

Non Profit Organization  
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Permit No. 3

Narrow River Preservation Association  
PO Box 8  
Saunderstown, RI 02874

Return Service Requested



NARROW RIVER PRESERVATION ASSOCIATION



# 30th Annual Narrow River Road Race

**Saturday  
May 20, 2017**

Narragansett Beach  
Narragansett, R.I.

**Register online at  
[narrowriver.org](http://narrowriver.org)**

## Directions

**Narragansett Town Beach North Pavilion  
77 Boston Neck Road (Scenic 1A)  
Narragansett, RI 02882**

### From the West (Connecticut)

- ◆ Take I-95 North to Exit 92, CT-2 East/Liberty Street, and turn right at the end of ramp.
- ◆ Follow CT-2 for more than a mile and take a right onto CT-78 Westerly/R.I. Beaches.
- ◆ Continue on RI-78 for 5 miles.
- ◆ Turn left at the traffic lights onto US-1 North/Post Road.
- ◆ Follow US-1 for 22 miles and take the exit for Narragansett/Pt. Judith.
- ◆ Turn right at the end of the ramp onto Woodruff Avenue.
- ◆ At the second traffic light, cross RI-108 onto South Pier Road and follow South Pier Road until you see the ocean.
- ◆ Turn left at the end of South Pier Road and follow Ocean Road to the traffic signal at the end and turn right onto Beach Street.
- ◆ Follow Beach Street onto Boston Neck Road (Scenic 1A North).
- ◆ Look for the Road Race signs and enter the second beach parking lot on the right.

### From the North (Providence, Boston)

- ◆ Take I-95 South to Exit 9, RI-4, a left exit.
- ◆ Follow RI-4 to the end (approximately 10 miles) and merge onto US-1 South.
- ◆ Take the Narragansett Exit and turn left at the light at the end of the ramp onto RI-108.
- ◆ At the rotary, follow the signs for Scenic 1A North / Narragansett Pier.
- ◆ Turn left at the second traffic light, and left again at the next light onto Boston Neck Road (Scenic 1A North).
- ◆ Look for the Road Race signs and enter the second beach parking lot on the right.

# Race at a Glance

## Events

10K Run, 5K Run and 5K Walk

## Starting Time

10:00 a.m., All Events, Rain or Shine

## Check-in and Race Day Registration

8:30 a.m. Narragansett Beach  
North Pavilion

## Course

The USA Track & Field (USATF) certified 10K course (#RI06004RN) starts and finishes at the Narragansett Town Beach.

The 5K course (#RI06005RN) begins at Treaty Rock Park on Middlebridge Road in South Kingstown and finishes at the Narragansett Town Beach.

Shuttle buses from the Registration area to Treaty Rock Park begin at 9:00 a.m.

## Timing and Results

All events will be timed with results posted by Spitler Race Systems.

## Awards

Prizes are awarded to first place male and female participants in each age category and each event (10K Run, 5K Run and 5K Walk):

- Junior (18 and younger)
- Open (19 to 39)
- Masters (40 to 49)
- Seniors (50 to 59)
- Veterans (60 to 69)
- Veterans Plus (70 and older)

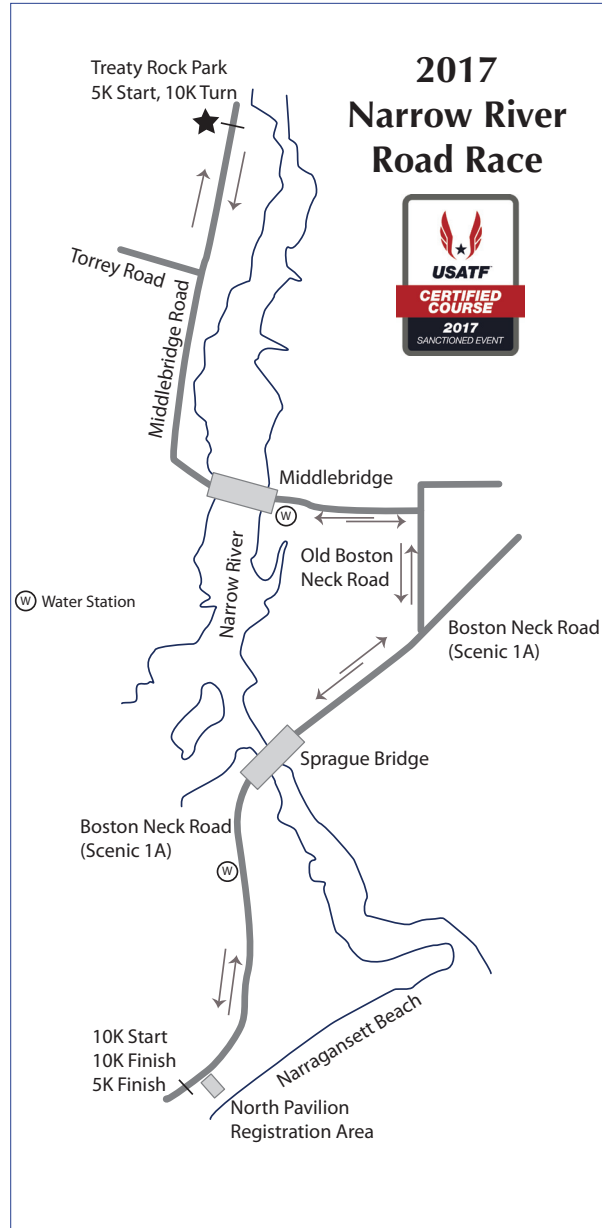
## Entry Fee

\$25 if postmarked by May 17, 2017  
\$30 after May 17 and on the day of race  
Fees are payable by check, cash (on race day only) or money order

T-shirts are given to the first 300 entrants.

Please, no strollers, skateboards or pets.

# Race Course



For additional Information

Call: 401-783-6277  
E-mail: [nrpa@narrowriver.org](mailto:nrpa@narrowriver.org)  
Visit: [www.narrowriver.org](http://www.narrowriver.org)

# Register online at [narrowriver.org](http://narrowriver.org) OR complete and send this form

Event (Choose One)

10K Run  5K Run  5K Walk

Name

Address

City/State/ZIP

Phone

Age

E-mail

T-shirt Size

XXL  XL  L  M  S

All participants MUST read and sign the waiver below.

A parent or guardian MUST sign if the entrant is under 18 years of age.

I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless from any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this 10K Run, 5K Run or 5K Walk.

Signature

Date

Entry Fee

\$25 if postmarked by May 17, 2017  
\$30 after May 17 and on the day of race

Mail the completed form with a check or money order to:

NRPA  
PO Box 8  
Saunderstown, RI 02874