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Permit No. 3

Narrow River Preservation Association
PO Box 8
Saunderstown, RI 02874

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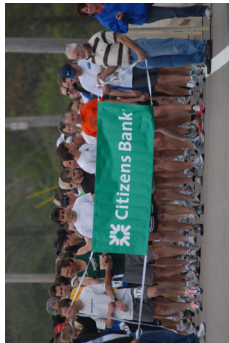


NARROW RIVER PRESERVATION ASSOCIATION

26th Annual Narrow River Road Race



**Narragansett Beach
Narragansett, R.I.**



Sponsored by:

 **Citizens Bank**[®]
GOOD BANKING IS GOOD CITIZENSHIP[™]

Directions

Narragansett Town Beach North Pavilion
77 Boston Neck Road (Scenic 1-A)
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 to 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 1-A.
- 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 1-A North / Narragansett Pier.
- Turn left at the second traffic light, and left again at the next light onto Boston Neck Road/Scenic 1-A 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 & younger)

Open (19-39)

Masters (40-49)

Seniors (50-59)

Veterans (60-69)

Veterans Plus (70+)

Entry Fee

\$20 if postmarked by May 3, 2013

\$25 after May 3, 2013 and the day of race

Fees are payable by Check, Cash (on race day only) or Money Order

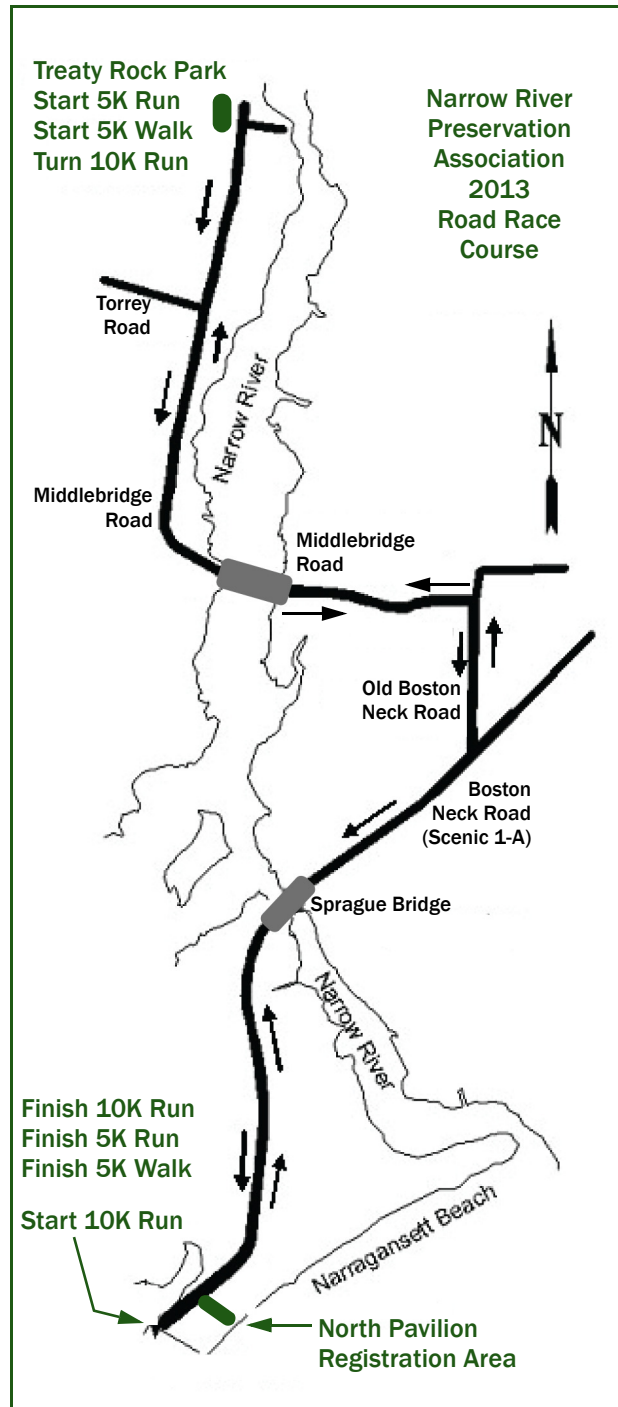
For Additional Information

Call: 401-783-6277

E-mail: nrpa@narrowriver.org

Visit: www.narrowriver.org

Race Course



Race Entry Form

Event (choose one):	
10K Run <input type="checkbox"/>	5K Run <input type="checkbox"/> 5K Walk <input type="checkbox"/>
Name	
Address	
City	
State	ZIP
Male <input type="checkbox"/>	Female <input type="checkbox"/> Age
Phone	<input type="checkbox"/> Day <input type="checkbox"/> Evening
E-mail	
All runners MUST read and sign the waiver below.	
<i>A Parent/Guardian MUST sign if the entrant is under 18 years of age.</i>	
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

T-shirts are given to the first 300 entrants.

Entry Fee

\$20 if postmarked by May 3, 2013

\$25 after May 3, 2013 and the day of race

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

NRPA
PO Box 8
Saundersstown, RI 02874