



Ocean Community YMCA RAY CHERENZIA BACK ROAD RAMBLE & FAMILY COOKOUT

Long Course: 5.8 Miles Short Course: 2.7 Miles

Registration closing and last bus departure to start is at 10:30am.

Date: Sunday, June 3, 2018
Time: 11:00am; Registration begins at 9:30am
Location: Camp Watchaug, 160 Prosser Trail, Charlestown, RI

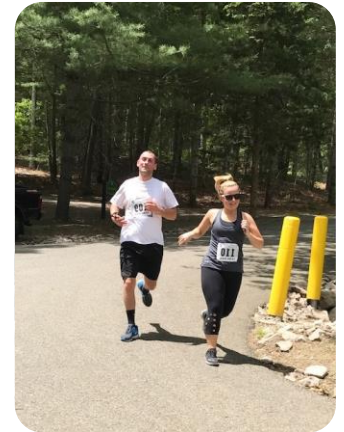
Course: NEW Long Course and Short Course! Highlights an exciting combination of single and double-track trails through pine forests, rock ridges, wooden bridge crossings, and along a Watchaug Pond beach. (Strollers prohibited for safety reasons). Transportation to start with finish at Camp Watchaug. **Free childcare provided to runners through YMCA. Be sure to complete registration information regarding child care.**

T-shirts: DRI-FIT SHIRTS to the first 100 registrants.

Post-Race Fun: FAMILY COOKOUT, WATER TRAMPOLINE, SWIMMING KAYAKING, CANOEING, BOUNCE HOUSE & MORE

Award Categories: Top Male and Female for both Long and Short Course Prizes will also be awarded by age groups

Cost: Pre-registration (up to May 22): \$20
Post-registration (after May 22): \$25
Family Activities **ONLY:** \$5/ person
\$10/family of 4



Additional Info: Web: www.OCEANCOMMUNITYYMCA.ORG

Waiver of Liability and Assumption of Risk:

In consideration of this entry being accepted, I hereby, for myself and my heirs, executors or administrators waive and release all rights and claims for damages I may have against the Ocean Community YMCA, its race committee and volunteers, the YMCA Corporation, and the State of RI for any and all injuries incurred before, during or after said race. I understand that the race is conducted on uneven terrain and public roads that will not be closed to traffic and I must carefully observe all rules of consideration and safety for myself. I further understand the risk in participating in this event.

Registration:

Sign up on-line with no additional charges at: www.oceancommunityymca.org
Or, mail check (payable to Ocean Community YMCA) and entry to: Arcadia Branch YMCA, PO Box 540, Wyoming, RI 02898

I will need Child Care for the race.
Ages of children

EVENT: LONG COURSE SHORT COURSE KIDS FUN RUN

Name: _____ Sex: Male : Female
Street Address: _____ DOB _____
City, State, Zip: _____ Age (6/3/2018): _____
E-mail address: _____
Shirt Size: Adult S Adult M Adult L Adult XL

Signature: _____ Date: _____

(Official Use Only)



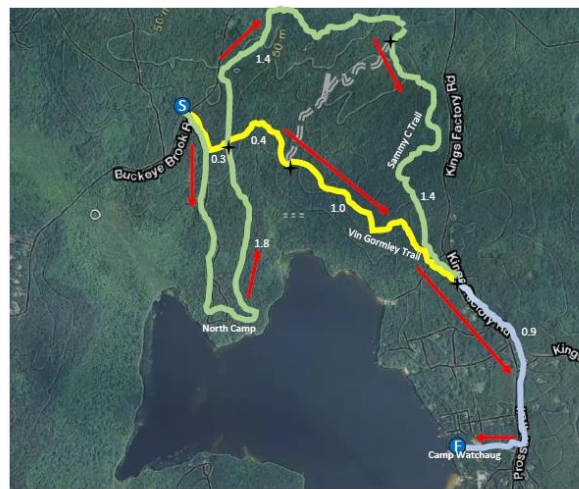
Ocean Community YMCA
RAY CHERENZIA BACK ROAD RAMBLE
Long Course: 5.8 Miles Short Course: 2.7 Miles
& FAMILY COOKOUT

The 7th Annual Ray Cherenzia Back Road Ramble and Family Fun Day will be held at Camp Watchaug, 160 Prosser, Charlestown RI on Sunday, June 3, 2018. This year features a long 5.8 mile course and a short 2.7 mile course. The trail races will start at 11:00am followed by a barbeque that is free to all race participants, kid's fun run, awards ceremony and family fun on Camp Watchaug's beautiful waterfront.

Course Description: The Back Road Ramble is a trail run with variable terrain consisting of rocks, roots, hills, and potential puddles and wet surfaces depending on weather. Appropriate footwear and attire is encouraged.

REGISTRATION & BUS INFO

Registration begins at 9:30am. Runners will be transported to the start by bus. There is NO parking at the start. Please park at Camp Watchaug and give yourself enough time to register and board the last bus to the start by 10:30am.



Two Course Options:
Short course: 2.7M
Long course: 5.8M

Parking:
Camp Watchaug,
160 Prosser Trail,
Charlestown, RI

Runners and walkers to be
bussed to start line.

Legend:
S - Start
F - Finish
+ 0.5 + - Mileage
- Short course
- Long course
- Road return (both)
- Intersecting trail

Start Location & Parking: All runners and guests are to park at Camp Watchaug and runners will be transported by bus to the official start of the race.

Prizes: Prizes will be awarded to overall Top Male and Top Female finishers of both courses as well as Top Male and Female: 18 and under, 18-39, 40-49, 50-59, 60-69, 70+

Child Care: The YMCA Child Watch staff will provide free child care for the runners. Be sure to complete the fields on the registration form regarding child care so we can have the proper ratio of children and care professionals for optimum safety.

Family Fun Day: Come enjoy the beautiful setting and camp activities including our water trampoline, kayaks, canoes, bounce house, beach volleyball, basketball and more!

For more information call the Ocean Community YMCA – Arcadia Branch 401-539-2306

Complete Official Registration Form on reverse.
To register online go to www.oceancommunityymca.org
then click the EVENTS tab on right.