



Falmouth Recreation Department



THE MAIN STREET MILE

27TH ANNIVERSARY

FALMOUTH, MA
SUNDAY, SEPTEMBER 13, 2009 at 1:00 P.M.
www.falmouthtrackclub.org

The Main Street Mile is presented by the Falmouth Track Club and sponsored by:
Wood Lumber, Total Orthopedic Care, WC Communications, Smartwater
Cape Cod Sports Medicine, Carlson Companies,
Falmouth Sports Center Physical Therapy, Hamilton Tree and Landscaping, and Howlingbird Studio.
The race is sanctioned by U.S.A. Track & Field.

THE COURSE

The Mile will start at the Falmouth Village Green, make a right on Walker St. and finish at the Beach House on Surf Dr. A dual starting line ensures a clear start for all competitors. The Mile is flat and accurate. No rollerblades, bicycles, baby strollers or baby joggers or dogs are permitted.

CHILDREN

Under age 7 must be accompanied by an adult who is registered to run the race.

AWARDS

Awards will be given to the top male and female finisher overall and the top three male and female finishers in each category: Grand Veterans (70 and over), Veterans (60-69), Seniors (50 - 59), Masters (40 - 49), Sub-Masters (30 - 39), Open (20 - 29), Juniors (14 - 19), Sub-Juniors (11 - 13), Novices (8 - 10). All participating children will be awarded ribbons.

T-SHIRTS

The original, top-quality Main Street Mile t-shirt will be given to the first 250 entries received. Post entries will receive remaining t-shirts as available.

POST-RACE

Refreshments will be given to all finishers after the race at the Beach House on Surf Drive. The raffle and awards ceremony will commence immediately following the race.

FACILITIES

Please come dressed to run. Toilet facilities will be available at the finish line.

RESULTS

A large digital clock will be in sight as you cross the finish line. Complete results will be posted soon after the race.

ENTRIES

Please send completed entry form and entry fee (checks payable to Falmouth Track Club) to the address below by September 4th. You may pick up your number at the Beach House after 10:00 a.m. on race day. Please fill out an application for each entrant. Post entries will be accepted until 12:30 on Race Day at \$12.00 per entry, **no discounts**. USATF sanction requirements and insurance prohibit rollerblades, bicycles, baby strollers, baby joggers, the use of headphones (walkman, ipods, etc.), and dogs in road races.

(Please cut on dotted line)

ENTRY FORM

NAME: _____ ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

Age on 9/10/08: _____ Sex: _____ Estimated Mile Time: _____

All pre-entries must be postmarked by September 2nd. Check if FTC Member Pre-Entry \$10.00
Mail entries and check to: Falmouth Track Club SHIRT SIZE S All Post-Entry \$12.00 per person
Box 699 M Family 4 or more \$40.00
W. Falmouth, MA 02574 L
CHILD

In consideration of this entry being accepted, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for personal damages I may have against the Falmouth Track Club, U.S.A. Track & Field, or any and all sponsors and officials related to this event.

Date _____ Signature _____

*Signature of Parent or Guardian if under 18: _____