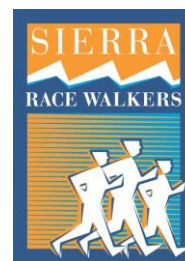




USA Pacific Association Grand Prix 10 / 20Km Western Regional Race Walk Championship



- Date:** Sunday, September 29th, 2019
Time: 8:00AM Combined Men's and Women's 10 and 20 Kilometer Races
Location: Certified* 1 km loop within William B. Pond Park in Sacramento
Directions: Take the Watt Ave N exit off of US 50 and proceed about 1.1 miles north to Fair Oaks Blvd and turn right, proceed on Fair Oaks Blvd about 2.4 miles then turn right on Arden Way. In about ½ mile Arden Way enters the Park. There is a \$5 County Park entrance fee (or you can park outside and walk in).
Entry Fee: Pre-registration \$40 if **Postmarked by Sep 22nd**; or Race Day \$45. Please make checks payable to Sierra Racewalkers and mail to: Sierra Racewalkers, 7073 Enright Dr., Citrus Heights, CA 95621
Eligibility: Event is open to all race walkers of any age. Only PAUSATF members are eligible for PA awards and Grand Prix Points.
Post Race: Potluck picnic in the Park, Awards and Annual Pacific Association meeting. Lunch is \$5 (for athletes and guests) OR bring a salad, side, or dessert to share. Deli sandwiches and fixings will be provided.
Awards: PA Grand Prix Awards for the 1st three Female and Male Race Walkers in each race. Season ending and other awards may be presented.
Info: Joe Berendt, Phone: 916-725-3332, email: jberendt@surewest.net



USATF Pacific Association RACE WALK CHAMPIONSHIPS SEP 29, 2019

Waiver: 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 _____ 2019 USATF # _____ Club _____ Birth Date _____

DISTANCE (ONE ONLY) _____ 10K **OR** _____ 20K (20K finishers are also eligible for 10K scoring)

Entry fee BEFORE Sep 22 \$40 _____ - or - Entry fee RACE DAY \$45 _____

(ONLY IF NOT bringing a dish to share...) # People for Lunch _____ x \$5 each = \$ _____

I know that race walking 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. *Course Certification # CA19013DT

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

Date _____