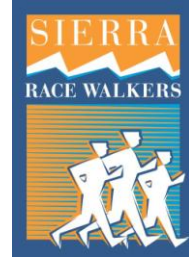




# 10 K Race Walk PA Grand Prix Championship



- Date:** Sunday, October 18<sup>th</sup> 2009
- Time:** Combined Men's and Women's 10K starting @ 9:00 AM
- Location:** On a certified 1K loop within William B. Pond Park in Sacramento  
There is a park entrance fee so carpooling will help there.
- Directions:** Take the Watt Ave N exit off of US 50 and proceed about 1.1 M north to Fair Oaks Blvd and turn right, proceed on Fair Oaks Blvd about 2.4 M then turn right on Arden Way. About ½ M Arden Way empties into the park.
- Entry Fee:** Pre-registration \$30 **Postmarked by Oct 10<sup>th</sup>**, Race day \$35,  
Please make checks payable to Sierra Racewalkers and mail to  
Sierra Racewalkers, PO Box 5221, Fair Oaks, CA 95628
- Eligibility:** Event is open to all race walkers of any age. Only those registered with PAUSATF are eligible for PA awards and Grand Prix Points.
- Awards:** PAUSATF Grand Prix medals for the first 3 female and male walkers.  
Age group medals for the top 3 M/F in 0-19, 20-39, 40-49, 50-59, 60-69, and 70+. Season ending Grand Prix trophies to be awarded as well.
- Brunch:** A brunch catered by Bella Bru is included for the walkers.  
Additional plates may be purchased for \$14.00 each.
- Info:** Joe Berendt, Phone: 916-725-3332, email: [jberendt@surewest.net](mailto:jberendt@surewest.net)



## PA CHAMPIONSHIP JUDGED 10K RACEWALK, OCT 18<sup>TH</sup> 2009

Wavier: Must be signed by each entrant. Entrants under 18 also need parent or guardian's signature

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Race Day Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone # \_\_\_\_\_ E-mail \_\_\_\_\_

F \_\_\_\_\_ M \_\_\_\_\_ 2009 USATF # \_\_\_\_\_ Club \_\_\_\_\_ Birth Date \_\_\_\_\_

Entry fee \$30 \_\_\_\_\_ # of additional people for brunch @ \$14 ea \_\_\_\_\_ Total Enclosed \_\_\_\_\_

I know that a track race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the event. In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators, or anyone else who might claim on my behalf, waive, release and forever discharge any and all rights and claim for damages which I may have or which may hereafter accrue to me against the Sierra Racewalkers Club, The Pacific Assoc., USATF, Sacramento County, its board of supervisors, officers, directors, agents, employees and volunteers, the race director and organizers, successors, and/or assigns; from any and all damages which may be sustained and suffered by me in connection with my said participation or arising out of my traveling to, participating in and returning from said event. This event is sanctioned by the Pacific Association. All athletes entered in any USATF sanctioned competition are subject to drug testing in accordance with USATF and IAAF Rules.

Signature: (Signature of parent or guardian if under 18 years of age.) \_\_\_\_\_

Date \_\_\_\_\_