CAPE COD TRAIL RACE
Crane Wildlife Management Area ~ Falmouth, MA

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

FALMOUTH Track Club

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 95 kids.
Online registration only at *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.

Falmouth Track Club
CAPE COD EXPO
Food, Fitness & Fun
Ballymeade Country Club ∗ April 11, 2015

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*

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) though 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 uphills and downhills. 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.