



10th Annual **MEWS TAVERN**
“GEAR & BEER” 5K
Wakefield, RI
Sunday, November 22, 2009
@ 12:00 PM

Proceeds will benefit the
Special Olympics of South County, RI



- Course** A bicycle calibrated, accurately measured loop course starting and finishing at The Mews Tavern. Course Records: Mark Carroll 14:39 ('08) and Amy Rudolph 17:09 ('08) **\$500 Course Record Bonus!** (*to be split if both records are broken*)
- Registration** **\$22 ON LINE ONLY** at www.themewstavern.com/event_gear.php by **Nov. 18, NO MAIL-IN ENTRIES!**
\$30 on Race Weekend (Saturday from 1 to 4 pm and Sunday from 10 to 11:45 am)
Number pick-up will be held on **Saturday at The Mews Tavern from 1 to 4 p.m.**
(*Pick up your number and D-tag on Saturday and have your first beer on The Mews.*)
Race day registration opens at 10am at the Mews Tavern, 456 Main St., Wakefield, RI.
- T-shirts** Shirts guaranteed to the first 800 entrants. (*As available after 800.*)
- Awards** **CASH AWARDS** to the top three men and women winners overall (\$300, \$200 and \$100) and prizes to the top two men and women in the following age divisions: 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. No duplicate awards.
Overall awards based on **GUN TIME**; Age Division awards based on **CHIP TIME**.
Also, a **huge raffle** after the race of winter gear for your outdoor sporting needs.
- Refreshments** Brews & BBQ for Mews 5k entrants only. Please show wrist band for the buffet.
- Directions** From Route 1 North or South, take the Wakefield exit to Old Tower Hill Road which becomes Main Street. The Mews is 1½ mile ahead on the left.
Please arrive at least 45 minutes before the start time.
- Parking** **No parking on the race course.** Limited parking at South Kingstown Elks Lodge, limited parking at Wakefield Elementary School, 101 High Street (.2 miles from The Mews), 60 Belmont Ave., or at Arnold Lumber Main St. (.3 miles from The Mews).
Additional parking is available at South Kingstown High School, 215 Columbia Street (1 mile from The Mews).
Please do not park in the parking lots of the businesses that are open on Sunday.

D-TAG CHIP TIMING and Race Services by **Yankee Timing** and
+ORGANIZATION PLUS+ Road Race Management Services

For your safety and the safety of others, USA Track & Field Association (USATF)
prohibits the use of **Baby Joggers, Strollers, Pets, or Headsets** in road races.
Athletes who do not comply subject themselves to disqualification.

For more information, call (401) 783-9370, ext. 300 or e-mail tina@mewstavern.com
or visit **The Mews Tavern** web site at www.mewstavern.com.