



Westerly Track & Athletic Club

Li'l Rhody Runaround

8 - mile Trail Race

Course: Come enjoy a fun trail run in one of Rhode Island's most beautiful state parks. The Li'l Rhody is a 8 mile loop starting at Prosser Beach at the Burlingame picnic area and follows the Yellow Dot Trail around Watchaug Pond. It covers 5.8 miles of trail through rocks, pine forest, and occasionally mud and streams, along with 2 miles of tarmac. Water stop halfway.

