

Quilantang Memorial 5K Race Walk

NOCRAP GRAND PRIX 5
First of Six Events

Date Sunday – April 21, 2002
Time 8:30 am (Gates Open at 7:30 am)
Place Rancho Cordova High School (Rancho Cordova)

Directions: From BAY AREA: Interstate 80 to Hwy 50 (Placerville) exit Mather Rd, north on Mather to Folsom Blvd, east (right turn) on Folsom to Coloma (left turn) left on Chase to Rancho Cordova High School.
From ROSEVILLE: Sunrise Blvd. To Coloma (right turn) to Chase (right turn) High School on right. **Track located at rear of school.**

Course 400 –meter All Weather track

Entry Fee Pre-registration **\$15** until April 20, 2002
Race day entry fee **\$18**.

Eligibility All race walkers welcome. (Men's & Women's Races)

Awards Medals awarded to top three men & women in five-year age groups.

Send Registration Form to: **Sierra Race Walkers** For information:
PO Box 5221 Call (916) 725-4326
Fair Oaks, CA 95628 E-Mail teamsierra@hotmail.com

REGISTRATION FORM

NAME _____ **MALE** **FEMALE**

ADDRESS _____ **CLUB AFFILIATION** _____

CITY, STATE and ZIP _____

FEE ENCLOSED \$ _____ **(Make Checks Payable to SIERRA RACE WALKERS)**

DATE OF BIRTH _____ **AGE (Race Day)** _____ **PHONE NUMBER ()** _____

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, Placer Union 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.

All athletes in any USATF sanctioned competition are subject to drug testing in accordance with USATF & IAAF rules.

SIGNATURE _____ **DATE** _____

Multiple races. Women's 5K starts at 8:30 a.m. This walking event will also include Sacramento Senior Games walks which will qualify competitors for the State Senior Games Championships in San Jose this August. To qualify for Senior Games you must register for Senior Games also.

WALK SCHEDULE: 8:30 Women's 5K 9:30 Women's 1500 Meter Novice 9:45 Men's 5K
10:30 Women's 1500 meter 10:45 Men's 1500 Novice 11:01 Men's 1500 meter