

# The 2nd Annual West Island 5K Run & Kids Mile Fun Run

## *The West Island 5K Run/Walk & Kids Mile Fun Run*

It seems running a 5K for fun, charity or the challenge is increasingly more popular these days. If you haven't run one recently, chances are you know someone who has. Why are these races becoming increasingly popular? They are family oriented events – parents pushing strollers are not uncommon – and five kilometers or three miles is a relatively short distance. It's challenging, but not overwhelming or incredibly difficult to finish. Finishing a 5K is a goal that is achievable without requiring one to be a superstar athlete. The emphasis these days is on simply finishing, with the placement not terribly important except of course, for those with a personal goal or competing. In fact many simply walk the course. Anyone can do it!

My 11 year old daughter is a veteran of half a dozen 5K races which she has been running for years. I've seen people that many would consider "over-the-hill" or elderly not only finish, but finish very high in the rankings far ahead of the younger "whipper snappers." For these reasons, it's also a fantastic way to raise money for a good cause. It's accessible and doable by anyone, not limited to professional athletes or those who train on a consistent basis. When I mean anyone, I mean YOU!

### **Helping Some Great Causes**

New to the 5K "scene" is the [West Island 5K and Kids Mile Fun Run](#). This year's race is on **Sunday, April 28th** and is the second year with the race in which proceeds go to support scholarships for graduating cross country seniors and the Fairhaven High School Cross Country Program. In addition, a third benefactor will be the Crispin Demers Memorial

Scholarship Fund. Fairhaven High School Alumni Crispin Demers was a former FHS cross country runner and coach that lost his battle with cancer this past summer. The fund will go to his twins so they can gain a higher education in the future.

FHS Alumni Lyle Drew (1990) and Sal Corrao (1989) were inspired to create this event after learning that the Fairhaven High School Cross Country program had not been funded three years in a row. They were correct in their optimism and believing the community would come together and demonstrate enthusiastic support. In the inaugural run, there were 600 runners and walkers from the age of 2-83! As a result of business sponsorship and participant registrations they raised a record breaking (for Southeastern Massachusetts) \$12,800. Special mention should be made of the Cross Country Program's coach Jo-Anne (Haaland) Charette who has been doing so at no cost to the town.

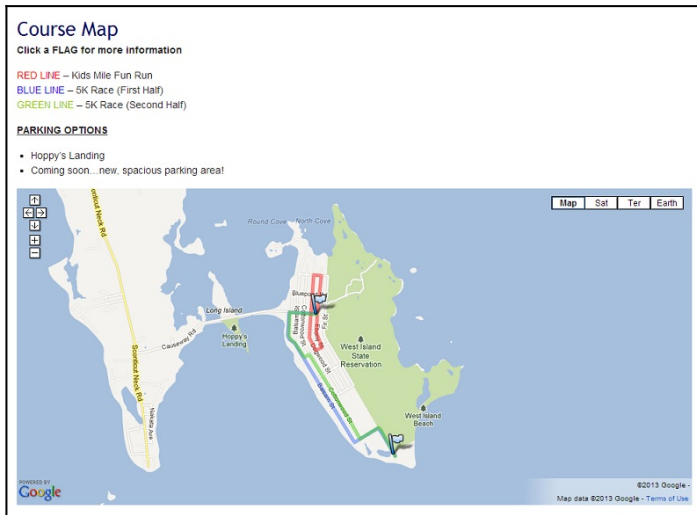
When asked what his personal motivation was for this 5K event organizer Lyle Drew stated, "This event is very important to me because it allows me and other alumni to give something back to our school and community. If that program was not available to me, I do not believe I would have had the opportunity to enjoy the unique benefits athletics teaches young men and women. The Fairhaven High School cross country program and its coach Steve Bender allowed me an opportunity to grow and develop into a confident and disciplined young man. Those traits allowed me to graduate college and serve our country in the United States Air Force for the past 18 years."

Alongside the 5K run/walk is a one-mile "Fun Run" for children. This much easier course is for those who simply want a family activity or want to participate but aren't in superb athletic shape or for the little guy or gal that wants to show their enthusiasm.

### **Prize Money, the Physical Course and How to Register**

Beside the personal challenge and helping out three great

causes, for those of you who want some icing on the proverbial cake or are financially or materially driven, there will be prize money for the top 3 overall male and female finishers and course record breakers. The first 600 registrants earn a free race shirt!



2nd Annual West Island 5K Run & Kids Mile Fun Run Course – Click to see Larger Image

The course begins with a downhill start, is mostly flat and winds through scenic West Island. Of course, the finish is uphill. Can't be too easy!

The races start at 41 Causeway Rd, West Island, Fairhaven, MA 02719. The “Fun Run” begins at 10:00 a.m and there is a \$5 entrance fee. The 5K race starts at 11:00 a.m. and there is \$15 entrance fee for K-12 students. If you register by midnight April 14th the registration fee is \$20. After that time, it is \$25. Registration may be in person, by mail or online. Online registration is open until 10 AM on Saturday, April 27, 2013. Registration for the 2nd Annual West Island 5K Run/Walk is [here](#) and registration for the Kids Mile Fun Run is [here](#). The top 3 male and female finishers in the following age categories will receive medals: 1-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. For more information or to register visit <http://WestIsland5k.org> or email [info@westisland5k.org](mailto:info@westisland5k.org).

If you are a local business or individual and interested in donating, sponsoring or volunteering your time with the planning, please contact their team at [info@westisland5k.org](mailto:info@westisland5k.org). If you would like to help out by making a larger donation or perhaps you cannot physically run or walk this race and would still like to help, you can make a donation online to either or both funds here: <http://westisland5k.org/donate/>

### **Photos from the 2012 Fairhaven West Island 5K**

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