



38th Annual Tom McCoy Fun Run Series

Westerly Track & Athletic Club

Thanks again to the Pleasant View Inn for allowing the Track Club to use the property again this year!

- Dates:** Every Wednesday evening from June 12th to August 21st, 2013
- Time:** 6pm; Registration begins at 5:30pm
- Location:** Collins Ave, Misquamicut, RI - Parking and race start from back parking lot at Pleasant View Inn - enter parking lot from across the street from the Pleasant View Inn (65 Atlantic Ave)
- Children's Run:** Age 10 and under
Distance: 1/3 mile
6PM start
- Adult Run:** All ages welcome, including children
Distances:
- 1 mile: run loop from "Start" to "1-mile" marker (course map available online)
 - 5 kilometers: run full 5K course (two loop course; new course map online)
- Awards for Youths:**
- 10 and under: if run 5 or more children's runs --> ice cream certificate
 - 16 and under: if run 5 or more 5Ks --> engraved trophy with time, plus paid entry to Schonning 5K on August 28th
- Time Recording:**
- Optional individual self-recording of times for comparison through season, to be posted to web site
 - Top 3 runners, male and female, 5K and children to be sent to Westerly Sun and this website each week
- Walkers:** Walkers are encouraged to participate.
- Cost:** Free! A liability waiver form must be completed. One signing covers the whole season.
- Additional Info:** Web: <http://westerlytrackclub.org>
E-mail: info@westerlytrackclub.org