



# Westerly Track & Athletic Club

## 22<sup>nd</sup> Annual Li'l Rhody Runaround

### 8 - mile Trail Race

**Date:** Sunday, November 16<sup>th</sup>, 2014

**Time:** 11am; Registration begins at 9:30am

**Location:** Burlingame State Park, Sanctuary Road, Charlestown, RI  
(off Prosser Trail off Route 1 South, see directions on web site)

**Course:** Come enjoy a fast, flat trail run in one of Rhode Island's most beautiful state parks. The Lil' Rhody is a 8 mile loop starting at Prosser Beach at the Burlingame picnic area which follows the Yellow Dot Trail around Watchaug Pond. It covers 5.8 miles of trail through rocks, pine forest, mud and streams, along with 2.1 miles of tarmac. Water stop halfway.

**Notice:** Though every effort has been made to ensure the safety of all entrants, the majority of this race is on a trail filled with natural obstacles which can cause twisted ankles and other injuries to those not used to racing on uneven terrain.

Each participant and volunteer must wear at least 200 square inches of orange as it is hunting season. Anyone not wearing orange will not be allowed to race per State of RI DEM mandate.

**Refreshments:** Hot soup and refreshments to all participants  
Served in picnic shelter after race

**Timing:** Provided by SNERRO

**Cost:** \$20 pre-registration, up to November 8<sup>th</sup>  
\$25 post-registration, up to day of race  
\$2 discount to all pre-registered WTAC members

Sign up with no additional charges at:  
<http://westerlytrackclub.org>  
WTAC pays the registration fee!

**Additional Info:** Web: <http://westerlytrackclub.org>  
E-mail: [info@westerlytrackclub.org](mailto:info@westerlytrackclub.org)

USATF sanctioned race!

**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 Westerly Track & Athletic Club, Inc., and its members; the committee; representatives; and any volunteer and/or medical personnel for any injuries that I may receive from my participation in the Westerly Track & Athletic Club "Lil Rhody Runaround". Any participant under the age of 18 must have parent's 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 sponsored by the Westerly Track & Athletic Club, Inc. This waiver of liability and assumption of risk is based upon Rhode Island Statute 7-6-9 entitled EXEMPTION FROM LIABILITY.

**I agree to wear a minimum of 200 square inches of orange per RI DEM requirements.**

**Registration:** Sign up on-line (preferred) with no additional charges at:  
<http://westerlytrackclub.org>

Or, mail check (payable to WT&AC) and entry to:  
Lil' Rhody Run Around, WT&AC, PO Box 211, Westerly, RI 02891

(Official Use Only)

Name: \_\_\_\_\_

Sex:  Male :  Female

Street Address: \_\_\_\_\_

Age (11/16/2014): \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Shirt Size:  Youth XL     Adult S     Adult M     Adult L     Adult XL

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*(Parent if participant under age 18)*