



# Westerly Track & Athletic Club

## 32<sup>nd</sup> Annual Clamdigger

### 5K Road Race and Fitness Walk

- Date:** Sunday, April 7, 2013
- Time:** 11:00 5K run  
11:00 5K fitness walk (non-competitive)  
12:00 1k Kids' Run Free. Register day of race.
- Location:** 1 Grassland Way, Avondale Preserve, Westerly, RI  
*(The Town Beach will be a reconstruction zone in April, so for this year only we are moving to an alternate site and route. Please run this year to help us benefit the beach and bring the Clamdigger back to the oceanfront in 2014.)*
- Course** Flat, fast roads through grassy preserve and along Pawcatuck River. Course Map available on web site.
- Timing:** Provided by SNERRO
- Gifts:** Provided to all pre-registrants entered by Saturday, March 30, 2013
- Refreshments:** Chowder and drinks for all participants.
- Award Categories:** Individual: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over
- Cost:** Pre-registration (up to Mar 30): \$20 adults, \$10 age 18 and under  
Post-registration (after Mar 30): \$25 adults, \$15 age 18 and under  
\$2 discount to all pre-registered WTAC members
- Additional Info:** Web: <http://westerlytrackclub.org>  
E-mail: [info@westerlytrackclub.org](mailto:info@westerlytrackclub.org)

**For 2013 only: net proceeds to benefit Westerly Town Beach reconstruction due to damage from Hurricane Sandy.**

**Waiver of Liability and Assumption of Risk:**

In consideration of accepting my entry, I, the undersigned, intending to be legally bound, hereby waive and release any and all rights and claims for losses and damages that I may have against the Town of Westerly, the Westerly Track & Athletic Club, Inc., and its members and representatives, and any volunteer and/or medical personnel and any volunteer personnel for any injury that I may receive from my participation in this race. Any participant under the age of 18 MUST have parents' written permission to compete. I agree to permit the free use of my name and or picture in any broadcast, telecast, or other account of the race and event. I hereby assume any risk arising out of my participation in this event. This waiver of liability and assumption of risk is based upon RI statute 7-6-9 entitled Exemption From Liability.

**Registration:**

Sign up on-line (preferred) with no additional charges at:  
<http://westerlytrackclub.org>  
Or, mail check (payable to WT&AC) and entry to:  
Westerly Track & Athletic Club, PO Box 211, Westerly, RI 02891

(Official Use Only)

Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
E-mail address: \_\_\_\_\_  
Signature: \_\_\_\_\_

Sex:  Male  Female  
Age (04/07/2013): \_\_\_\_\_  
Event:  5K Run  3-Mile Walk  
Date: \_\_\_\_\_