



*Falmouth Track Club* 

## CAPE COD TRAIL RACE

*"Run Forward, Give Back"*

*All-trail 5K, 10K, Half-Marathon, Marathon, and 50K*

*All Proceeds to Charity*

*Sunday, April 9, 2017, 8 AM start*

Frances A. Crane Wildlife Management Area

## CCTR Runners' Guide 2017

### 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 - 5K start: 1:30 PM

Cost: 5K \$25 ages 19+/\$15 ages 18 and under; 10K \$35; Half Marathon \$50, Marathon and 50K \$60; hooded sweatshirts \$24

Discount to active military (\$3 for 5K, \$4 for 10K, \$6 for Half, \$8 for Full or 50K).

Limit: 450 runners for the 10K/Half/Marathon/50K; 100 runners for the 5K; first-come, first-served

Registration: online only at [capecodtrailrace.com](http://capecodtrailrace.com)

Information: [info@capecodtrailrace.com](mailto:info@capecodtrailrace.com)

Race Director: [carl@capecodtrailrace.com](mailto:carl@capecodtrailrace.com)

10K/Half/Full/50K pick up numbers and sweatshirts 6:15-8:00 AM, Kids Fun Run until 12 PM, 5K until 1:30 PM at the race site on race day. Or pick up numbers for any race distance 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 12 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 11 AM or later and carpool if possible. Please bring a drink container for your child.

### Charitable Organizations

All net proceeds and all cash donations go to the charitable organizations supported this year: the **Martin Richardson Foundation**; the **Children's Integrative Therapies, Pain Management and Supportive Care (ChIPS)** program at Hasbro Children's Hospital; the **Massachusetts Outdoor Heritage Foundation**; The **Cape and Islands Police K-9 Relief Fund**; and **Calmer Choice**. Last year the race raised more than \$10,000 for the 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. More information about the charitable organizations is provided starting on page 7.

## 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 also 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. 5K runners will start at 1:30 pm and follow a shortened version of the 10K loop. 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 pink & black flagging. (Don't follow other flagging...sometimes there is random survey tape out there). 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 "Dinner of Champions" 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.
- 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. No runners with pets.
- 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](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 ([www.compostwithme.com](http://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

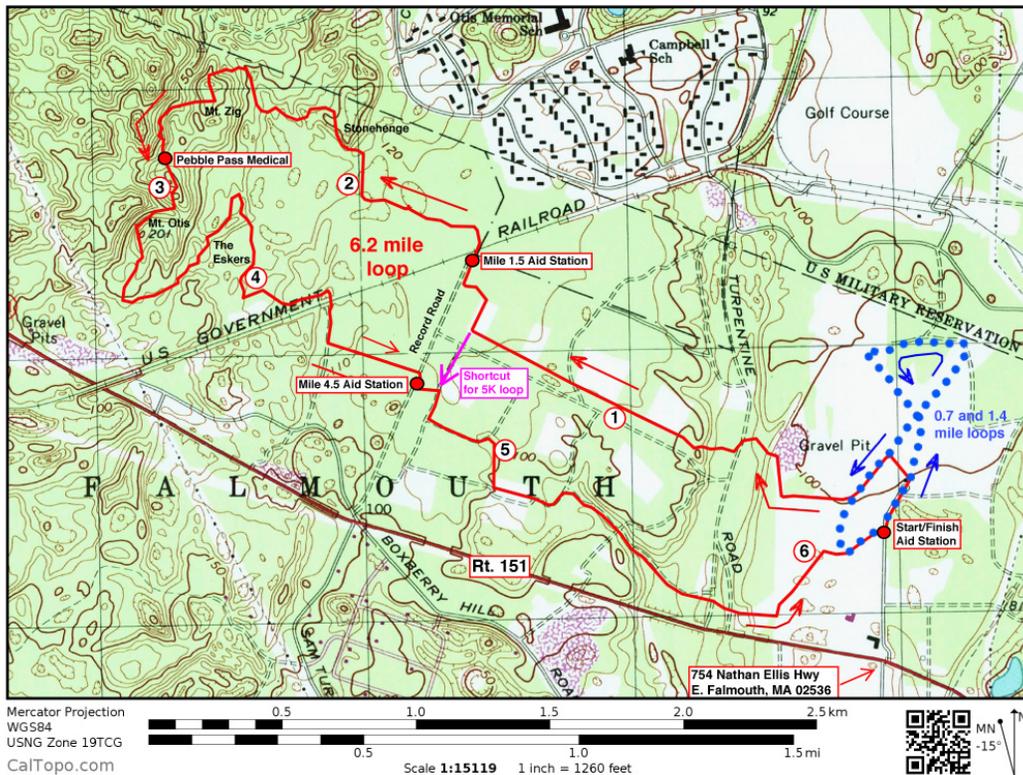
The Crane is a 1900-acre area purchased by the Commonwealth from the Crane brothers and named in memory of their mother. It is managed by the Massachusetts Division of Fisheries and Wildlife and popular among hunters, birders, dog-walkers, equestrians, trail runners, and mountain bikers, who have built 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 (mostly unused now), 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](http://www.capecodtrailrace.com/about-the-trail-race/course-map)



Top: Course map on USGS topo base map. The 10K loop is in red, and is 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. The 5K course does the first part of the 10K loop. Bottom: Course profile (approximate; extracted from Google Earth) with a lot of vertical exaggeration. The high point is Mt. Zig.

## Detailed Race Start Maps

### 10K and 50K start: 8 am; 5K at 1:30

Runners start the 10K loop. Run it once for the 10K, five times for the 50K, and a half loop for the 5K.



### 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 completes two 10K loops.



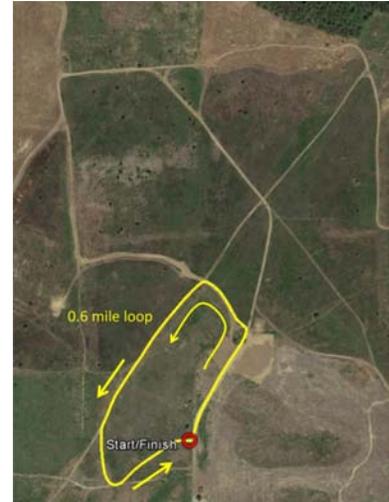
### Marathon start: 8:30 am

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



### Kids Races:

Diaper Dash: 12:00 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](http://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](http://www.tickencounter.org)
- LymeTicks.org [www.lymeticks.org](http://www.lymeticks.org)
- Cape Cod Cooperative Extension [www.capecodextension.org](http://www.capecodextension.org)
- MA Dept. of Public Health [www.mass.gov/dph](http://www.mass.gov/dph)
- Centers for Disease Control [www.cdc.gov](http://www.cdc.gov)
- Barnstable County Dept. of Health and Environment [www.barnstablecountyhealth.org](http://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](http://www.ptfgd.com/melissa-berryman.html)

## Other Hazards: “Look up, fall down”

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, false hope, 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 2017 race will be donated to the following charitable organizations. Want to make a donation to one? Please visit [www.capecodtrailrace.com](http://www.capecodtrailrace.com) and use our online form.

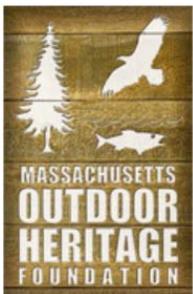


The **Martin Richard Foundation** was formed by the parents of eight-year-old Martin Richard, who was killed in the bombings at the Boston Marathon on April 15, 2013. In the days after the bombing, a photo of Martin holding a handmade poster that read “No more hurting people. Peace” was shared over the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

Martin Richard’s view of peace went well beyond simply wanting to prevent violence. To Martin, peace meant things like togetherness, teamwork, fairness, sportsmanship, inclusion, and simple acts of kindness. The Foundation strives to encourage youth and adults to improve the lives of others and become bridge builders, peacemakers, leaders and entrepreneurs. For more information: [teammr8.org](http://teammr8.org).



The **Children’s Integrative Therapies, Pain Management and Supportive Care (ChIPS)** program at Hasbro Children’s Hospital provides comfort and helps meet the physical, emotional, psychological and spiritual needs of children with limiting or life-threatening illnesses. We are dedicated to providing a compassionate, comprehensive, and coordinated blend of services that support both curative and comfortable care, while preserving dignity and quality of life for our patients and their families. For more information: [lifespan.org/centers-services/pediatricpalliative-care/chips-program](http://lifespan.org/centers-services/pediatricpalliative-care/chips-program).



The **Massachusetts Outdoor Heritage Foundation** is a non-profit organization created by sportsmen, sportswomen, and conservationists:

- To promote and preserve the rich outdoor heritage of the Commonwealth;
- To provide financial support for the preservation, enhancement and sustainability of land and water resources, fish and wildlife habitat, and biodiversity in Massachusetts;
- To protect the natural integrity of these resources for the benefit of the public and future generations;
- To support professional, scientific, non-political strategies that contribute to the conservation of our natural resources. For more information: [massoutdoorheritage.org](http://massoutdoorheritage.org)



The **Cape and Islands Police K-9 Relief Fund** is a retirement fund built by donations from compassionate individuals and civic minded local business, and merchandise sales. This fund helps ease the burden of veterinary costs incurred in maintaining a retired K-9 officer. This fund is for any dog that has done police work on Cape Cod or the Islands. After they have completed their “active service,” they are retired and the costs for care are with the officers. This fund is available to help cover those expenses. For more information: [capecodpolicek9.org](http://capecodpolicek9.org)



**Calmer Choice** was founded in 2010 in response to the emotional devastation experienced by high school students and the surrounding community after the tragic deaths of

several Barnstable High School students and graduates. While high school students are especially vulnerable, students of all ages often struggle with mental, emotional and behavioral issues resulting in poor academics, bullying, violence, stress and depression. In fact, it has become clear that most mental, emotional and behavioral challenges actually begin in childhood. Providing Calmer Choice to elementary students capitalizes on important developmental windows that can set the stage for a lifetime of healthy behaviors, opportunities that can have the potential to improve the health and well-being of an entire generation. For more information: [calmerchoice.org](http://calmerchoice.org).

## Volunteers

We thank all of the volunteers who make this race possible. To volunteer, complete the form on the website: [www.capecodtrailrace.com/volunteer](http://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.

**Via the Canal Tunnel:** Enter the tunnel at the usual place. It will emerge at the race parking lot. Permits are no longer needed...if you don't have a transponder, we will bill you.

## 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.

## Prepare for the Elements

**Cape Cod Trail Race Sweatshirt \$24.00**



This year we are offering a heavyweight sweatshirt in forest green with the CCTR logo on front and major sponsors on back. Order on the website through March 10, 2017.

Sweatshirts will be available at number pickup at the pre-race dinner on April 8 from 5-8 pm at the Falmouth Navigator or race morning on April 9 at the race site beginning at 6 am.

## 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

**Daily Brew** (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** (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

**Bucatino Restaurant and Wine Bar** (2.8 miles). West on Rt. 151 2.8 miles. Park in lot on north side before light.

**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.

**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.

**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.

**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.