

May 19, 2022

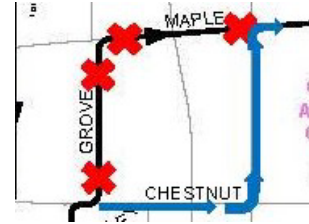


Tower Trot Participants:

Thank you for participating in the year's race!!! Below are few updates and reminders:

The detour for both the 5K and 10K course are still in place (same as 2021)

Starting at the intersection of Grove and Chestnut, runners will head east on Chestnut and then north on Woodland. This does not change the distance of the course, however this race is no longer a USATF certified course, due to the whole course having to be re-certified for this small change. Contact abriedis@wsprings.com if you have any questions. The updated race course is available for download at

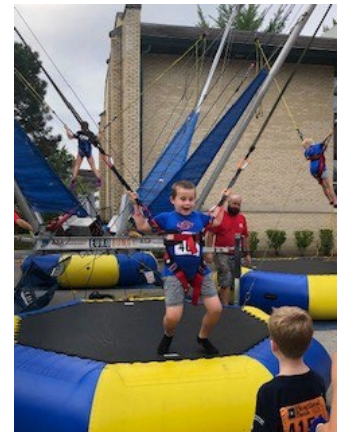


<https://wsprings.com/towertrot>

Packet pick-up is on Friday, May 27th, from 8 AM-6 PM, at the Grand Avenue Community Center. The Grand Avenue Community Center is also the start/finish of the course, located at 4211 Grand Ave.

Race Day packet pick-up and registration starts at 7 AM, also at the Grand Avenue Community Center.

Fun for the whole family! The Eurobungy Trampoline (<https://recordahit.com/product/eurobungy-trampoline/>) will be back again this year for the event! There is no cost, however a [waiver](#) form will need to be signed.



Mark May 27th, 2023 on your calendar for the 46th Annual Tower Trot!

Thank you! A big thank you to Healing Hearts for Ashley for partnering with us for this great event and furnishing volunteers to make it possible! Thank you to all of the sponsors of the race! Thank you to all of the Village Departments for helping with the set up! And thank you to all of the racers!

Donate to Healing Hearts for Ashley! Donations are accepted on-line at <https://runsignup.com/Race/Donate/IL/WesternSprings/WesternSpringsTowerTrot>

Feel free to contact me with any questions.

Thank you,

Aleks Briedis
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