

Below is important information for registered runners and walkers regarding the Falmouth Flag Day 5K on Sunday, June 16 at 10 a.m. Please read it carefully.

Thank you for participating and for supporting Falmouth Education Foundation and Falmouth Public Schools.

Please wear your number on the front AND **BE AWARE THAT THE ROADS WILL NOT BE CLOSED TO VEHICULAR TRAFFIC.**

In case of rain we suggest you bring a poncho or garbage bag to help you keep dry. If you do, please wear your number outside the bag or poncho. The race will be held, **rain or shine**. **The awards ceremony will be on the field near the finish line. If it rains, the ceremony will be at Teaticket Elementary School, 45 Maravista Avenue Extension, Teaticket, MA 02536, about 11:30 a.m. Please join us. We have many excellent prizes and raffle items, including a Red Sox ticket giveaway courtesy of WEEI Radio.**

T-shirts have been reserved for the first 250 and only a few are left. Extras may be available under the tent on race morning, first-come, first-served.

NOTE: Pre-registered runners will pick up their number and gift bag between 8 and 9:30 a.m. on race morning under the tent on the Falmouth Heights ball field across from the British Beer Company, 263 Grand Avenue, Falmouth Heights.

The race starts and finishes in front of the British Beer Company, 263 Grand Avenue, Falmouth Heights 02540.

The roads will NOT be closed to vehicular traffic, so please be aware of your surroundings, run on the edge of the road and run to the right of the orange cones as you approach the finish at the British Beer Company. For your safety, please run single file.

Age-group prizes will be presented at the awards ceremony around 11:15 a.m. on the ball field. Categories for males and females are open, 9-and-under, 10-12, 13-14, 15-17, 40-49, 50-59, 60-64, 65-69, 70-74, 75-79, 80-and-over, father-son team and father-daughter team. At the end of the ceremony there will be drawings for Red Sox tickets, Titleist duffle bags and other items. You will be given a ticket for the drawing after you finish and must be present to win and have completed the 5K.

Parking will be available at the Falmouth Heights Beach and Bristol Beach lots on Grand Avenue.

Race-day registration is allowed, between **8 and 9:30 SHARP** -- \$35 for adults, \$15 for 17-and-under – in the **British Beer Company, 263 Grand Avenue, Falmouth Heights**. Cash or **checks payable to FLAG DAY 5K** will be accepted. Sorry, **no credit cards** on race day.

Medals will be given to the first 100 children 17-and-under who complete the 5K.

Music will be provided at the start/finish by Sister Spin Entertainment.

Portapotties will be available near the start/finish, thanks to Nauset Disposal. No bathrooms are available in the British Beer Company.

For a great aerial view of the course [CLICK HERE](#).

For a map, visit our web site, www.FalmouthFlagDay5K.org.

We will hold children's races on the ball field in Falmouth Heights **starting at 8:45 a.m. sharp** for ages 9-and-under, including a 20-yard tot-trot for ages 3 and under. Parents are welcome to accompany the little racers. Medals will be given to all children who participate. There will be no pre-registration or charge for the children's races, but on-site donations will be welcomed.

Online entries will close on Thursday, June 13 at 9 p.m.

Below is a list of our sponsors. We greatly appreciate their help and encourage you to support them.

Special thanks to our Gold Medal Sponsors: [Falmouth Hospital/Cape Cod Sports Medicine](#), [The Cooperative Bank of Cape Cod](#), [Hanlon Shoes](#) of Hyannis, [Harvard Pilgrim Health Care](#), and [Liam Maguire's Irish Pub](#).

Our Silver Medal Sponsors include [Cape Cod Rehab](#), [Clif Bar](#), [Dunkin' Donuts](#), [Jack in the Beanstalk](#), [Nauset Disposal](#), [Soft as a Grape](#), and [Sullivan Engineering](#)

Bronze Medal Sponsors are Anytime Fitness, British Beer Company, Clif Bar, Impact Melanoma, Lawrence-Lynch Corp., Murray & MacDonald Insurance, Ocean Spray, Soprano's Casino Wharf, Sister Spin Entertainment and WEEI Sports Radio

Gift Certificates and Merchandise Donated by the Following Businesses:

Ben & Bill's Chocolate Emporium, Brush Salon, Cape Cod Bagel, Cape Cod Children's Museum, Coonamessett Inn, Eight Cousins, Falmouth Jewelry Shop, Flying Bridge Restaurant, Glass Onion, Hannoush Jewelers, Headlines Salon & Day Spa, Island Queen, Jack's Restaurant & Bar, The Jones Family, Kenyon's Market, La Cucina Sul Mare, Port Cargo, Ryan's Family Fun, Simply DiVine Pizza, Spa Nails, Steve's Pizzeria, Stop & Shop, Trader Joe's, Twigs of Falmouth, United Liquors, Upper Cape Therapeutic Massage and Uptown Body

See you Sunday, June 16, rain or shine! Thanks for your support!

Lindsay Benson, Jo-Ann Leaf, Kathy and Rich Sherman
Co-Directors
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