

New Balance Ocean State Trail Run A “Road Race” Through the Woods

- Date: Saturday, September 26, 2009 (Rain or shine)
- Time: 8:00 AM
- Meet Directors: Charlie Breagy, Anne Rothenberg, Bob Rothenberg
Meet Management by Downtown 5K, Inc.
- Course: Goddard Park, 1095 Ives Road, Warwick, RI 02818. 5,000 meters (3.1 miles), grass and dirt paths, moderate hills, mostly flat
Start and finish adjacent to the clubhouse for public golf course
- Eligibility: Open to all ages; runners, joggers, and walkers
- Entry Information: \$18.00 pre-registration – received by September 19, 2009; t-shirt guaranteed
\$22.00 post-registration – race day registration begins at 7:00 AM.
Entry fee waived for high school coaches with teams competing on Saturday
- Awards: Overall Top 3 Men and Top 3 Women, plus top 3 for the following categories for men and women: 40-49, 50-59, 60-69, and 70 & over
- Directions: **From the North:** Rte. 95 S to exit 9 (left-hand exit) onto Rte. 4 S. Immediately exit at Rte. 401/East Greenwich. Right at light onto 401/Division St. One mile curve right onto First Ave. Turn right at light onto Main St. At next light, turn left onto Old Forge Rd. Old Forge becomes Ives Rd. One mile to park entrance on left. **From the South:** Rte. 95 N to exit 8A/Rte. 2 S. At first light, turn left onto Rte. 401E Division Street. Follow directions above.
- Parking: Park rangers will direct cars to ample parking available within the park.
- Facilities: Bathrooms and food concession available. T-shirts will be sold at the meet. No lockers or showers available at race site.
- Contact: Bob Rothenberg – 401-294-9946 or help@oceanstatexc.com