations/wildlife-management-area-regulations.html

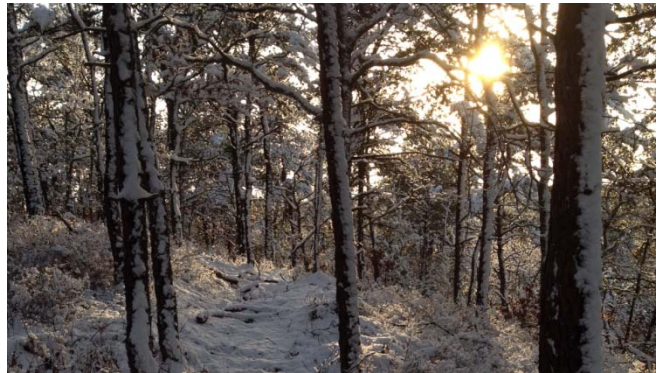
Composting

Composting services for this race are provided by Mary Bunker Ryther, founder of Compost with Me (www.compostwithme.com). All of the serving dishes and utensils provided at the race are compostable. We will use single-stream composting for all food waste and other compostable materials, which will be processed locally (in West Falmouth) and turned into rich, natural garden fertilizer. Please put non-biodegradable trash in the marked containers, and please do not drop trash on the course.

Please help make the Cape Cod Trail Race an ecologically sustainable event!

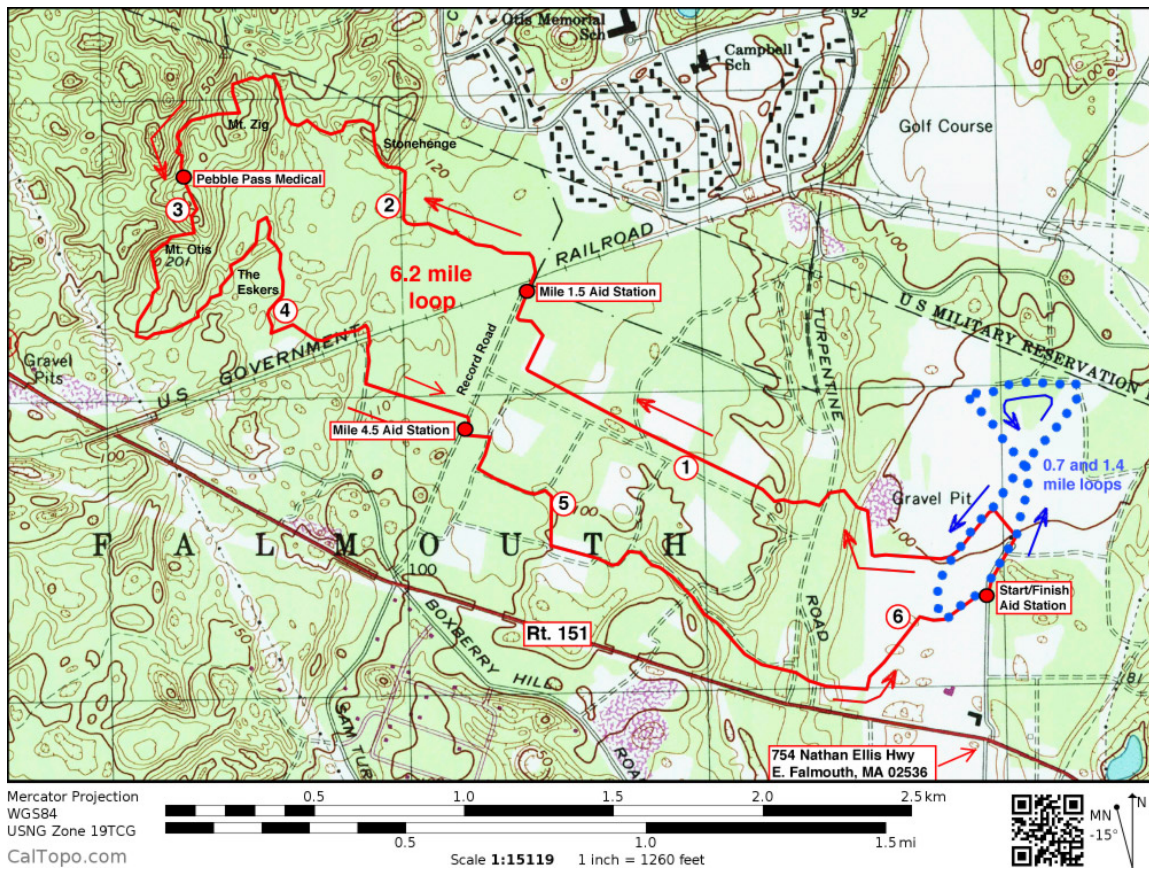
Frances A. Crane Wildlife Management Area

The Crane is a 1900-acre area purchased by the Commonwealth from the Crane brothers and named in memory of their mother. It is managed by the Massachusetts Division of Fisheries and Wildlife and popular among hunters, birders, dog-walkers, equestrians, trail runners, and mountain bikers, who have built an intricate network of single-track trails (and some hidden “northshore” structures). The eastern part, near the start/finish area, is a patchwork of field and forest that has been managed to produce ideal quail and woodcock habitat. It is flat and sandy, the product of braided outwash streams from melting glaciers to the west. Once you cross the railroad tracks (still used by the trash train), you are on the outer part of the race loop, which is hilly and boulder-strewn, and traverses some of the highest terrain on Cape Cod at 250 feet. This is a portion of the glacial moraine that extends down the Cape, through the Elizabeth Islands, and eventually to Block Island and Fishers Island. As the glaciers retreated, huge chunks of ice were stranded, surrounded by deposits of boulders, sand, and clay. When the chunks melted, kettle holes formed. These are round depressions 200 – 500 feet across and maybe 50 – 75 feet deep, some with vernal ponds in the bottom. You will pass a nice one your left after the summit of Mt Zig (where an illegal swing is installed, with a glimpse of Buzzards Bay), and you will descend into the corner of a large one right before the steep climb up Mt. Otis. A short portion of the trail runs along an esker, which was initially a gravelly streambed running beneath a glacier, but is now a low, narrow ridge left high and dry when the glacier melted. One of the unique features of this western section is the native pitch pine/oak forest with a knee-high understory of woody bushes, and no bramble or poison ivy. You may also see evidence of the wells used to monitor the plume of contaminated groundwater that originated on the former Mass Military Reservation (now Joint Base Cape Cod).



Course Map

The course map for the races is available in a variety of formats - JPG, PDF, KML, GPX - to download from the website: www.capecodtrailrace.com/about-the-trail-race/course-map



Top: Course map on USGS topo base map. The 10K loop is in red, and run counterclockwise. Mile markers are shown in circles. The 0.7-mile loop (half marathon) and 1.4-mile loop (full marathon) are in blue. Bottom: Course profile (approximate; extracted from Google Earth) with a lot of vertical exaggeration. The high point is Mt. Zig.

Detailed Race Starts Maps

10K and 50K start: 8:00 am

Runners start the 10K loop, to be completed once for the 10K, five times for the 50K



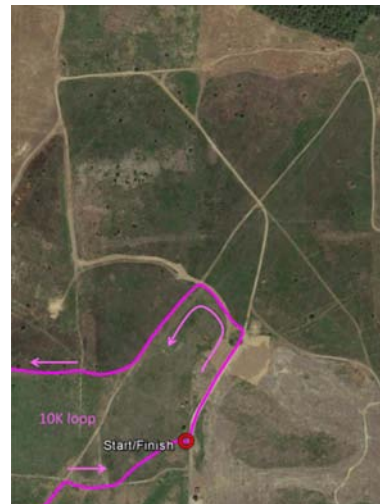
Half Marathon start: 8:10 am

Begin with 0.7 mile loop back to start/finish area. Half Marathon continues after 0.7 mile loop and complete two 10K loops



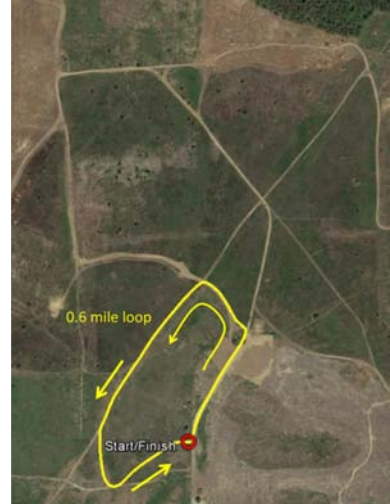
Marathon start: 8:30 am

Begin with 1.4 mile loop back to start/finish area. Marathon continues after 1.4 mile loop and complete four 10K loops



Kids Races:

Diaper Dash: 1:30 pm start
2. One 0.6 mile loop
Three and five 0.6 mile loops



Ticks and Lyme Disease

Spring is the height of tick season so disease-carrying and almost invisible nymphs will be abundant. About half of adult Deer ticks on Cape Cod carry Lyme disease, and there are a host of other tick-borne diseases. This is a serious concern. Many experts recommend that you wear insect repellent with DEET and/or clothing soaked in Permethrin (not for use on skin). Treated clothing is available from most outdoor retailers, you can treat clothes yourself, or you can send your own clothes to the Tick Encounter Resource Center (TERC) at Univ. of Rhode Island (www.tickencounter.org) to be treated. After the race, shower with soap as soon as possible, and dry your clothes at high heat for 20 minutes. Have a (good) friend check those hard-to-see locations. If you find a tick embedded on you, remove it all with pointed tweezers by pulling it straight out without squishing it. (Do not use matches, petroleum jelly, nail polish remover, etc.) Save the tick in a zip-lock bag (with a little rubbing alcohol) for identification and testing. Meet with your primary care physician as soon as possible to review any indicated medical intervention. Tick-borne diseases can be difficult to diagnose: if you are not from tick country, your physician might need to be reminded that you visited here.



Here are some more sources of information about ticks and Lyme disease

- University of Rhode Island www.tickencounter.org
- LymeTicks.org www.lymeticks.org
- Cape Cod Cooperative Extension www.capecodextension.org
- MA Dept. of Public Health www.mass.gov/dph
- Centers for Disease Control www.cdc.gov
- Barnstable County Dept. of Health and Environment www.barnstablecountyhealth.org

Horses and Dogs

The Crane Wildlife Management Area is a popular spot for trail riding and off-leash dog activities, including training for bird hunting. We have contacted local equestrian and dog organizations to advise them of the race, but you might encounter riders or hikers with off-leash dogs. They have the right to be there. If you meet a horse coming toward you, greet the rider, stop, step off the trail, and wait for it to pass. If you are approaching it from behind, call out to the rider well in advance and ask advice on how to pass. Try not to surprise a horse, and watch for changing behavior as you approach.

We have gotten good advice from a local trainer on how to handle encounters with dogs...at this race or anywhere else. She reminds us that, no matter how well trained they are, dogs are dogs, and do not have the same social norms that people, or even trail runners, do. Dogs display a range of temperaments based on their social rank and the job they do for their group. Low-ranking dogs are easier to handle. Higher-ranking dogs challenge us more and may not tolerate human insubordination or incompetence. When meeting a dog, don't just ask the *owner* if it is ok to touch the dog, ask the *dog* too. Dogs need people to act friendly by stopping, removing hats and sunglasses, using high-pitched enthusiastic voices, and tapping the side of legs to simulate a wagging tails. Don't extend a stiff hand or fist...dogs don't greet each other by extending paws. The dog may or may not be interested in interacting, or it may need more time. Once you have greeted the dog (or not), and are past the dog and owner, continue to walk down the trail, don't run. Once you have some distance, try jogging. If the dog spooks or follows, lead it back to the owner. www.ptfgd.com/melissa-berryman.html

Other Hazards

This is a trail run. There will be leaves covering rocks, pine needles covering rocks, rocks covering rocks, ruts and roots, branches at eye level, branches at shin level, slippery mud, slippery lichen, and wildlife (mostly ticks, but also maybe rabbits, quail, grouse, deer, and mountain-bikers). There will be the usual risks of heat, cold, dehydration, and exhaustion. Run safely and within your limits. You are responsible for taking care of yourself and helping any fellow runners in trouble. Time allowance will be offered to any runner who provides help to other runners or who needs to alter course because of dogs or horses.

Charitable Organizations

All profits from the 2016 race will be donated to the following charitable organizations. Want to make a donation to one? Please visit www.capecodtrailrace.com and use our online form.



Habit for Humanity Cape Cod seeks to make decent, affordable shelter a matter of conscience and action for all people, and work to provide the opportunity of affordable homeownership to families living in situations of critical housing need, both locally and worldwide, through construction, advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions.

Habitat for Humanity of Cape Cod is part of a global, nonprofit housing organization operated on Christian principles that seeks to put God's love into action by building homes, communities and hope. It is an ecumenical housing ministry that welcomes people of all faiths and every walk of life to its work – as volunteer, donor, homeowner or advocate.

www.habitatcapecod.org



Glenna Kohl Fund for Hope's mission is to carry on Glenna's work to increase awareness of the Cape Cod community to the importance of early detection and prevention of melanoma and to support those fighting this deadly disease.

A large part of the funds raised by The Glenna Kohl Fund for Hope go towards the Glenna O. Kohl Melanoma Research Fund at Mass General Hospital. Through our donations and the donations of others, Dr. Donald Lawrence and the faculty at Mass General Cancer Center can continue to fuel pioneering discoveries in melanoma research. Funds raised are also earmarked to construct shade canopies for lifeguard chairs, large umbrella canopies, and install sunscreen dispensers on Cape Cod beaches for all to use.

www.glennasfund.org



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



Heroes in Transition provides assistance that is not readily available from other organizations including local, state, and federal agencies. It recognizes those who have served or who are serving our country, especially in the Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) conflicts, by providing appropriate assistance to those with special needs in four key areas: home modifications for disabled veterans; transitional support group therapy; financial support for service families; and assistance dogs for veterans. www.heroesintransition.org

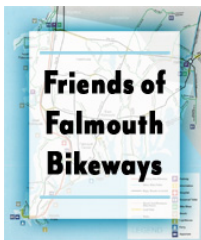


Jack's PACT is a grassroots community group, scholarship fund, and anti-drunk driving campaign that includes dozens of youth and adults. Its mission is to develop and to support existing initiatives that deter drunk driving and other risky behaviors surrounding substance abuse in our community, while promoting healthy, positive lifestyles.

Jack's PACT evolved from a memorial scholarship fund established for Jack Pearsall, a 16-year-old Falmouth boy who was hit and killed by a drunk driver in July 2011 as he was leaving a fireworks display at Mashpee High School with friends. www.jackspact.org



Falmouth Water Stewards, a science-based advocacy and education organization, is the only group dedicated to protecting and restoring the town's precious fresh and coastal waters. FWS informs the public about the most pressing water quality issues of the day, engages citizens as stewards and caretakers of our waters, and is a voice at Town Meeting. With a board of directors comprised of scientists, policy-makers, educators and concerned citizens and a broad grassroots membership base, FWS has earned its reputation for leadership in the preservation of Falmouth's water resources. www.falmouthwaters.org



Friends of the Falmouth Bikeways is dedicated to protecting and preserving Falmouth bikepaths and recreational bike routes including the Shining Sea Bikeway. It helps maintain this valuable community resource and helps ensure a fun, safe and positive experience for everyone.

To help maintain the Shining Sea Bikeway, the Friends partner with the Falmouth Parks and Recreation department, has stewards clear site lines at the intersections with additional clipping/cutting of brush as needed, and a litter patrol. The Friends hope to compliment, support and promote bike safety and bike activities throughout Falmouth. friendsoffalmouthbikeways.com



Falmouth Aquatics is a committed group of people who started a non-profit in an effort to create an aquatics and wellness center.

A high quality, non-profit aquatics and wellness center will provide Falmouth with recreational, fitness, therapy, instructional, and competitive programs that are accessible to everyone on the Upper Cape and serve as a platform for improving our quality of life. falmouthaquatics.org

Volunteers

We thank all of the volunteers that make this race possible. To volunteer, complete the form on the website: www.capecodtrailrace.com/volunteer

Directions to Start/Finish

The best address for map and navigation apps: 742 Nathan Ellis Highway (Route 151), E. Falmouth, MA 02536. This address is the site of the former Nickelodeon Cinemas, now occupied by Hamilton Tree and Landscape. The entrance to the start/finish area is on the left at the next road east, just before the softball field and across from Ranch Road. Entrance to overflow parking will be on the right when you turn in.

Off-Cape from the south and west: I-195 or I-495 to Rt. 25 and cross the Cape Cod Canal on the Bourne Bridge, arriving at the Bourne Rotary. See directions from Bourne rotary below.

From Boston via Rt. 24: Take Rt. 128 to Rt. 24 South to I-495 South, which changes to Rt. 25 and crosses the Cape Cod Canal on the Bourne Bridge, arriving at the Bourne Rotary. See directions from Bourne rotary below.

From Boston via Rt. 3: Follow Rt. 3 south and cross the Cape Cod Canal (where it becomes Rt. 6) on the Sagamore Bridge. Take the first exit, and turn left (west) at the bottom of the hill (second stoplight) onto Rt. 6 (Sandwich Road). Follow Sandwich Road west to the Bourne Rotary. See directions from Bourne rotary below.

From the outer Cape via Rte. 6: Follow Rt. 6 and take exit 1C just before crossing the Sagamore Bridge. Go one block, take a left (north) on Adams Street, go another block, and take a left onto Sandwich Road. Follow Sandwich Road west along the south side of the Cape Cod Canal to the Bourne Rotary. See directions from the Bourne Rotary below.

From the outer Cape via Rt. 28. Follow Rt. 28 North (which actually goes west, and sometimes south) to the Mashpee Rotary. Take Rt. 151 west for about 4.1 miles; entrance to start/finish area is on the right across from Ranch Road.

From the Bourne Rotary: Follow Rt. 28 south to the North Falmouth / Mashpee / Rt. 151 exit. At the bottom of the ramp, turn right and go east on Rt. 151 for 2.5 miles. The entrance to the start/finish area will be on the left across from Ranch Road.

Directions to the Pre-Race Dinner

The Dinner of Champions pre-race dinner is being held the day before the race at the Falmouth Navigator, 55 Ashumet Rd, E. Falmouth, MA 02536. Only 1 mile from the race site.

From the outer Cape via Rt. 28. Follow Rt. 28 North (which actually goes west, and sometimes south) to the Mashpee Rotary. Take Rt. 151 west for 3.4 miles; Turn left at the light onto Sandwich Road. Go south .4 mile. Turn right onto Ashumet Road. Entrance is on the left.

From the Bourne Rotary: Follow Rt. 28 south to the North Falmouth / Mashpee / Rt. 151 exit. Take Rt. 151 east for about 3.2 miles; Turn right at the light onto Sandwich Road. Go south .4 mile. Turn right onto Ashumet Road. Entrance is on the left.

Amenities and Local Info

Sponsors in red.

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

Cataumet Coffee Shop (4.0 miles). Coffee, tea, bagels, pastries, and breakfast sandwiches. Open at 6:30 am. West on 151 to light, north on 28A about 1 mile, on left.

Daily Brew (2014 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 (2014 and 2015 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 (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).

Sit-Down Meals

Silver Lounge Restaurant (3.4 miles). Full menu and bar. West on Rt. 151 2.9 miles to stoplight. Left (south) on Rt. 28A for about 0.5 miles, on right.

Celestino's Restaurant (3.1 miles). Breakfast and dinner. West on Rt. 151 2.8 miles. Left (south) on Rt. 28A for about 0.2 miles.

Baccari's Diner (3.6 miles) Breakfast. West on Rt. 151 2.9 miles to stoplight. Left (south) on Rt. 28A for about 0.7 miles, on right in little plaza.

Courtyard Restaurant and Pub. (4 miles). Full menu and bar. West on 151 to light, north on 28A about 1 mile, on left.

Route 151 Drive-In (2.9 miles). Burgers and pizza. West on Rt. 151 2.9 miles. On right just before stoplight.

Stir Crazy. (7.5 miles). Full menu and bar. West on 151 to light, north on 28A about 1 mile, on left.

Sights

Megansett Beach (3.8 miles). Town beach and boat ramp. West on Rt. 151 2.9 miles to stoplight. Continue straight over railroad tracks 0.3 miles to stop sign. Continue straight 0.2 miles to intersection by playground. Continue straight 0.4 miles to parking lot. Town sticker required between Memorial Day and Labor Day.

Shining Sea Bike Path (3 miles). Paved scenic bike path to Woods Hole (10.6 miles) via forest, cranberry bogs, salt marsh, and beach. West on Rt. 151 2.9 miles to stoplight. Continue straight over railroad tracks, parking area on right. Bike path entrance is beside the railroad tracks.