
WTAC NEWS

36th Annual Fun Run Series Returns



Issue 3: Summer 2011

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There are certain things that can always be counted on down by the shore. Memorial Day brings back old summer friends. The middle of June opens the gates and sets free the kids from the school system while the runners return to the beach for the Tom McCoy Fun Run Series.

While Mr. McCoy is always present each week to send off the kids, the adults now have the choice of a One Mile or 5k course to run each week. The Fun Runs take place each Wednesday Night at 6 p.m. (Registration at 5:30 pm) on Collins Ave in Misquamicut, RI. Parking is available via the back parking lot of the Pleasant View Inn. No Registration Fee is required however a waiver is needed to participate. The Fun Run Series will take place this year through August 31, 2011.

New this year, kids have the chance to win awards for continuous participation in the fun run series. Children under the age of ten who partake in five or more fun runs will receive an ice cream certificate. Children under the age of 16 who participate in five or more fun runs will receive a trophy engraved with their name and a free entry into the Roger Schonning 5k. Each week, the top 3 runners in the 5k course and kids race in the male and female division times will be published in The Westerly Sun.

So come on down to the local fun run and enjoy a great summer night in one of the best parts of our quaint local community. Whether you are a walker, runner, hopper or stroller pusher, all or welcomed each week at the Tom McCoy Fun Run Series.

The New England Summer is upon us, so are your DUES!

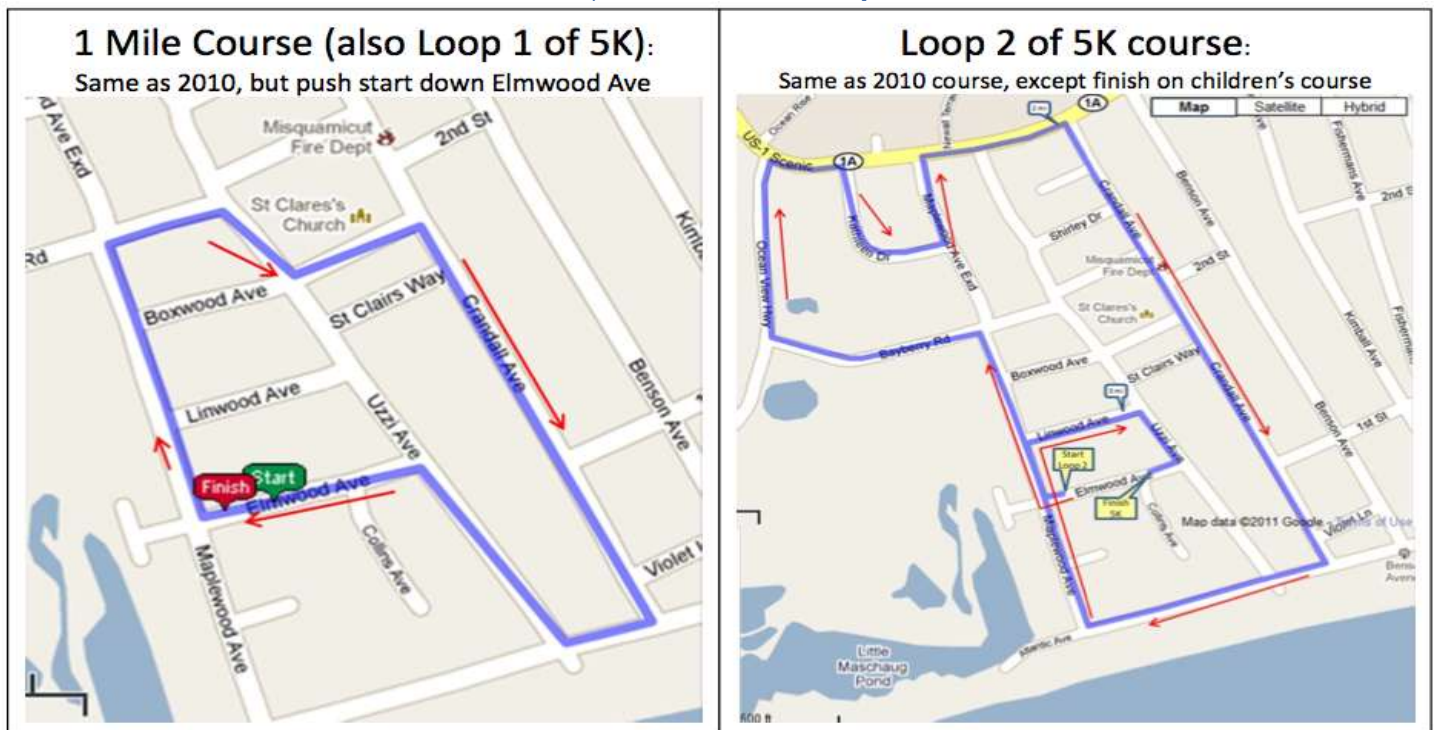
It's time to remind our members that dues are due for the 2011-2012 year, starting June 1st.

Membership is only \$5 for an individual or just \$8 for an entire family. Dues can be paid by completing the membership form on the last page and sending it along with the payment to WT&AC P.O. Box 211, Westerly, R.I.

Dues help us put on the following events all of which are free of charge:

- Tom McCoy Fun Run Series
- CHARLIE STAVROS 3-MILE BEACH RUN
- NICK BOTTONE TRACK MILE

The Tom McCoy Fun Run Updated Course



Bentley Take First in Annual Clamdigger Road Race

While most New Englanders are making final preparations for the prestigious Boston Marathon, others take to the beach to enjoy some famous chowder and a nice 5-miler before the beach becomes overrun with tourists. Justin Bentley, a newly appointed board member of the Westerly Track Club took the 1st place clam all the way to the finish. Bentley was the first finisher in a time of 30:46 for the 5-miler course. Elizabeth Marchetti was the first female finisher in a time of 35:28. Overall 137 runners completed the course this year for the 30th running of this race. Full results can be found on our website or at snerro.com. Congrats to all of the finishers and we hope to see you again next year.

Check out the New Website and Archives

The Westerly Track Club has started the New Year off with a fresh look to our web page. If you haven't checked it out yet, take a quick look around at all the different features. One of the big updates comes from the archive section. While we all do look young, the westerly track club has been in existence since 1975 so we have collected a few documents over the years. Take a peek at what the local running scene was like in the heyday.

How Fast Can You Run the Mile?

While any week you can test your speed at the fun run series, there is only one even in southeastern New England that brings runners of all ages to the track to answer the age-old question. How fast can you run the mile? Details of the even our listed below:

The Nick Bottone Track Mile

When: Westerly High School Track

When: July 19, 2011 Registration: 5:30 p.m. First Heat: 6:00 p.m.

Cost: Free

Timing provided by SNERRO.

Timed Heat Schedule:

- Children's 1/2 Challenge
 - o Ages 10 and Under
- 8-Mintue Pace
- 7:00-8:00 minute pace
- 6:00 minute pace
- Two Featured Races
 - o The Masters Pack
 - Aged 40 and Over