

WTAC NEWS

Wadecki Wins Clamdigger



Photo Credit: JMachtPhotography.com

While most people flock to the Westerly beaches for the warm summer weather, 151 runners decided to beat the crowd and headed into the 2010 Clamdigger. Jeff Wadecki and Greg Hammett took the race out in an astounding 4:57 first mile. In the end it was Jeff Wadecki

who came out on top finishing in 25:41 while Greg Hammett came in 2nd with a time of 26:25. Both time were well under last year's winning time of 27:22.

See **Clamdigger** on page 2

Issue 2: Summer 2010

The Rundown:

- Dues are Due
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- 2009 Fun Run
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Full Results of the race can be found at westerlytrackclub.org or by visiting snerro.com and clicking on the results tab.

Summer is just around the corner, so are your DUES!

It's time to remind our members that dues are due for the 2010-2011 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. 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

Wadecki Takes a Digg at the Course Record

Weather can be unpredictable at the Westerly Town Beach, especially in April. However, Mother Nature decided to let the skies clear and the winds settle long enough for the runners to complete the 5 mile course. Jeff Wadecki 26, of Ledyard, CT took the race out strong along with Greg Hammett 32, of Chesterfield, NH but in the end, Wadecki was the one to hold out for the victory.

The guys set out on a Clamdigger record pace. “The first mile was a bit quick in 4:57 and the second in 5:02” according to Wadecki. The fast opening half was good enough to help lead Wadecki to a new course record. Scott Bessette set the previous course record of 26:11 in 2005.

Wadecki who is sponsored by Brooks Running Company enjoys being a part of a large team. “It allows me to be in contact with runners all over the country and able to exchange training ideas and give each other guidance” says Jeff.

For the women, Kati Gosnell 30, of Groton, CT was the top female finisher in a time of 33:26. Elizabeth Kordowski was the second place female in a time of 34:59. As always, everyone was able to warm up with the finest chowder in the state, a perfect ending to the 5 mile race.

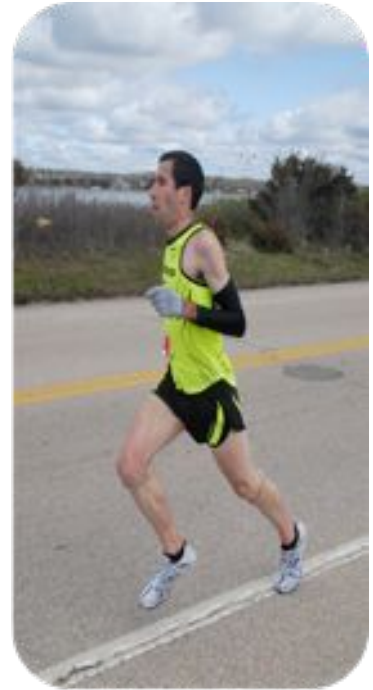


Photo Credit:
JMachtPhotography.com

Like the Photos From Above?

You can find all of these race photos and more on JMachtPhotography.com. JMacht has been the photographer for the Clamdigger as well as many other local road races and events.

The Clamdigger Goes Retro

While most races are continuing to raise their registration fees, the organizers of the Clamdigger decided to go against the grain this year. The WTAC voted to go back to the fees from the 1992 race of only \$8 for pre-registered and \$10 on raceday. Even with the low race fee, the WTAC was still able to offer top prizes and their famous clam “chowdah” which has helped many a runner who hits the wall after the race, to climb back over it. New this year to the Clamdigger, was a prize to whomever came in the most retro costume. Congrats to the female winner, Kris Longo and to the male winner, Bob Galton.



Tom McCoy Fun Run Series Returns for the 35th Season on June 16th

The winding down of the high school track season coupled with the return of the summer tourists can only mean one thing. That's right... The Tom McCoy Fun Run Series is back for its 35th season. As always Coach McCoy will be on hand to start off the kids race (3/10th of a mile) followed by the adult run of 1, 2, or 3 miles at 6:15 p.m.

As always no fee is required for the weekly fun runs, however, a one time waiver needs to be signed before your first Fun Run of the summer. Parking can be found in the BACK lot of the Pleasant View Inn. We would also like to thank the Pleasant View Inn for allowing us to use their facilities again this summer.

Last year was another great season for the Fun Run series with some fast times and boatloads of people. From the fourth week until the end of the series, there were over 150 finishers each week. For the kids, Matthew Walker was the man to beat taking the kids' race 7 out of the 9 weeks with his fastest time coming on the final week at 2:04. However, 2:04 was not the fastest kids time this summer. That honor goes to both Randi Burr and Sofia Castiglioni who each ran 2:03 on different occasions. Randi Burr took the top place 8 out of the 9 times while Sofia won the other. Congrats to all the kids and like last summer, if you are able to complete 7 out of 10 of the Fun Runs, you will receive a free shirt at the end of the series.

One thing that is guaranteed is that there will always be competition around in the adult run. Jacob Edwards of Boulder, CO took the top place 3 out of the 9 weeks to claim the crown this year. Andrew McCann and Jacob Edwards both shared the fastest time of the season

coming in with a 15:04 on the week of July 29th. For the women, Laura Brustolon of Mystic, CT took the top place 5 out of the 9 weeks. Laura also had the fastest time for the women this summer of 17:17 for the 3-mile course during the August heat.

For the past two years, the last week of the Fun Run series has consisted of some type of a mile relay. This year a 3x1 mile took place with a finish that needed a camera to determine the winner. Each of the top 3 teams were separated by less than a second. The results can be found below:

1. Kerrienne McAuliffe, John Bigouette, Jacob Edwards (16:55)
2. Brandi LeClair, Maddy McLaughlin, Jackie Burr (16:56)
3. Greg Yacovou, Leah Clement, Rachel Orlando (16:57)

The Washout: Flooding of 2009

Runners have a knack of going out in any type of weather. From freezing rain to gusting winds, you can normally find a runner out in almost anything. However when a run becomes more of a swim or a dog paddle depending on your stroke, it defeats the purpose. On July 1, 2009, the fun run was all set to take place, but Mother Nature came calling during the morning and unleashed a flash flood on the town that residents hadn't seen the likes of before. In a matter of hours, roads became rivers, sidewalks became streams and it was easier to navigate the streets of Misquamicut with a kayak than a car. While the rain eventually stopped, the course was

still impassable causing the cancellation of the Fun Run that evening. Below you can find a collection of photos of the Fun Run course taken on the evening of July 1, 2009.



Photo Taken at the corner of Atlantic Ave and Uzzi Ave.

