



**Everyone is welcome**  
at this family-friendly event  
with special guests  
Bill Richard, Chris Dobens,  
and Pete Stringer.

**Also...**

- Altra and Salming will be bringing running shoes to demo and clothing and other items
- Stretch and loosen up with Innerglow Yoga, Jon Leaver Wellness, Mashpee Physical Therapy, and Mulcahy Family Chiropractic.
- A large raffle with many great items

**Cost**

\$10 for adults; \$5 for ages 6-12; free to ages 5 and under.  
Purchase online at: [capecodtrailrace.com](http://capecodtrailrace.com)

**Benefitting Charitable Organizations**

The dinner and race will benefit several local and regional non-profit charitable organizations this year: Martin Richard Foundation; Children's Integrative Therapies, Pain Management and Supportive Care (CHIPS) program at Hasbro Children's Hospital; Massachusetts Outdoor Heritage Foundation; Cape and Islands Police K-9 Relief Fund; and Calmer Choice.



The Trail Race is full, but there are spots available in the **free Kids Fun Run on April 9 at 12 pm!**

All receive an official race bib, a unique finishers medal, and t-shirt.

# Dinner of Champions

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

**Saturday, April 8, 2017 • 5 - 8 pm**

**The Falmouth Navigator**  
**55 Ashumet Road, E. Falmouth**

**Reserve your seat at [capecodtrailrace.com](http://capecodtrailrace.com)**

**Pre-Race Dinner for the Cape Cod Trail Race**

**Falmouth Track Club**



**Bill Richard:**

*The Martin Richard Foundation was formed by Bill and Denise Richard, parents of eight-year-old Martin Richard, who was killed in the bombings at the Boston Marathon on April 15, 2013. In the days after the bombing, a photo of Martin holding a handmade poster that read "No more hurting people. Peace" was shared over the Internet and made many see Martin as a symbol of peace. The Foundation honors his message by investing in education, athletics and community.*

**Chris Dobens**

*The night of April 15th, 2013, three Emerson College students were huddled together in their dorm common room watching the news in awe. Inspired by President Obama's speech, the three saw the importance for Bostonians to wear their strength and express solidarity with the victims of the attack. That is when Boston Strong was born. The slogan became ubiquitous, the donations started arriving, and the shirts spread across the globe.*

**Pete Stringer**

*"Pete Stringer is a native of Cape Cod. He did not evolve into a distance runner until his late 30s, then fell in love with the Boston Marathon in 1978. Since then, with a few sporadic years taken off to run ultras, he has run and finished the Boston Marathon 31 times."*