

Popular West Island 5k Run/Walk & Kid's Mile Fun Run enters its fourth year

Since 2012 the West Island 5K has raised over \$40,000 for the Fairhaven High School cross country team and the Crispin Demers Memorial Scholarship fund.

Returning for its fourth year, the West Island 5K continues to grow and is a favorite for the local community. It offers something for everyone; the beginning runner or walker to the most seasoned athlete. A really special part of the event is the Kids Mile Fun Run. Each year approximately 50 to twelve year old children display an infectious enthusiasm and spirit as they run the 1-mile loop and excite the crowd with their determination and energy. This is truly something that will bring a smile to your face.

Since 2012 the West Island 5K has raised over \$40,000 for the Fairhaven High School cross country team and the Crispin Demers Memorial Scholarship fund. Crispin Demers was a FHS cross country runner and coach. He passed away in the summer of 2012 after fighting a brave battle against cancer. This year the Demers family will be presented a check from a portion of the proceeds raised to support the educational expenses of Crispin's twins.

Starting in 2016, the scholarships given to graduating FHS cross country seniors will be named the Crispin Demers Memorial Scholarship in order to honor his contributions to the program and keep his memory alive. Also, this year the proceeds from the event will go to a new non-profit, Strive and Achieve. Strive and Achieve advocates increasing the awareness and opportunities for local youth to pursue successful careers.

Scholarships will be awarded to young men and women with a demonstrated interest in working hard and striving to pursue a vocation geared toward their talents. Our goal is to help local youth find an affordable means to receive the training and education to achieve a successful career.

Local businesses continue to provide tremendous support to this event. For the second year, South Coast Colonial in Dartmouth and Brahmin will be the platinum sponsors. South Coast Colonial will also provide the pace car for this year's race. Northeast Maritime Institute will sponsor the post-race clam chowder made by Mac's Soda Bar. Euro at Phoenix will be sponsoring the pre-race spaghetti dinner on April 25, 5:30-7:30pm at the West Island Improvement Association. Tickets are \$10 and you can call 508-858-9108 to reserve your seat. Also, Howe Allen Realty is the Mile 1 sponsor, Marc A. Gadbois General Contractor is the Mile 2 sponsor, and Ryan Realty is the Mile 3 Sponsor. Wicked Kickin' Savory Cheesecakes is the Town Beach water stop sponsor. Finally, new this year, Jack Conway and Company will sponsor the Kids Mile Fun Run.

If you still have not registered for this year's race, you can go to westisland5k.org until 12:00pm on Saturday, April 25 to register online. You can also register on Saturday, April 25, 1:00-4:00pm at the West Island Improvement Association, 41 Causeway Rd. Number pick up will also occur at that time.

Registration and number pick-up will also be open on race day, April 25, 8:30-10:45am.
