



*Westerly Track & Athletic Club*

# Race Frequently Asked Questions

## **Q: Are walkers allowed?**

A: Yes, walkers are welcome at all of our events. HOWEVER, in consideration of our volunteers' time, in events where we offer more than one distance, we respectfully ask walkers to choose the shorter course.

## **Q: Are dogs allowed?**

A: No. While many of us are dog lovers, our USATF sanction and liability insurance explicitly prohibits dogs in our races. You are more than welcome to warm up and/or cool down with a well-behaved, leashed dog, but not in the race itself.  
NOTE: Athletes who require a service animal as defined by the ADA in order to participate must contact us in advance so that we can make accommodations.

## **Q: Are headphones allowed?**

A: Headphones are allowed but discouraged, especially in our trail races. Runners need to be able to hear their surroundings, including other runners approaching.

## **Q: Are strollers allowed?**

A: Strollers are allowed but discouraged in our road races. Strollers are NOT allowed in our trail races. For runners that do run or walk with a stroller, we ask that you start towards the back of the pack. This is in the interest of all participants, including any children inside the stroller.

## **Q: Could you use volunteers?**

A: Absolutely! We are an all-volunteer running organization and rely on getting volunteers to put our races on. Positions include parking marshals, course marshals, course marking, setup, clean-up, etc. Many of our races have volunteer registration where you can and choose task(s) to sign up, but you can always e-mail us at [info@westerlytrackclub.org](mailto:info@westerlytrackclub.org) as well.

## **Q: Do you have sponsorship opportunities?**

A: Yes! Not for every race, but for several, and sponsors are critical for us to host our races. Please contact us for more info at [info@westerlytrackclub.org](mailto:info@westerlytrackclub.org).

## **Q: Do you offer refunds?**



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A: No. Unless we have to cancel a race or change a race date, we do NOT offer refunds. This is consistent with most races, and is because we have already incurred costs like permits, course planning, insurance, race transaction fees, and other expenses that cannot be easily recovered.

## **Q: Do you allow changing to a different distance?**

A: Yes, we always allow this, and often you can do this yourself on our RunSignup platform. Here is the process (*this may look slightly different on a mobile device, but the process is the same*):

- Log in to your RunSignup account.
- Click on your photo in upper right (or blank facial profile if you don't have a photo).
- Click on "Profile".
- Scroll down to find your applicable race registration and click "Manage Registration".
- Scroll down and click "Transfer Event" and then follow through until completion.

## **Q: Do you allow transferring a registration to a different participant?**

A: Yes, but the registration has to be changed in our registration system. You cannot simply give a different person your bib; otherwise results, places, and awards will unfairly and inaccurately impact other runners. If this happens, you and the person using the bib will be disqualified. Please notify us at least two days prior to race at [info@westerlytrackclub.org](mailto:info@westerlytrackclub.org).

## **Q: Do you allow deferring to a different WTAC race?**

A: Yes, we understand that circumstances change, but we ask that this be done at least one week in advance. Please notify us at least seven days prior to the race at [info@westerlytrackclub.org](mailto:info@westerlytrackclub.org).

## **Q: Do you allow race day sign up?**

A: Yes, although we highly discourage this as it negatively impacts our ability to plan and also our resources on race day. We charge \$5 additional for any race day sign-



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ups and these can only be done online on a computer or mobile device using a QR code that we have onsite.

## **Q: Are you taking steps to make your races more environmentally friendly?**

A: Yes. We established a “Green Team” in 2023 and since then, we have taken a number of steps to have our events be more environmentally sustainable. These steps include but are not limited to the elimination of single-use plastic bottles, changing from plastic to paper water cups, partnering with the Town of Westerly to collect used running shoes for recycling, utilizing compostable utensils instead of plastic, and eliminating all paper registration forms. We are also working with the RI Department of Environmental Management to obtain their Green Certification.

## **Q: Do you provide medals to race finishers?**

A: No. This is primarily from an effort to have our events be more environmentally sustainable, as is being requested of us by state and town agencies that approve and issue our race permits. The reality is that a number of race medals, especially for shorter distances like ours, end up in landfills. Thank you for understanding.

## **Q: Why do you run out of shirts at some of your races?**

A: From a cost, efficiency, and storage perspective, we really don’t want to have left-over shirts (or similar giveaway). We have to order shirts three weeks out, and we make our best estimate based on registration data and size information we have at that time. Anyone registering more than three weeks out typically gets the shirt in the size they requested (and saves money on registration!), and for anyone registering after that point, shirts are available first-come, first-served based upon order of registration. Once a particular size is no longer available, it will show as “Sold out”. Sign up early!

## **Q: Can I change my shirt size?**

A: If you made a mistake during the registration process, please notify us right away at [info@westerlytrackclub.org](mailto:info@westerlytrackclub.org) . Otherwise, by race day, all of our shirt sizes are typically fully allocated. We generally hold shirts only until race start, so you can come back after you finish your race and switch to anything available.



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## **Q: Are your course distances accurate?**

A: Our Clamdigger courses are USATF-certified. All our other courses\* are measured at least twice using a measuring wheel, and include a short-course prevention factor. We often get questions or comments about our courses being short or long based on a GPS watch reading, but the reality is the discrepancy is usually attributed to inherent GPS inaccuracies and/or not running the shortest possible route. *\*Note some of our trail race course distances are approximate due to the difficulty of using a measuring wheel over rocks, roots, and uneven surfaces.*

## **Q: Where are your results posted?**

A: All of our results, including course records and individual race results going back to 2000, can be found at <https://www.westerlytrackclub.org/results.html> .

## **Q: How are race proceeds used?**

A: We are an IRS recognized 501(c)(3) non-profit organization that supports recreational and competitive running. Proceeds from our events allow us to continue to support local youth running programs. This includes putting on free running events in the summer in Charlestown, Stonington, and Westerly, supporting high school running programs, and an annual scholarship program for local high school seniors.