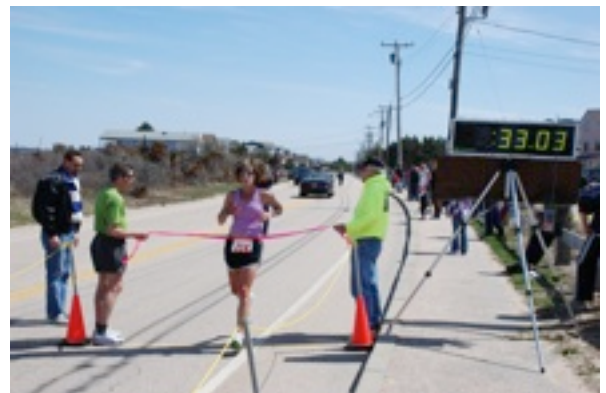# WTAC NEWS

O'Neil Wins Clamdigger

Bessette takes Women's Title

Over 136 runners took off from the Westerly Town beach for the 9th annual Clamdigger 5 miler. Keven O'Neil took home the grand prize breaking the tape in 27 minutes and 33 seconds. Mike Tammaro was a close second in 27 minutes and 56 seconds. Heather Bessette defended her 2008 title by being the first overall female to cross the line in 33 minutes and 4 seconds. You can find a complete break down on page 2....

It's Summertime: Have You Paid Your Dues?

As summer rolls around, it's time to remind our members that dues are due for the 09-10 year, starting June 1st. Membership is only 5 dollars for an individual or just 8 dollars for an entire family. Dues can be paid by completing a form and by sending it along with the payment to WT&AC P.O. Box 211, Westerly, R.I. 02891 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
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Clamdigger 09 Age Group Results:

Female 1 to 19

Place	Name	Event	Bib No	Age	Overall	Time	Pace
1	Brooke Ortel		198	13	34	37:31.0	7:30/M
2	Sydnei Paige		232	13	119	51:19.0	10:16/M

Female 20 to 29

Place	Name	Event	Bib No	Age	Overall	Time	Pace
1	Jen Massengale		144	29	16	34:38.0	6:56/M
2	Karing Montoya		234	24	41	38:15.0	7:39/M
3	Stacey Leitz		139	29	42	38:16.0	7:39/M

Female 30 to 39

Place	Name	Event	Bib No	Age	Overall	Time	Pace
1	Elizabeth Kordowski		132	30	17	34:46.0	6:57/M
2	Gerah Ventresca		208	35	39	38:04.0	7:37/M
3	Kristen Longo		143	31	45	38:24.0	7:41/M

Female 40 to 49

Place	Name	Event	Bib No	Age	Overall	Time	Pace
1	Heather Bessette		214	45	13	33:04.0	6:37/M
2	Laurie Schaeffer		184	43	15	33:44.0	6:45/M
3	Marion Ortel		199	43	26	36:14.0	7:15/M

Female 50 to 59

Place	Name	Event	Bib No	Age	Overall	Time	Pace
1	Barb Goodrich		233	55	51	39:37.0	7:55/M
2	Sandy Collins		176	53	83	43:39.0	8:44/M
3	Amanda Berard		200	53	100	45:54.0	9:11/M

Female 60 to 69

Place	Name	Event	Bib No	Age	Overall	Time	Pace
1	Rose Buckingham		182	61	88	43:58.0	8:48/M

Men Age 20 to 29

Summer is Heating Up: McCoy Fun Run Series Returns for 34th Year!

For the 34th year, the Tom McCoy Fun Run Series will take place from the back parking lot at the Pleasant View Inn located at Misquamicut beach. Each run will take place every Wednesday Night beginning on June 17th. Each fun run is free to all participants; however a waiver must be signed. One signed waiver covers you for the complete series. Once again we would like to thank the Pleasant View Inn, for allowing us to use their BACK parking lot for each fun run.

Registration begins each night at 5:30 pm next to the back parking lot. A kids' fun run (3/10 loop) will take place at 6 p.m. As always, if your son or daughter completes 7 out of 10 of the fun runs, he or she will receive a FREE shirt at the end of the series.

Following the kids' fun run, adults can choose from a 1 mile, 2 mile, or 3 mile loop course. Each loop is known to be flat and fast, with a small hill thrown in at end of the second mile if you choose the 3-mile course.

In 2008, we had an average weekly attendance of just over 110 runners. For the guys, Ryan Murdoch and Andrew McCann both took home 3 wins each in the 3-mile course while Jacob Edwards was close behind with two wins. McCann had the fastest time for the summer, running the course on August 13, 2008 in 14:28. On the women's side, Kristen Malloy was the 1st finisher six times out of the nine weeks while Laura Brustolon claimed the position the other three weeks. Malloy also had the fastest time of the summer running the course in 17:50 on July 2.

On the 10th week, a special two by mile relay was held with the team of Jacob Edwards and Matt Ridley taking home the fastest time in 9:44.

For the kids, Randi Burr won the kids loop for the girls six out of the ten times, while also clocking the fastest time of the summer in 2:04. Sarah Garvey was close behind clocking a 2:05 for the 3/10 of a mile course. On the boys' side, it was a tie between Mark Walker and Tanner LeClair each with two wins. However, Kyle Toce had the fastest time for the boys running the course in 2:07.

Have You Checked the Archives?

A new feature to the WTAC website, thanks to Joe Light, is the Archives section. There you will find past information and results from the club dating all the back to 1975. Included in the archives is the first race the club ever hosted (Westerly Half Marathon) in October of 1977. You can also find results from the first ever running of the summer fun run series. The archives can be found on the races and results page on our web site.

Upcoming Races:

A complete listing can be found at http://www.snerro.com , but here are a few of the upcoming local races:

July 4th- Camire's Firecracker 4 miler

July 24th- Blessing of the Fleet 10 miler

August 1st- Ocean Beach John & Jessie Kelley 11.6 mile Road Race

August 18th- Battle of Stonington 5k

How Fast Can You Run the Mile?

The Nick Bottone Mile Challenge will take place at Westerly High School on July 21st. Entry is free along with a signed waiver. Timed heats will take place for both children and adults. Jacob Edwards had the fastest time with a 4:33. Tyler McCabe holds the record of 4:21.7 from 2002.