

# 11th Annual West Island 5K Run/Walk & Kids Mile Fun Run

Sunday, April 21, 2024

10:00 A.M. – Kids 1 Mile Run; 11:00 A.M. – 5K Run/Walk  
41 Causeway Road, West Island, Fairhaven, MA 02719

*All proceeds go to the Fairhaven High School Cross Country,  
West Island Improvement Association Scholarship Fund,  
Strive and Achieve (www.striveandachieve.org)*

Course: Mostly flat and fast loop throughout scenic West Island with a fast downhill start and a challenging uphill finish. **USA Track & Field Certified Course: MA13007JK**

**Male Record – Riley Macon: 15:20 (2018); Female Record – Rachel Schilkowsky: 17:18 (2023)**

Registration: Online at [WestIsland5K.org](http://WestIsland5K.org) or complete the registration form below. Make your check out to “West Island 5K” and mail to 193 Cottonwood St., Fairhaven, MA 02719

**Race details and updates available at [WestIsland5K.org](http://WestIsland5K.org)**

Registration and Number Pick-up: 41 Causeway Road, Fairhaven, MA

- Saturday, April 20, 2:00-4:00 P.M., Sunday, April 21, 8:30-10:50 A.M.

Events: **Kids Mile Run: 10:00 A.M.**  
**5K Run/Walk: 11:00 A.M.**  
**Awards Ceremony: 12:15 P.M.**

Awards: Top 3 Male/Female Finishers; Top 3 Male/Female Age Group Finishers

- Age Categories: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Entry Fee: Kids Mile Fun Run: \$5.00 – all kids, anytime!  
5K Run/Walk: \$20.00 – K-12 students, anytime!  
\$20.00 – Adults registered prior to April 15th  
\$25.00 – Adults registered after April 15th

**\*\* Race Shirt or Beach Towel (\$5 EXTRA) guaranteed to the first 250 5K Run/Walk registrants \*\***

**\*\* Special Gift to all Kids Mile Runners \*\***

Cut and send form below

Cut and send form below

Cut and send form below

Event: 5K Run \_\_\_ 5K Walk \_\_\_ Kids Mile \_\_\_ 5K Shirt: Adult or Kids: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_  
OR Beach Towel: \_\_\_ (\$5 EXTRA)

Name (Print): \_\_\_\_\_ Age (on race day): \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Address: \_\_\_\_\_ City/Town: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Provider: \_\_\_\_\_ (for text results): E-mail: \_\_\_\_\_

#### WAIVER AND ASSUMPTION OF RISK:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the road and traffic; all such risks being known by me. Having read this waiver and knowing these facts, I, for myself, and my heirs and assigns, and anyone else entitled to act on my behalf, do waive and release the West Island 5K Race Committee, the Town of Fairhaven, and all sponsors, their directors, officers, and volunteers from all claims of liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race, even though that liability may arise from negligence or carelessness on the part of the persons named in the waiver.

Signature (Parent if under 18): \_\_\_\_\_ Date: \_\_\_\_\_