



37th Annual CIGNA Falmouth Road Race

Sunday, August 9, 2009 - 10 a.m.



Entry Information and Registration Form

CIGNA CONTINUES AS TITLE SPONSOR

The CIGNA Falmouth Road Race is very proud to announce that CIGNA will continue as the **Title Sponsor**. CIGNA Group Insurance, which includes disability, life and accident insurance, and CIGNA Dental will provide financial support for the race. Please visit their web site at: www.CIGNA.com.

SANCTIONED BY USA TRACK AND FIELD

Registration to become a member of USA Track and Field for New England athletes is encouraged and may be accomplished by contacting: USATF-New England, Box 1905, Brookline, MA 02146-0016, (617) 566-7600. Athletes from other areas may contact their local USATF office.

RACE INFORMATION AND INSTRUCTIONS

Please follow these instructions carefully. The entry form can be filled in on your computer **if you have Adobe Acrobat 8.0 or higher, which can be downloaded for free at www.Adobe.com**. On a Mac, be sure to save the form, open Free Adobe Reader 8 or 9 and then use it to open the form. The information can be typed onto the form, then it can be printed, signed and mailed so that it is received by May 15. If you do not have Acrobat 8.0 or higher, you can still open the document, print a blank form and fill it out by hand. Please make sure you print and save the instructions that accompany the entry form, as they contain important information. Please provide all the requested information. Failure to follow the entry instructions may result in the entry being rejected. **YOU MUST INCLUDE AN E-MAIL ADDRESS ON YOUR ENTRY FORM.**

Please note: If you cannot complete the race in 90 minutes or less, you may find yourself finishing the race with traffic on the roads. The Falmouth Police need to open the course to traffic within the time-frame allotted by the town officials. Also, the finish area will be dismantled starting at noon; therefore you may not be timed officially and will not appear in the official results. If you cannot finish the race in 90 minutes you must assume responsibility for your own safety.

ENTRY FEE: The entry fee for the race is **\$37**. This covers the electronic timing device, transportation to the start, the pre-race and post-race parties, commemorative gifts and admission to the Expo. Please do not send cash. **Send one check per entry.** Checks must be made payable to CIGNA Falmouth Road Race. If your bank returns your check unpaid for any reason, you will be charged \$20 for each returned check. **If you are not accepted in the lottery or if your entry is received after the deadline, your fee will be returned.**

ENTRY DEADLINE AND LOTTERY: Entry forms must be mailed to the Post Office box and **received by May 15**. If you send your entry via U.S. Express Mail, make sure you sign the "delivery signature" waiver. All runners who register during that time will be entered into a lottery to be held around May 30. **If you send more than one entry and pay with one check, those entries will be placed into the lottery together and all will be accepted or rejected as a group. If you send separate checks and you would like to be placed into the lottery as a group so that you all get in or do not, send the entries in one envelope with a note that says "all or none in the lottery."** Falmouth residents and taxpayers, see separate instructions below. **All entries must be mailed. Faxed or e-mailed entries will not be accepted.**

ENTRY FEES FOR ACCEPTED RUNNERS are not refundable for any reason, including if the race is postponed or canceled due to extreme weather conditions or other circumstances beyond the control of the race directors. The race reserves the right to reject any entry application.

Accepted runners: The list of accepted runners will be posted at www.FalmouthRoadRace.com by June 20.

Merchandise mailing: All merchandise purchased on the entry form will be sent via U.S. mail by July 25.

Number pick-up: All race numbers must be picked up at the **Race Headquarters, Gus Canty Community Center**, 790 Main Street, Falmouth, on Wednesday, Thursday, Friday or Saturday before the race. The pick-up hours and other information for accepted runners will be sent to you with entry confirmation **by e-mail** by July 20.

Complimentary pre-race Friday supper for registered runners will be held on Friday, Aug. 7, 4:45 to 7:15 p.m., at the Lawrence School on Lakeview Avenue. Family members and friends may also attend for a nominal fee. The supper is made possible by CIGNA, Willow Tree Poultry Farm, Poland Spring, Ocean Spray, Cape Cod Potato Chips and Tribe Mediterranean Foods.

Race Expo: Saturday, Aug. 8, 10 a.m. to 3 p.m. at **Race Headquarters, Gus Canty Recreation Center**.

Post-race party and awards ceremony: On the Falmouth Heights ball field immediately after the race.

Baby strollers, ear-buds and headphones are prohibited and could result in disqualification.

Bicycles are not allowed on the course during the race.

NOTIFICATION OF RUNNERS: If you do not get a rejection notice by June 13, you can assume you are accepted and you should finalize your plans for coming to Falmouth. The list will be posted at www.FalmouthRoadRace.com by June 20. Please make sure you check for your name on the web site.

The **RACE OFFICE** is located at 661C Main Street, Falmouth, and will be staffed from May until late September. Check the web site for hours. The phone number is (508) 540-7000; fax is (508) 540-5751; e-mail: FalmouthRR@aol.com; web site: www.FalmouthRoadRace.com. Race merchandise is available in the office.

The **RACE HEADQUARTERS** will be at **Gus Canty Community Center**, 790 Main Street, Falmouth. Headquarters will be open the week before the race, and that is where you will pick up your number, buy race merchandise and visit the Expo.

The **MINIMUM AGE** for participants is seven years old on the day of the race.

DUPLICATE ENTRIES: Multiple entries for the same person are not permitted. Once discovered, all such entries will be rejected and no fees returned.

SPECIAL INSTRUCTIONS FOR FALMOUTH RESIDENTS AND/OR TAXPAYERS

Each year, as a courtesy to Falmouth residents and taxpayers, the race reserves a number of guaranteed places for them. **Resident/taxpayer entries are non-transferable.** Giving away your number creates problems in tabulating the official results **and could result in your entry being rejected next year.**

FALMOUTH RESIDENTS

A Falmouth resident is a person who LIVES in Falmouth year-round. To be exempted from the lottery, you must send proof with your entry form by May 15. This non-returnable proof may be a copy of your latest Town of Falmouth real estate tax bill, excise tax bill, phone bill, report card or a copy of your driver's license. **Only the persons listed on the documents, their spouses and children age 23 or younger are eligible for residency status.** If you are registering your children ages 17 to 23, you need to include a copy of their driver's license as proof **they are still Falmouth residents and they reside with you.** With the proof, please give the names of persons you have registered and their relationship to you (spouse, son or daughter). **Please do not call the Town Hall for a copy of your tax bill.** Residents can access their property ownership information at <http://falmouth.patriotproperties.com>.

FALMOUTH TAXPAYERS

A Falmouth taxpayer is an individual who owns property in the Town of Falmouth and is responsible for paying taxes on that property. **The only proof accepted is a property tax bill from the town of Falmouth. Only the persons listed on the tax bill, spouses and children age 23 or younger, will be considered a taxpayer.** If you are entering children ages 17 to 23, you need to include a copy of their driver's license as proof they still reside with you, and specify their relationship to you. These entries must be sent with the taxpayer's entry form to be received by May 15. If the Falmouth property is in a trust, your name must appear on the document you submit. Only the persons listed on the trust document will be exempt from the lottery.

If you do not live in Falmouth year-round, please do not use your Falmouth address on the entry form. Use your year-round address.

Residents and taxpayers, as well as other runners, should not give their numbers away. This causes problems with age-group results verification. Example: One year, a 73-year-old appeared to finish in the top 100 when the much younger runner who used the number ran very well. Please help us and do not give your number away!

SEEDED RUNNERS' INFORMATION

If you wish to be considered for seeding within the first two start groups, **you must send proof of performance** in the form of results from a USATF-certified 10k or longer race you have run within the last 12 months. Placement into one of the first two starts is based on the number of runners requesting seeding and the quality of their times. Applying for a seeded start does not guarantee that you will get into the race. **If you do not qualify for the first two starting groups, you will be placed in a group appropriate for your submitted time.** Failure to follow these guidelines will result in a random seeding.

RACE NUMBER PICK-UP

The CIGNA Falmouth Road Race does not mail competitors' numbers. Numbers must be picked up at the **race headquarters, Gus Canty Community Center, 790 Main Street, Falmouth.** The pick-up schedule will be e-mailed to you with other race information by July 20.

THERE WILL BE NO NUMBER PICK-UP ON RACE DAY OR FROM 4 TO 6 P.M. ON SAT. AUG. 8.

STARTS: Falmouth uses a wave-start system. The elite runners start at 10 a.m., then a minute later the next fastest men and women start, the next fastest four minutes later, etc., until everyone has started. The race uses an electronic timing system. If your entry is accepted, you will receive additional information by e-mail by July 20.

HANDICAPPED ACCOMMODATIONS: If you or someone traveling with you needs handicapped parking, seating or other assistance on race day, please let us know at least two weeks before the race.

LODGING IN FALMOUTH: Race weekend is the busiest weekend of the year for local motels and restaurants and we suggest that you book your motel rooms immediately, even before you receive entry confirmation. Contact the Falmouth Chamber of Commerce at (508) 548-8500 or visit them on the web: www.FalmouthChamber.com.

AGE-GROUP AWARDS: Awards will not be announced at the awards ceremony, but will be mailed to the winners after the results have been verified; this process may take several weeks. Awards will be sent to males and females in the following categories: 14 years old and under; 15 to 18 years; 40-49 years; 50-59 years; 60-69 years; 70-74 years; 75 and over. Year-round Falmouth residents will receive awards as follows: 14 years old and under; 15 to 18 years; 19-39 years; 40-49 years; 50-59; 60-69; 70 and over. All age-groups awards will be based on chip time (except for those in the first start, whose official time will be "gun" time).

DO YOU WANT TO VOLUNTEER FOR THE RACE? E-mail Kathy Sherman at FalmouthRR@aol.com.

UNREGISTERED RUNNERS: UNREGISTERED RUNNERS ARE NOT WELCOME. THEY WILL NOT BE ABLE TO DRIVE TO THE STARTING AREA and will not be allowed on the buses for official runners. There will be nearly 10,000 runners in the race and we cannot accommodate "crashers" or unofficial runners on the narrow course. These crashers use the water, toilets and medical facilities designated for the official runners. They, most importantly, take up SPACE! If you know of anyone planning to run unofficially, please urge him or her not to do so.

PROCEEDS FROM THE RACE are used to support local sports programs, youth activities and non-profit organizations.

RACE WEB SITE: The race web site is www.FalmouthRoadRace.com. Please check this site periodically for updated information about this year's race.

COURSE DESCRIPTION: The race is seven miles long and begins in front of the Woods Hole Community Center, near the drawbridge on Water Street in Woods Hole. It proceeds out of Woods Hole, up the hill and takes a right onto Church Street. It winds around Nobska Lighthouse and onto the narrow, winding, hilly, tree-lined road. At three miles, the course emerges from the woods and continues along the beach and Vineyard Sound for 1.5 miles; it turns left onto Shore Street and, 400 yards later, right onto Clinton Avenue. At the end of Clinton Avenue, it turns left onto Scranton Avenue, then right onto Robbins Road at the end of Falmouth Harbor. It turns right at the end of Robbins Road onto Falmouth Heights Road and continues to the ocean. At this point it turns left and heads up the hill and down to the finish line at the Falmouth Heights ball field. The first three miles are on narrow, hilly, winding roads; the last four are on flat roads except for a steep hill with a half-mile to go.

SPECIAL THANKS to our title sponsor, **CIGNA** and to our contributing sponsors: **New Balance, Poland Spring, Ocean Spray, Genevate, Cape Cod Potato Chips, Cavossa Companies, Clif Bar, Gatorade, Penske Truck Leasing, WCIB Radio and Willow Tree Poultry Farms.** Our supporting sponsors are American Tent and Table, BTI Mayflower, Cape Cod Ambulance, Capron Lighting and Sound, Cargo Transport, Mirant Corporation, Party Cape Cod, Regenie's Pita Chips, Sapporo Brewing Company, Shaugnessey and Ahern Crane, Tracy Volkswagen-Audi, Tribe Mediterranean and Vendange Wine Cellars.

Applicants need to download and complete the entry form and mail it so that it is received in the race office by May 15. Mail to **P.O. Box 732, Falmouth, MA 02541**. If you need to send the application by U.S. Express Mail, please sign the signature waiver form. Please make sure you include:

- **Completed and signed ENTRY FORM.**
- **Entry fee: \$37 check payable to the CIGNA Falmouth Road Race.**
- **If you are ordering race merchandise, please include a separate merchandise check.**
- **If you are requesting consideration as a resident/taxpayer, or for a seeded start, you need to include the required documentation with the entry.**

The entry must be received by May 15.

Occupation codes – needed for your entry

1. Accountant	23. Dental Assistant	45. Investment Mgr.	67. Psychotherapist
2. Administrator/Mgr.	24. Dentist	46. Law Enforcement	68. Public Relations
3. Airplane Pilot	25. Designer	47. Librarian	69. Publisher
4. Architect	26. Driver	48. Machinist	70. Radio/TV
5. Artist	27. Economist	49. Manufacturer	71. Real Estate Agent
6. Attorney/Lawyer	28. Editor	50. Marketing	72. Research Analyst
7. Banker	29. Electrician	51. Mechanic	73. Retired
8. Bartender	30. Engineer	52. Military	74. Sales Manager
9. Beautician	31. Farmer	53. Musician	75. Salesperson
10. Builder	32. Federal Agent	54. Nurse	76. Scientist
11. Business Owner	33. Filmmaker	55. Nutritionist/Dietitian	77. Secretary
12. Chairm./Pres/CEO	34. Financial Analyst	56. Other	78. Security
13. Chef/Cook/Baker	35. Firefighter/EMT	57. Performing Arts	79. Social Worker
14. Civil Servant	36. Fishing Industry	58. Pharmacist	80. Stockbroker
15. Clergy	37. Flight Attendant	59. Photographer	81. Student
16. Clerical	38. Forestry	60. Physical Therapist	82. Systems Analyst
17. Communications	39. Hairdresser	61. Physician	83. Teacher/Educator
18. Construction	40. Health Occ.	62. Politician	84. Travel Industry
19. Consultant	41. Homemaker	63. Postal Employee	85. Unemployed
20. Counselor	42. Human Resources	64. Printer	83. Urban Planner
21. Craftsperson	43. Info Technology	65. Psychiatrist	87. Waiter/Waitress
22. Data Processing	44. Insurance Agent	66. Psychologist	88. Writer/Journalist

CIGNA WOULD LIKE TO KNOW if you are a member of a CIGNA insurance plan (e.g. health, dental, disability, etc.) and if a CIGNA representative may contact you about the CIGNA Falmouth Road Race. There is a check-off box on entry form.

BECOME A ROAD RACE DONOR

Over the years, we have been asked by many people if there was anything they could do to support the race. As a result, we have established “Benefactor” and “Patron” programs. We cordially invite you or your business to consider these programs.

BENEFACTORS (\$1,400 and over)

BENEFACTORS will receive the following:

- Eight complimentary entries
- Eight complimentary official race T-shirts
- Eight seats in the VIP area near the finish
- Two invitations to the VIP reception after the race
- A plaque inscribed with the donor’s name.

PATRONS (\$700 to \$1,399)

PATRONS of the race will receive the following:

- Four complimentary entries
- Four complimentary official race T-shirts
- Four seats in the VIP area near the finish
- A plaque inscribed with the donor’s name.

In addition, all Benefactors and Patrons will be listed in an advertisement in the official race magazine. **The deadline for signing up as a Benefactor or Patron is June 30, 2009.** The race is a non-profit, tax-exempt corporation.

If you are interested in further information about becoming a Benefactor or Patron, please e-mail Lucia Carroll at CiaCarroll@aol.com. For general information the race number is (508) 540-7000, June through August.

BECOME A CORPORATE OR CONTRIBUTING SPONSOR

A corporation or business entity may become a **Contributing Sponsor** of the race by making a donation of \$10,000, or a **Supporting Sponsor** for \$5,000. Please contact Rich Sherman at FalmouthRR@aol.com.

