



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

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

Sunday, April 10, 2016

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. Shirt: \$15.
Discount for active military (see website for details).

Benefitting Charitable Organizations

The race will benefit several local and regional non-profit charitable organizations this year:

Habitat for Humanity Cape Cod; Independence House; Glenna Kohl Fund for Hope; Heroes in Transition; Jack's Pact; Falmouth Water Stewards; Friends of Falmouth Bikeways; and Falmouth Aquatics.

Course

10K runners start at 8:00 am do the 10K loop once.
50K runners start at 8:00 am and do the 10K loop five times. Half-marathoners start at 8:10 am, begin with the 0.7 mile loop and finish with two 10K loops. Marathoners start at 8:30 am, begin with the 1.4 mile loop and finish with four 10K loops.

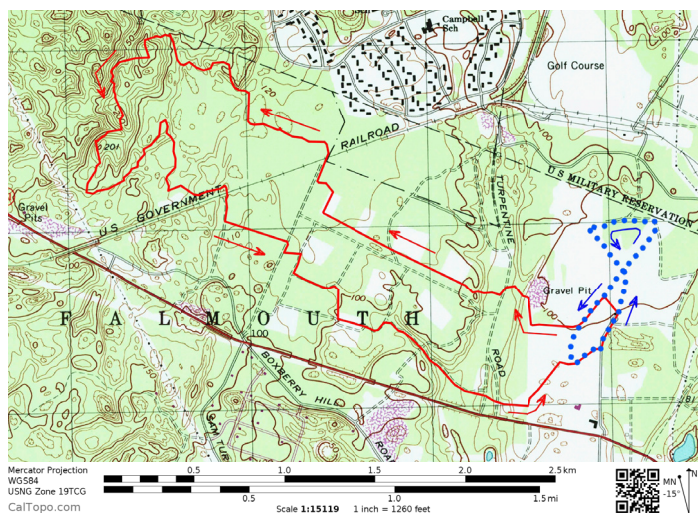
The footing on the course is mostly smooth trail, but there are some rutted, rooted, and rocky sections. There are a few boulders that must be hopped or dodged, and there are some short but steep uphill and downhill. The course will be well-marked with signs and flagging. There will be water, electrolytes, and trail food at the start/finish line and two aid stations on the course.

Limit

400 runners total. FREE kids race at 1:30 pm. Online registration only at capecodtrailrace.com.

Pre-Race "Dinner of Champions"

A family-friendly event the evening before – with special guest Geoff Smith, two-time Boston Marathon winner – on Saturday, April 9, from 5 to 8 pm at the Falmouth Navigator 55 Ashumet Road, E. Falmouth - only a mile from the race site. A perfect pre-race buffet dinner! Signup at capecodtrailrace.com.



Sanctioned by USATF; permitted by Massachusetts Division of Fisheries and Wildlife.