



## RHODE ISLAND ROAD RUNNERS

The smallest state's largest running club!

June 2022 – Volume 32 – Issue 6

### RIRR Meeting – Tuesday, May 10, 2022

The minutes were prepared by Pat LaChance, and the meeting took place at the East Providence Yacht Club on Pier Road. The meeting was called to order at 7:05 p.m.

- **Membership Report** – There are currently 145 paid members, including Hall of Fame members.
- **Treasury Report** – There is \$3559.40 in PayPal and \$976.46 in Citizens (includes \$300 for Newport water stop). Total treasury is \$4535.86. Outstanding bill is \$40 for mulch for Adopt-a-Spot.
- **Grand Prix Report** – The next two Grand Prix events in May are the Cranky Crab Half Marathon, 10K, and 5K in Seekonk and the Horseneck Half Marathon in Westport.
- **Ambassador Report** – Cee will contact new member Danielle Morin.
- **Website Report** – Updated for May's newsletter and April's minutes. Will update for the RIRR summer luncheon when plans are confirmed.

#### New Business

- **The RIRR is volunteering for the Bristol Independence Half Marathon** on Saturday, June 25. We need 8-10 people. The volunteering portal is online.
  - **The club's water stops** for the Newport and Providence (double-water stop) Marathon/Half Marathon were completed. The club received a \$300 check from Newport and is awaiting a stipend from Ventures Endurance.
  - There was **further discussion** about the **point system**. A suggestion was to increase the points awarded to the Providence water stop, as it is double duty, and it took the crew five hours to man both stations. We decided to put it on the agenda for the next meeting and will post it to members with an eRIRR blast.
- The club is looking into having a **summer luncheon** at the East Providence Yacht Club. The yacht club will provide hot dogs, hamburgers and chicken (grill items). The club will provide the salads, desserts, paper items and utensils. The tentative date is **Saturday, July 23, from 12:30-2:30 p.m.** The event is free to members, family, and a guest.

Meeting was adjourned at 8:05 p.m.

#### Members in attendance:

Don Clukies	Kevin Brennan	Pat LaChance
Johann Gomez	Eric Benevides	David Simmons
Lauren Barros		

### Next RIRR meeting

**Tuesday, June 14, 7 p.m.,  
East Providence Yacht Club  
9 Pier Rd., East Providence**

### Grand Prix schedule

**The "Cross Country in the Park" Wednesday Night 5K Series, Colt State Park, Bristol, R.I. (Began May 18 and will continue every Wednesday until Sept. 7!)**

**Thursday, June 23, 7:30 p.m. – Narragansett Summer Nights 5K, Bristol, R.I. (This is the eighth race on the 15-race schedule.)**

**Saturday, June 25, 6:30 a.m. – Bristol Independence Half Marathon, Bristol, R.I. (This race will count toward the "Summer Half Marathon" series.)**

### New RIRR members!

**Danielle Morin  
Bellingham, Mass.**

**Johann shows off his "war wound" after he finished the tough 12-mile Seven Sisters Trail Race in just over four hours.**



## **Seven Sisters Trail Race**

**Amherst, Mass. – May 7, 2022**

The 30th running of the Seven Sisters Trail Race was back after two years of cancellations and it was a perfect race day: 50 degrees, cloudy, a bit windy, and the course was dry. Like previous years, the race sold out, with a cap of 500 runners. Note: get there early as parking is limited!

The course was the same as previous years. In what is one of the most technically demanding trail races in New England, runners are sent along a very rocky, out-and-back roller-coaster ride up and down a ridgeline of the Mount Holyoke Range. The 12-mile single track route burns your lungs as you climb a total of 3,800 feet, then it fries your quads as you retrace your footsteps back to the bottom on the same treacherous terrain. People told me this course was tough, but honestly, I did not think it be this tough; I was sorer after this race than I was after running my last two marathons.

Due to new regulations, every runner must carry water or face a penalty, and the course, like most trail races, is now cupless, so some sort of bottle or bladder is highly suggested. The course is heavily wooded, but on a couple of the peaks, it does clear up for a nice view of the valley. Enjoy the view and take a breather because the course does not give you a rest. As you run and the leaders are racing back, announce that a runner is coming through, give them space, and wonder how the heck are they

running that fast in such a technical course. As for support, there were three water stops, with the midpoint stop providing water, Gatorade and snacks.

Speaking of snacks, at both the start and end of the race, there were food and drinks. Instead of the usual t-shirt, all finishers got an awesome mug, which was made by a local artisan. It has the race's elevation and this year's 30th anniversary, making it a keeper.

Finally, the course was made more difficult by my recovery from COVID and cramps, which I normally never get. By Mile 7, the cramps really slowed me down from an already slow pace, but I still enjoyed every mile of the course. The cramps caused me to fall with a pretty nasty cut on my right knee, but I guess it was the course making sure I left something for it. Thanks for the runner that game me two salt tablets – they helped. Twelve painful miles and I will do it again, so if you want to really challenge yourself, this race is it: a very technical course with lots of big drops, so yes, I highly suggest it.

*-- Johann Gomez*

**Johann Gomez**

**4:09:10**

384 finishers

## **Sugarloaf Marathon**

**Eustis to Kingfield, Maine. – May 8, 2022**

This race offers a marathon and a 15K. Both races are point-to-point and offer a shuttle to their starting locations. The marathon starts about 10 miles north of Sugarloaf ski resort at Cathedral Pines Campground in Eustis, Maine and finishes at Kingfield, Maine. The shuttle from Kingfield left at 5:30 a.m. sharp!

The weather was 62°F, light fog, and 94% humidity, which made it feel like 68° – a blessing from the sunny 95° they had the day before, but still a bit too warm. What a difference a day makes. This race boasts a 900' descent, which appealed to me, but did not feel like it; with all the hilly climbs, you need to get through to get that 900' descent. And then there was a lot of flat areas, which felt more like inclines for some odd reason. The elevation map is very deceiving because it looks like it's straight downhill, the second half, but it lies!



Here's Richard, Natalia, and Marianne before the race with Marathon Maniacs runner and former RIRR member Tom Perri, who was running in his 597th career marathon! Below is what the race tech shirt and medal looked like.



Water and Gatorade every two miles helped make the miles seem to fly by, which was good, since the course is completely run through the sticks. The scenery was beautiful, but the summits were all hiding behind the clouds and fog.

The finish line was at the Kingfield Little League's field in the heart of the one-horse town. There were plenty of options to choose from to replenish, which was nice. All runners got a string bag, tech shirt, and medal. Overall, this was a very well-organized race.

-- Marianne Currie

**Marianne Currie** 4:17:30  
**Richard Barke** 4:56:22  
**Natalia Scarpetti** 5:32:54

262 finishers

## Western Mass. Mother's Day Half

Whately, Mass. – May 8, 2022

On Mother's Day, each and every year for the past 12 years, a half marathon celebration takes place at the quaint small New England town of Whately, Mass. Due to COVID, however, the past couple of years, the race went virtual, like many other road races. Last year, I ran the virtual half marathon in Narragansett with a friend, and at the finish line, I wore the shirt and the medal that was mailed to me. This year, the atmosphere was celebratory not, only for Mother's Day, but also for the race returning in-person, and to was exciting for everyone to be able to run this live race.

In Whately, a beautiful town blessed with New England charm, endless farms, and ample opportunity to shop at a nearby Yankee Candle store, the race gives runners many options. The race's proceeds benefit the Cancer Connection, a Northampton non-profit organization that provides much support and programs for both adults and children coping with cancer. This year alone, the event raised over \$40,000 to support the Cancer Connection.

The day of the race, we almost had ideal weather, but not quite. The wind became a bit of a challenge on the last 4- or 5-mile stretch, as we found ourselves going against it. The overcast skies were ideal however to keep us comfortable and cool as we ran up the hills in the beginning of the race. The first couple miles brought the hills on, but the course became less hilly and flatter, not much in the category of downhills to offer some recovery. Basically, the farmlands were the major landscape after Mile 5.

The last 4-5 miles were exhaustingly flat and seemed to go on forever, along with the threats of the wind. If you happen to enjoy flat courses and can manage the few hills at the beginning of the course, this race is for you. The water stops were plenty to accommodate the runners and Gu was also given out on some of the water stops. The finish line welcomed us with a gentle downhill, however, and as we ran the small bridge prior to the finish, we encountered a hill, which can be tiresome right before completing Mile 13.



Here's a look at the long-sleeve tech shirt and medal that Georgia received for running in the Western Mass. Mother's Day Half Marathon in Whately, Mass.



The medals and shirts were great: long-sleeve technical shirts, nice medals, beer, and plenty of food to help us recover. A cheerful and welcoming community was along the route to encourage everyone. I love visiting the area and I love supporting the Cancer Connection, and I have done this race several times. It was a great way to start the celebration of Mother's Day.

-- Georgia Panagopoulos

**Georgia Panagopoulos 2:16:17 3rd 60-69**  
262 finishers

## Cranky Crab Running Festival

**GRAND PRIX – Seekonk, Mass. – May 15, 2022**

This was the latest addition to the Ocean State Multisport/Gary Menissian stable of events, with the race offering three distances – a 5K, 10K, and half marathon, all starting and ending at the Seekonk YMCA. While I usually run the

half marathon, due to rehabbing a couple of minor injuries, I opted for the 10K, which incorporated quite a bit of the half marathon course minus the big hills, and at the finish, was Gary's usual spread of bottled water, fruit, cookies, and my favorite – bakery pizza. An added bonus was witnessing RIRR legend and admiral Kevin Brennan win the overall male title at the 10K – great job Kevin!!!

Instead of going into great detail about the race, I wanted to share an important point with all my fellow RIRR members: It was not too long ago that the racing world in Rhode Island and Massachusetts was pretty much completely shut down due to the pandemic, but Gary stuck his neck out and had to jump through dozens of hoops with numerous city and town councils in order to get permits to put on races. During the height of the pandemic, if you lived anywhere within 100 miles of this state, you had two choices if you wanted to run in a race – get on a plane and fly to one of the few parts of the country that were having road races or run in one of Gary's local races.

Now that the pandemic is pretty much over and road races are slowly coming back, I hope everyone will remember what Gary did for the runners during that time and sign up for one of his races. Not only are they very affordable and a lot of fun, but you're also helping out a guy who puts his heart and soul into every event he puts on – and worked tirelessly during the pandemic to put on races when cities and towns were making it almost impossible to do so. Gary could have easily packed it in and held no races, but thanks to his perseverance and support of road racing, local runners were able to enjoy races in a fun and safe environment, and hopefully my fellow runners will show their thanks by running in some of his races.

As an added incentive for my fellow RIRR members to sign up for one of Gary's races, you can be sure I'll be there at the finish line with my famous red and white cooler full of post-race beverages!!!

-- Mike Proto

## HALF MARATHON

**Brian Sperlongano 1:42:28 7:49 2nd 40-49**

<b>Julia Wyman</b>	<b>2:00:46</b>	<b>9:13</b>	<b>1st 50-59</b>
<b>Cee Vallee</b>	<b>2:01:01</b>	<b>9:14</b>	<b>1st 60-69</b>
			51 finishers
			<b>10K</b>
<b>Kevin Brennan</b>	<b>49:18</b>	<b>7:55</b>	<b>1st male!</b>
<b>Mike Proto</b>	<b>55:05</b>	<b>8:51</b>	<b>1st 60-69</b>
<b>Kristin Lombardi</b>	<b>56:01</b>	<b>9:00</b>	<b>1st 40-49</b>
<b>Stan Kurzynski</b>	<b>1:23:19</b>	<b>13:24</b>	<b>2nd 60-69</b>
<b>Pat Kurzynski</b>	<b>1:23:24</b>	<b>13:25</b>	<b>1st 60-69</b>
			30 finishers
			<b>5K</b>
<b>Emily Cosme</b>	<b>49:43</b>	<b>15:59</b>	
			66 finishers

## Red Island Half Marathon

Warwick, R.I. – May 18, 2022

This race was part of the six-race New England Challenge, where you run either six half marathons or full marathons on six consecutive days in all six New England states. This was my third year participating in this series, but due to a couple of very minor nagging injuries, I only ran in the Rhode Island race on this particular week.

The series is directed by RIRR member J.C. Santa Teresa, and every year I run it, I have a really fun time. The half marathon course is very simple – four loops of the paved path at Buttonwoods City Park in Warwick for the half marathon, and eight laps for the full. One of the things I really enjoy about this race series is getting to meet runners from all over the country who are almost like a cult, and for them, running or walking a half marathon or full marathon every day for sometimes two weeks straight is a walk in the park. Many of them travel all over the country and the world to run these races, with a lot of them having well over 1,000 marathons completed.

Another one of my favorite things at these races would be the spread of food at the aid station/finish line, with every type of fruit, beverages, chips, candy, and pastry imaginable, and at this race, even hot foods, such as bacon, egg, and cheese sandwiches cooked fresh right at the aid station. The food was so plentiful and J.C. was so gracious, I stayed for almost two hours after I finished just to socialize, indulge in all the



Every long distance race should offer a big spread of food like the one in the picture above! On the left are RIRR members Mike Proto and J.C. Santa Teresa.

great food, and have a few cold beers from my trusty cooler. If you have never participated in one of these races or series, I highly recommend it, as you get to meet some really interesting people, eat some delicious food, and oh yeah – run a race!!!

-- Mike Proto

**Mike Proto**                      **2:14:21**   **10:15**   **1st 60-64**  
28 finishers

## Horseneck Beach 3.5M

Westport, Mass. – May 22, 2022

I have run this race every year since its inception, and for good reason – I love the location, the course, the organization, the food, and the overall vibe of the event. For the first time that I've been participating, I ran the 3.5-mile race, and it was just as enjoyable as the half marathon that I've run in years past.

Of course, my favorite part of this event would be the post-race food, and once again, the race

did not disappoint. There was plenty of sports drinks, chocolate milk, chips, little bricks of individually wrapped Cabot cheese, non-alcoholic beer, and Asian rice bowls with chicken or tofu.

Unfortunately, there were two slight disappointments at this year's race, with the first being that the RIRR only had two members participate, so we did not get the free growler of Buzzards Bay craft beer, as you needed five team members for every free growler, and due to the town of Westport dropping the ball, the race directors did not get a permit for the free beer offered to all runners as in years past.

Fortunately, I always pack my trusty red and white cooler with beer for emergencies such as this, and I had a plentiful supply of beverages while I sat on my lounge chair post-race and enjoyed the beautiful weather. I'll definitely be back for this race next year, and I hope we can get more RIRR members so we can enjoy those free growlers!!!

-- Mike Proto

<b>Mike Proto</b>	<b>26:43</b>	<b>7:37</b>	<b>1st 60-69</b>
<b>Shelli Costa</b>	<b>45:01</b>	<b>12:51</b>	
<b>Jennifer Thomas</b>	<b>46:13</b>	<b>13:12</b>	

281 finishers

*(Editor's Note: No RIRR runners took part in the half marathon, which was a Grand Prix race.)*

## Lilac Festival 5K & 10K

Rochester, N.Y. – May 22, 2022

First, I want to thank my RIRR friends for encouraging me into doing these races. I am now doing many of the USATF New England and Masters national championship races with Liberty Athletic club – an all-woman running club that has a kick-butt 60s women team.

On May 21 I drove 6 ½ hours for a one-mile race in Rochester, N.Y. (USATF National Masters mile championship). It was incredible. I arrived in the sweltering heat of 88°F with a feel of 92 because of the excessive humidity. The clouds came in just before our race and the temperature dropped to 85° and less solar heat.

The masters' women lined up at 5:15 p.m, and the one-mile course had a positive elevation

gain a S-curve, several 90-degree turns, and two uphill near the finish. Even though the road was wide, everyone was jockeying for position around turns. I went out quickly for about 100 meters to find my place with the faster women. I settled into a comfortable pace for the first half mile and then started to pick it up. The last 300 meters had a steep uphill where my depth allow me to catch and pass runners. The last 100 meters, with the finish visible, had a slight incline. This is where I sucked it up and pushed my way to finish passing more runners and dropping those from the last uphill. I still had more in my tank when I finished and maybe I should have sprinted harder or earlier.

My chip time was 6:15 (my Garmin said 6:09 because of all the turns) I came in 23rd out of 55 overall and third in my 60+ age group. The Liberty team placed second in our age group. The team then watched the men's master's mile, followed by the elite women's and elite men's and then 60 minutes of women bike criterium and 90 minutes of men's bike criterium and several beer and food trucks.

The next morning, on May 22, I ran two miles from the hotel to compete in the Lilac Festival 5K and 10K races. These races had a lollipop style course of out-and-back through shaded streets. The beginning was a long downhill, which was a challenging uphill when finishing. In the 5k, I had a time of 21:10 to finish 25th out of 843 runners, fourth out of the women, and first in my age bracket. The 10K was a local USATF-New York race with some fast times. All I had were exhausted legs. I had a time of 47:02 to finish 95th out of 570 runners, 28th out of the women, and first in my age group. I then headed home with another 6½-hour drive, a smile, and very tired legs.

-- Mary Cass

## Providence Marathon & Half

GRAND PRIX – Providence, R.I. – May 1, 2022

### MARATHON

<b>Brian Sperlongano</b>	<b>3:14:55</b>	<b>7:27</b>
<b>Rafael Espaillat</b>	<b>3:42:04</b>	<b>8:29</b>
<b>Meris Enright</b>	<b>3:44:49</b>	<b>8:35</b>

1,170 finishers

## HALF MARATHON

Carlos Cosme	1:32:21	7:03
Scott Pena	1:48:05	8:15
Dan Gentile	1:48:53	8:19
Heather McCabe	1:50:56	8:29
David Clifford	1:51:51	8:33
Helis Sikk	1:52:17	8:35
Fred Meyerson	1:55:00	8:47
Luis Lopez	1:56:07	8:52
Bob Segal	1:56:57	8:56
Nick Pereira	2:08:32	9:49
Marianne Currie	2:08:53	9:51
Verouschka Capellan	2:10:36	9:59
Georgia Panagopoulos	2:14:52	10:18
Christina Arvanites	2:22:17	10:52
Melissa Sullivan	2:25:24	11:06
Rosie Espinal	2:25:39	11:08
Solange Morrissette	2:26:22	11:11
Katelyn Champine	2:27:32	11:16
James Azar	2:32:22	11:38
Maggie Azar	2:32:23	11:38
MaryAnne Donato	3:06:24	14:14

1,921 finishers

## Mother Knows Best 5K

West Haven, Conn. – May 8, 2022

Sherri Condon	29:03	9:20	1st 50-59
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75 finishers

## Rocky Hill 5K & Run for Education

Rocky Hill, Conn. – May 14, 2022

Sherri Condon	29:49	9:35	2nd 50-59
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132 finishers

## Beach and Back Half Marathon

Marshfield, Mass. – May 15, 2022

Carlos Aguiar	1:59:16	5th 50-59
Tammy Harrigan	2:27:15	
Solange Morrissette	2:32:59	
Katelyn Champine	2:33:26	

183 finishers

## Watuppa 10K Trail Race

Fall River, Mass. – May 15, 2022

Sabina Gellrich	56:38.3	2nd 60-69
Pat LaChance	1:04:29.6	3rd 60-69
Chris Swiderski	1:14:05.7	

42 finishers

## It Takes A Village 5K

Warwick, R.I. – May 20, 2022

Marianne Currie	25:46	8:19	2nd 50-59
Georgia Panagopoulos	28:59	9:21	1st 60-69

106 finishers

## St. Augustine's 5K

Providence, R.I. – May 21, 2022

James O'Reilly	40:16	12:59	2nd 60-plus
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98 finishers

## Hamden Hills 5K

Hamden, Conn. – May 21, 2022

Sherri Condon	29:01	9:20	2nd 50-59
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75 finishers

## Evan's Run 5K

Norwell, Mass. – May 22, 2022

David Pember	29:02	9:20.7	3rd 70-plus
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307 finishers

## Wallis Sands Half Marathon

Rye, N.H. – May 22, 2022

David Simmons	2:37:19	12:01	4th 70-74
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547 finishers

## Wachusett Mountain Road Races

Princeton, Mass. – May 28, 2022

### 3-MILER

Steve Brightman	21:48	7:16	1st 50-59
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314 finishers

### 10K

Steve Brightman	40:13	6:28.3	1st 50-59
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260 finishers

## Woodstock Memorial Day 10K

Woodstock, Conn. – May 30, 2022

David Simmons	1:11:45	2nd 70-plus
Don Clukies	1:19:23	3rd 70-plus
Stan Kurzynski	1:21:49	
Pat Kurzynski	1:28:35	4th 60-69

124 finishers

*(Editor's Note: A very special thank you to those who submitted race reports and photos. They are ALWAYS welcomed, encouraged, and NEEDED! If you want to submit something from the past month to the next newsletter, please send an e-mail to EricBen24@cox.net!)*

## Race Calendar

### Saturday, June 11

9:30 a.m. -- Gaspee Days 5k, \$30, Scottish Rite Masonic Center, Broad Street and Rhodes Place, Cranston. Flat loop with festivities after the race including a parade. Sign up at [runsignup.com](http://runsignup.com).

10 a.m. -- Angels Giving Back 5k, \$35, Citizens Bank, 685 Greenville Ave., Johnston.

### Sunday, June 12

9 a.m. - Couch Potato 5k, \$25, MacColl YMCA, 32 Breakneck Hill Rd., Lincoln. A fundraiser for summer camp. [www.active.com](http://www.active.com)

9 a.m. - Saints Alumni & Friends 5k, \$25/\$30 + \$3.50, Slater Park, Pawtucket. Race put on by St. Raphael Academy. [www.runsignup.com](http://www.runsignup.com)

11:30 a.m. - Mass State Police Chase 5k, \$25, Route 9 Mass. State Police Headquarters. [runsignup.com](http://runsignup.com). Online registration only before June 11. Should be good post-race amenities.

### Tuesday, June 14

6:30 p.m. - Milton 5k/10k races, \$65/\$50/\$40, Milton, MA, Cunningham Park. A good course with some hills, but poor post-race amenities. Milton Junior Women's Club. [racewire.com](http://racewire.com)

### Saturday, June 18

9 a.m. - Mount Washington Road Race, preregistration/lottery starts on Feb 14-Feb 28 for individuals and clubs. Put this on your 2023 race calendar. 7.6 miles "just one hill" up the auto road. Weather dependent! [mt-washington.com](http://mt-washington.com)

### Sunday, June 19 (Father's Day)

9 a.m. - Fairhaven Father's Day 5k, \$25, Hastings Middle School, 30 School St, Fairhaven, MA. A flat loop north of Route 6, prizes to 80+ with father/child prizes and post-race snacks. Used to be a 10k. Must register before race. May get a glass/shirt with your pre-entry bib. [fairhaven-roadrace.org](http://fairhaven-roadrace.org)

### Thursday, June 23

7:30 p.m. - Summer Nights 5k, Mount Hope Farm, Bristol, a nice loop along Mount Hope Bay and open fields, some trail, some roads. Jay Paganelli Production with pizza, music, beer post-race. If you volunteer, you get a free entry into the Narragansett Running Fest in July. **THIS IS A GRAND PRIX RACE!** Ordinary registration is sold out, but dues-paid RIRR members can get in. [summernites5k.com](http://summernites5k.com), longest day of the year!!



### Saturday, June 25

6:30 a.m. - Independence Half Marathon, \$75, downtown Bristol opposite Independence Park. Race is a convoluted loop going out to Roger Williams University and snaking through Bristol finishing at Independence Park. **THIS IS A GRAND PRIX RACE!** A Sue/Karen production of Rhode Races, we will be volunteering at the first and second water stops. A great local race with terrific support, kicks off the Bristol Fourth of July festivities. [rhoderaces.com](http://rhoderaces.com) 🌟🌟😊

8 a.m. - AIDS Walk for Life 5k, \$32, Pierce Field, 201 Mercer St., East Providence.

### Sunday, June 26

8 a.m. - B.A.A. 10k Boston Common, \$65, 10,000 runners max. We will be volunteering, check with Johann; must be vaccinated. [baa.org](http://baa.org).

### Monday, July 4 (Independence Day)

8:30 a.m. - Billington Memorial 5k, \$30, Pierce Beach, Somerset, MA. A nice low key neighborhood race through residential Somerset and along the Taunton River. [raceroster.com](http://raceroster.com)

9 a.m. - Four on the Fourth \$30/\$35, Fairbanks Park, 177 Rustcraft Rd., Dedham MA, A great small race with over-the-top post race amenities barbeque/beer garden/music and a challenging hilly course through residential/dirt road paths. **THIS IS A GRAND PRIX RACE!** You must run this at least once! [raceroster.com](http://raceroster.com). 😊😊

9 a.m. - Arnold Mills Road Race, \$30, Cumberland. Second oldest race in R.I. - 54th year - and it's four miles. Trophies to seven age groups. **THIS IS A GRAND PRIX RACE!** Visit [www.arnoldmillsparade.com/road-race](http://www.arnoldmillsparade.com/road-race) to sign up.

9 a.m. - Gloucester Fourth of July Road Races, \$10, Chepachet Union Church. 5.5 miles or 1.8 miles for low price. T-shirt and water only. Fourth oldest race in R.I. - 49th year. Popular race among veteran RIRR runners from the northern part of R.I. Visit [www.glocesterrri.org/recreation.htm](http://www.glocesterrri.org/recreation.htm) to register or for more information.

### Saturday, July 9

9 a.m. - Little Compton Road Race, 4.8 miles, \$30, Wilbur School Gym, Little Compton. A large flat loop partly on Main Road, prizes to 80+, a town fair in the commons post-race sponsored by United Congregational Church, lite refreshments [runsignup.com](http://runsignup.com)

😊 = Best deals      😊😊 = Can't-miss event!