



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.

Pick up numbers, t-shirts, and swag on Saturday, noon to 4:30 PM, at the Cape Cod Expo

(<http://www.capecodexpo.com/>) or (less preferred) at the start/finish area 6:30-7:30 AM on race day.

Information: info@capecodtrailrace.com

For questions:

Carl Gustafson, Race Director: carl@capecodtrailrace.com

Charity

All net proceeds, and all cash donations go to charity. The race will benefit several charities this year: Big Brothers Big Sisters of Cape Cod & the Islands; Lyme Awareness of Cape Cod; the Cape Wildlife Center; the Wounded Warrior Project; Jack's PACT; Falmouth Together We Can; and the Falmouth Bike Lab. Last year the race raised more than \$5000 for Independence House, Cape Cod Center for Women, The 300 Committee Land Trust, and The Falmouth Military Support Group. More information about the charitable organizations is provided below.

Course Overview

The course is a 10-K loop past fields and through forest. The run is entirely on trails. The trails are 60% double-track and 40% single-track. There is a **course change this year**: the start/finish area will be re-arranged, and the short loop required for Half and Full runners is different. **All runners will head out on the 10-K loop from the start.** The 10-K runners will do the loop once. **Runners running the Half Marathon will do a 0.7-mile loop after their first 10-K loop, and then do the 10-K loop again. Marathon runners will do the 0.7-mile loop twice after their first 10-K loop, and then complete three more loops of the 10-K course.** The 50-K runners will do the 10-K loop five times.

The footing on the course varies. It includes mostly smooth trail. There are some rutted, rooted, and rocky trail sections. There are a few sections with larger rocks that can be run around and there are some short but steep up hills and down hills. The total elevation gain and loss is ~300 feet per loop. The course will be well-marked with signs and flagging. There will be water, electrolytes and trail food available at the start/finish line and two water stations on the course.

Logistics

- There will be parking near the start/finish line with attendants to help maximize the use of space. Parking is limited, so please car pool if possible.
- There will be port-a-potties near the start/finish line.
- There will be no shelter or indoor accommodations.
- Numbers can be picked up at the start/finish area between 6:30 and 7:30 AM.
- Late registration from 6:30 AM to 7:30 AM if the 350-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 10-K loop after 2:15 PM. The course closes at 4 PM.
- Race officials must be notified if you leave the course or drop out.
- No pets with runners.
- The course distance has been measured with GPS and is approximate.
- This event is sanctioned by the USATF and is being held with a permit from Massachusetts Fish & 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: <http://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. <https://www.facebook.com/pages/Compost-With-Me/150106325173462>. 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!

Course Details



Frances A. Crane Wildlife Management Area

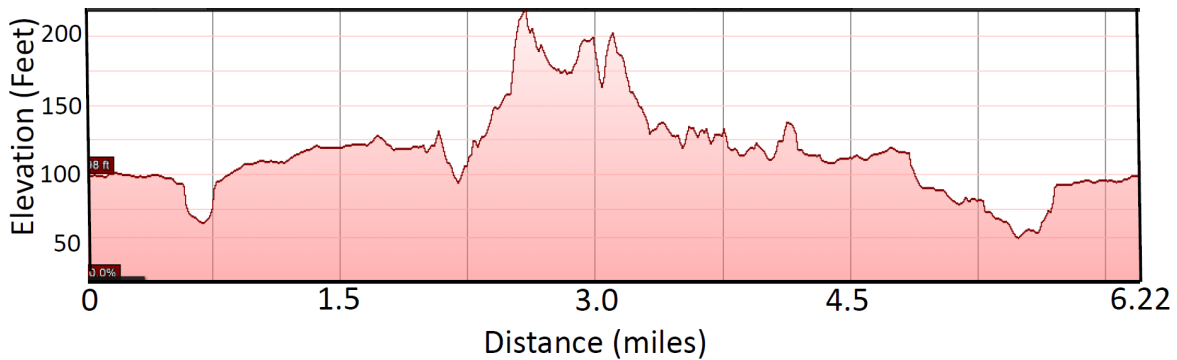
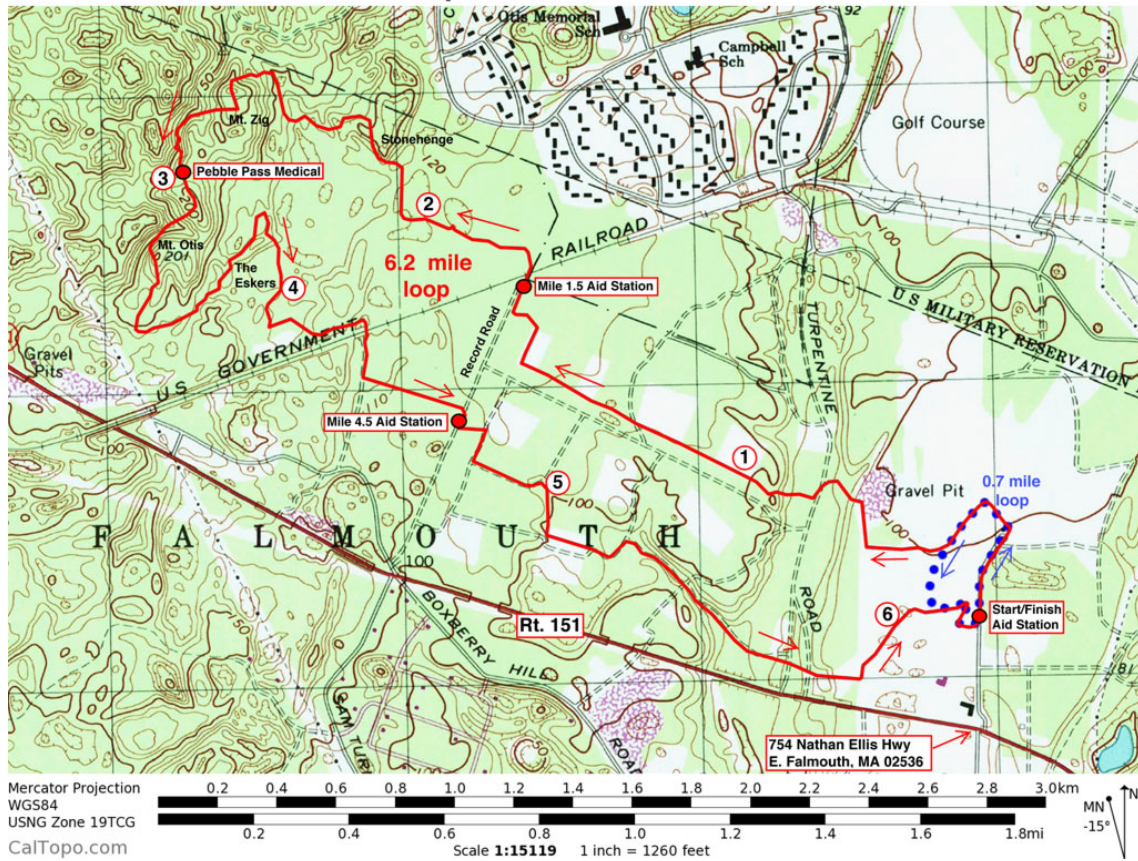
The Crane is a 1900-acre area purchased by the Commonwealth from the Crane brothers and named in memory of their mother. It is managed by the Massachusetts Division of Fisheries and Wildlife and popular among hunters, birders, dog-walkers, equestrians, trail runners, and mountain bikers, who have built

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).

The course map for the races is available in a variety of formats to download:

[JPG](#), [PDF](#). Files zipped for download: [KML \(Google Earth/Maps\)](#) [GPX \(GPS programs\)](#)

Cape Cod Trail Race



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 (blue dots) has been moved from the 2014 location.** Run it once for the Half Marathon and twice for the marathon **after your first loop on the 10-k course.**

Bottom: Course profile (approximate; extracted from Google Earth) with a lot of vertical exaggeration. The high point is Mt. Zig.



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.

See <http://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.

Kid's Race

There will be a Kids Fun Run at 1:00 PM on race day sponsored by Eastern Mountain Sports. Registration is free, and open on the website for children of volunteers and registered runners. First come, first served to 100 children 12 and under. Race distances will vary by age. Please bring a drink container for your child(ren).

Charitable Organizations

All profits from the 2015 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.



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.

The Cape & Islands Program team of eight staff work with local strategic partners, funders and volunteers. Kids in the program are more likely to stay in school, make better choices and are more self-confident. For more information, please visit 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. For more

information, please visit www.lymeticks.org.



The **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.

Since 2000, the center has been open 365 days a year, providing emergency care and wildlife rehabilitation. A full-time veterinarian, licensed wildlife rehabilitators, and volunteers and student externs work around the clock to heal and restore wildlife for eventual release back into the wild. Rescuers can bring injured, ill, or orphaned wildlife to the Barnstable facility. For more information, please visit 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. It's 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.

WWP's vision is to foster the most successful, well-adjusted generation of wounded service members in our nation's history" as it works to raise awareness and enlist the public's aid for the needs of severely injured service members, help severely injured service members aid and assist each other and provide unique, direct programs and services to meet their needs. For more information, please visit www.woundedwarriorproject.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. For more information, please visit www.jackspact.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, and also supports the public skateboard park, the Falmouth Dog Park, Jack's Pact, Jamie Duffany Memorial Fund, and other projects such as the West Falmouth Playground, restoration of the WWI Memorial, and Well Grounded, a high school senior project. For more information, please visit www.falmouthafterprom.org.



The **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. We offer educational opportunities for all ages 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). To donate a bike, to volunteer, or for more information, please visit jwumcfalmouth.org/falmouthbikelab.

Volunteers

We thank all of the volunteers that make this race possible.

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 EXPO

The Expo is being held the day before the race at Ballymeade Country Club, 125 Falmouth Woods Road, E. Falmouth, MA 02536. This is south, off Route 151, one mile east of Route 28, and about 1.5 miles west of the start/finish area.

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 6.6 miles; entrance to Ballymeade is on the left

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 1 mile. The entrance to Ballymeade is on the right (guard house). Go south about 0.5 miles: Expo is in the clubhouse on the right.

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 (2014 Race Sponsor! 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 (2014 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 (2014 and 2015 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 (2014 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).

Sit-Down Meals

Silver Lounge Restaurant (2014 Race Sponsor! 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.

Beach House Restaurant (2.8 miles). Full menu and bar. West on Rt. 151 2.8 miles. On left, just before stoplight. (Parking is on right).

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.

151 Diner (2.9 miles). Burgers and pizza. West on Rt. 151 2.9 miles. On right just before stoplight.

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 (12 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.