

Cape Cod Athletic Club

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Birth date _____ Sex: M F

Home Phone _____

E-mail Address _____

Membership Type

- Individual \$20 New
 Family \$25 Renewal
 18 & under \$5

Memberships are for one year from date of acceptance of application. Family memberships include spouse and legal dependents. Note additional family members and birth dates below.

The club depends on the active participation of our members. Please indicate if you would be willing to assist with any of the following activities.

- Hyannis Marathon Johnny Kelley Road Rc
 Chatham Harbor Run John Gray Road Race
 Other road races Fun runs
 Grand Prix races Newsletter
 Banquet Website
 Other _____

I am aware that running is a potentially hazardous activity. As a consideration of my acceptance into the Cape Cod Athletic Club, I attest that I am medically able and physically prepared to participate in any Club activities. I, hereby, for myself, heirs, executors, and administrators, covenant not to sue, and waive and release the Cape Cod Athletic Club, their members, agents or anyone acting on their behalf from any and all claims of damage or liability of any kind whatsoever. I also give permission for the Club to use my likeness and publish my race results in Club publications.

SIGNATURE DATE

SIGNATURE OF PARENT OR GUARDIAN (IF UNDER 18) DATE

Make checks payable to **Cape Cod Athletic Club**
 Mail to: **Cape Cod Athletic Club**
PO Box 1992, Hyannis, MA 02601

Cape Cod Athletic Club
 PO Box 1992
 Hyannis, MA 02601
 ccac@cape.com



Cape Cod Athletic Club
 Established 1976
 USA T&F Club: 007
<http://www.capecodathleticclub.org/>

About the CCAC

Our Club

The Cape Cod Athletic Club is an association of running and fitness minded individuals first organized in 1976. We offer members, regardless of athletic prowess, the opportunity to train for, and participate in, a variety of activities from casual group runs and bike rides to the most competitive of speed and endurance races. We find that training and fitness is best sustained with a team effort, kindled with camaraderie, fueled by competition, and rewarded with frequent social gatherings. We maintain active relationships with USA Track & Field and USA Triathlon.

Meetings

The CCAC meets on the first Wednesday of every month (except during our summer recess in June, July and August) at 7:00 PM on the lower level of the Dennis Senior Center which is located on Route 134 in Dennis, MA. It is our opportunity to conduct club business, plan upcoming events, organize committees, enlist volunteers and occasionally, listen to a guest speaker from the athletic and fitness community.

The Newsletter

Several times during the course of the year, the club publishes a newsletter featuring stories and anecdotes, usually laced with much irreverent humor, a comprehensive listing of club members' racing results, a calendar of upcoming running and social events, and a slew of highly flattering pictures of us pursuing our chosen sport.

Our Website

The club maintains a terrific site, full of facts and figures, activities and events, results and stories, more of those highly flattering pictures, lots of links, on-line discussion forums and mailing lists, and nearly everything else you'd want to know about the club. You can find us on-line at <http://www.capecodathleticclub.org/>.



Weekly Club Events

Tuesday Night Chatham Harbor Run

Every Tuesday at 5:30 PM at Chatham High School, come rain or snow or dark of night (or all three combined), members gather to run slightly more than six miles around the town of Chatham, with its scenic bay and ocean views, past the historic lighthouse and over the rolling hills. Some run hard and keep times. Others jog in groups just for the workout. The evening's not over until everyone gathers at a local pub for food and drink.

Wednesday Night Track Workout

The Barnstable High School outdoor track is available at 6:00 PM most Wednesday evenings for those interested in laps, repeats, speed work, or simply to run without having to worry about oncoming traffic.

The Secret Thursday Run

There's not supposed to be a scheduled Thursday run, but if anybody shows up at 5:30 PM at Brooks Park in Harwich, chances are good that they'll have company for an easy eight miler.

The Friday Nite Five

For those interested in another year 'round, rain or shine workout, usually with some of the club's fastest runners, there's the Islands Five Miler at 5:30 PM in downtown Hyannis. Sure, you can run slowly if you want to, but it seems as if no one ever wants to.

Sunday Fun Run

When there are no other Sunday events on the club's racing calendar, a number of members meet at the Johnny Kelley Recreation Area in South Dennis at 9:00 AM for a fun run. The out and back course will handle anyone's choice of workout, from walking the dog for a mile to a scenic thirteen mile run. The most popular choice is ten miles, and it's not uncommon to see a few of the runners pick up the pace over the last three or four miles, just to see who stayed out too late partying the night before.

Annual Events

The club contributes to several established road races over the course of the year. Members work at registration and as course marshals at the Hyannis Marathon in January, the Johnny Kelley Road Race in May, the Chatham Harbor Run in June and the John Gray Road Race in September. These are fund raising events for the club and for local charities, and it's our opportunity to host other runners as we enjoy going to their events.

And who says there's nothing happening on Cape Cod in the dead of winter? During December and January, the club holds its famous Grand Prix series, a number of three to five mile Sunday races hosted at a member's house and followed by a social afternoon huddled around the fire and the keg, watching the snow pile up and wondering why we were all crazy enough to run in it.

In February comes the annual banquet, an elegant, formal dinner/dance for members and guests. It's a festive evening, a special night for all of us, highlighted by the awards ceremony, where members' athletic and service accomplishments are recognized.

The club provides a post-Boston Marathon hospitality suite for our many members who compete there annually. We occasionally travel en masse to away races like the Utica Boilermaker, do goofy things like a New Year's Day polar bear swim and really nice things like show up in droves to assist with local charity runs such as November's Andrea Holden Race.

All things considered, it's a really great bunch of people of all ages, occupations and abilities, pursuing healthy and active lifestyles. Come join us!

