

CAPE COD TRAIL RACE



All-Trail 5K, 10K, Half Marathon, Marathon & 50K

"Run Forward. Give Back."

Sunday, April 8, 2018

**Frances A. Crane Wildlife Management Area
754 Nathan Ellis Highway (Route 151)
E. Falmouth, MA 02536**

Falmouth Track Club

Online registration at capecodtrailrace.com

Cost

5K: \$25 ages 19+ / \$15 ages 18 and under
10K: \$35. Half: \$50. Marathon or 50K: \$60.
Hoodie Sweatshirt: \$24.
Discount for active military (see website for details).

Limit

100 runners for the 5K
450 runners total for the 10K/Half/Full/50K
100 children for the FREE kids fun run at 12 noon

Start Times

8:00 am	10K, 50K	8:30 am	Marathon
8:10 am	Half Marathon	1:30 pm	5K

Course

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.

Pre-Race "Dinner of Champions"

A family-friendly event the evening before on Saturday, April 7, from 5 to 8 pm at the Falmouth Congregational Church, 68 Main Street, Falmouth, MA. A perfect pre-race buffet dinner! Signup at capecodtrailrace.com.

Benefitting Charitable Organizations

Race proceeds will benefit several local and regional non-profit charitable organizations this year:

Massachusetts Military Support Foundation

Cape & Islands Suicide Prevention Coalition

GreenCAPE

Belonging to Each Other

Natural Heritage & Endangered Species Program.

