

PAUL SMITH MEMORIAL 1 HOUR POSTAL

Date: Sunday – April 18, 2010

Time 9:00am combined men's and women's 1-Hour Postal racewalk.

Place: Bella Vista High School, 8301 Madison Ave., Fair Oaks, CA

Directions: **From BAY AREA:** Interstate 80 to Hwy 50, exit at Sunrise Blvd., north (left) approx. 4.1 mi. to Madison Ave., go east (right) on Madison approx. 0.9 mi. to Bella Vista High School on the left.
From ROSEVILLE: Sunrise Blvd. South to Madison Ave., go east (left) on Madison approx. 0.9 mi. to Bella Vista High School on the left.

Description: USA Track & Field sanctioned judged race walk on 400 meter all-weather track

Eligibility: All race walkers welcome

Awards/Prizes: Top 10 Male & Top 10 Female

Entry Fee: Pre-registration **\$20**
Race day registration **\$25**

Make check payable to: **Sierra Race Walkers**
PO Box 5221
Fair Oaks, CA 95628

For information: Call Joe at (916) 725-3332 or email at jberendt@surewest.net.

REGISTRATION FORM - DETACH AND MAIL IN – SAVE UPPER PART FOR INFORMATION



Paul Smith Memorial 1 Hour Race Walk

Entry Fee \$ _____ (\$20 before, or \$25 on Race Day)

Club Affiliation _____ Age on Race Day _____

Name (first last) _____ Gender: F _____ M _____

Address/City/State/Zip _____

Telephone _____ Email _____

WAIVER: I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the Sierra Race Walkers, USA Track and Field, Bella Vista High School, the race directors, organizers, and volunteers from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. I further attest that I am physically fit and have trained to participate in this event.

Entrant/Guardian Signature _____ Date _____