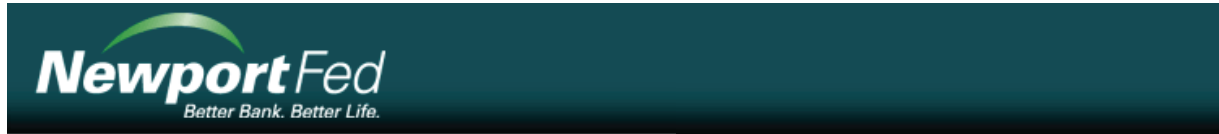


Sponsored by:



Hosted by



**ENTRY FEES:**

Pre-registration - \$18  
Race Day - \$20

**Prizes for male and female finishers**  
**1st Place Overall**  
**1st, 2nd and 3rd Place**  
**Divisional prizes:**

Junior -14 and under  
High school - 15-17  
Open - 18-29  
Submaster - 30-39  
Master - 40-49  
Grandmaster - 50-59  
Senior - 60 +  
Veteran - 70 +

**At Avondale Preserve, Westerly, RI**  
**Sunday, May 23, 2010 10 am**  
**(Registration starting at 8:00 am)**

The race will begin at Westerly Land Trust's beautiful **Avondale Farm Preserve**, encompassing approximately 50 acres of coastal sand plain grass land, fresh water ponds and wetlands near Watch Hill, RI, with a paved road system used for passive recreation. The race will continue on neighboring roadways before finishing back at the preserve.

The entrances to Avondale are located on Grassland Way, off Avondale Road and Quail Run, approximately 3.5 miles due south of downtown Westerly, RI, on Route 1A.

**Official timing and scoring by:**  
Organization Plus Road Race Management

**Online registration at:**  
[www.needtorace.com](http://www.needtorace.com)

**For more information:**  
**WWW.WARMCENTER.ORG**  
**KATHI NOONAN - 401-539-2461 EXT 120**  
**KATHI.NOONAN@WOODRIVERHEALTHSERVICES.ORG**

To benefit  
**Commitment to Change**

- an alliance of social service agencies serving the Westerly, Chariho and southeastern Connecticut area that includes:



**Adult Day Center**  
of Westerly  
Share the Care

**THE BRADFORD JONNYCAKE CENTER OF WESTERLY**

**WARM**  
20 Years of Compassion, Hope & Dignity  
WESTERLY AREA REST MEALS

**WOOD RIVER Health Services**

**MAIL FORM AND ENTRY FEE TO:**

Road Race  
Wood River Health Services  
823 Main Street  
Hope Valley, RI 02832  
(Payable to Wood River Health Services with Road Race in memo line)

T-Shirt Size: S M  
L XL

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

I assume all risks associated with running/walking in this event including but not limited to falls, contacts with other participants, the effects of weather, traffic, and conditions of trails or roads, all such risks being known and appreciated by me. I hereby waive any and all claims that i may have now or in the future arising out of my participation in this event against the Town of Westerly, Westerly Police Department, The Westerly Land Trust, the agencies of Commitment to Change individually and collectively, Race Officials, volunteers and sponsors, their employees, representatives and successors. I grant permission for all of the foregoing to use any photographs, video or motion picture recordings, or any record of this event for any legitimate purpose. I hereby certify that I am physically fit and have trained for this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_