

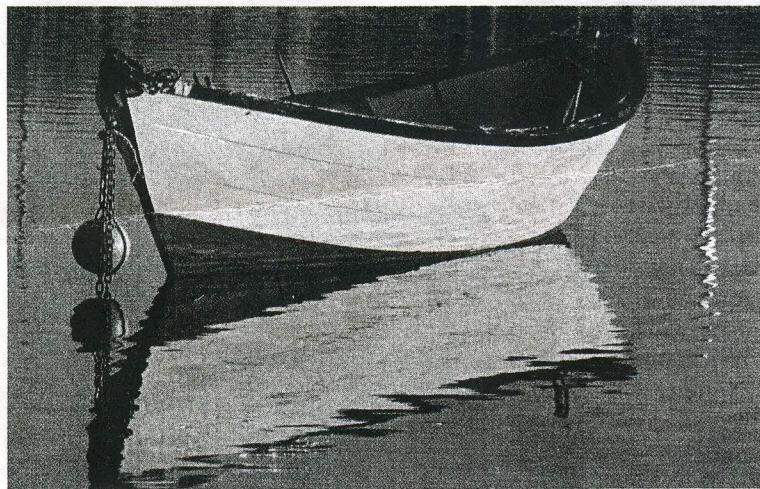
Running the Rock...

THE ROCK RUN, A 50-MILE, FIVE-PERSON RELAY AROUND MASSACHUSETTS'

NANTUCKET ISLAND, IS AN OFF-ROAD RACE LIKE NO OTHER. THE GOAL IS NOT TO WIN, BUT SIMPLY TO FINISH. OH, AND BY THE WAY, RUNNING SHOES ARE STRICTLY OPTIONAL.

Developed by whaling ship captains during the 18th Century, Nantucket — 20 miles off the coast of Cape Cod — has become a summer playground for the rich and famous. Strict zoning laws keep fast food chains at bay, while conservationists battle to preserve open land. Visitors are drawn to the old-world charm, extraordinary cuisine and art galleries, as well as the sweeping moors and desolate beaches.

You won't find a listing for the Rock Run in most directories of New England running races. That's because it's in a category all its own. Its name derives from what locals call this island 30 miles off the coast of Cape Cod in Massachusetts — "The Rock." But it could just as well be called the "Sand Run." All but two of the race's 50 miles are on sandy beaches.



"Take out your map and look at it. See what a real corner of the world it occupies; how it stands there away off shore... Look at it — a mere hillock, an elbow of sand; all beach, without a background."

— Herman Melville
on Nantucket in *Moby Dick*

