



Westerly Track & Athletic Club

Li'l Rhody Runaround

8 - mile Trail Race

Location: Burlingame State Park, Sanctuary Road, Charlestown, RI
(off Prosser Trail off Route 1 South, see directions below)



Directions:

FROM CT: I-95 North to Exit 92. Take right at end of ramp (Rte 2). Follow to Rte 78. **Follow Rte 78 to end (Rte 1). Turn left onto Rte 1. Continue for 8 miles. Make a U-turn at second Burlingame Park sign (Do NOT take the first one to campground). Stay to the far right and take first right (Prosser Trail--by Windswept Farms). ***Continue for 0.7 mile and turn left at sign for Burlingame picnic area.

FROM RI: I-95 South to Exit 1. Take right at end of ramp (Rte 3). Go approximately 5 miles to Rte 78 junction. Get onto Rte 78 East. See ** above for rest of direction.

From Points North on Rte 1: South on Rte 1 into Charlestown. Take first right hand turn to Burlingame State Park. See *** above for rest of directions.