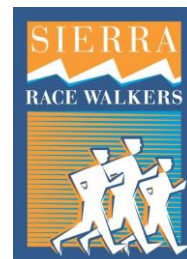




USA Track & Field Pacific Association 3 Km POWER WALK



- Date:** Sunday, September 29th, 2019
Time: About 10:30am, AFTER the 10 Km & 20 Km Racewalks
Course: Three laps on a certified* 1 kilometer loop within William B. Pond Park in Sacramento, CA.
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 \$20 **Postmarked by Sep 22nd**, or Race Day \$25.
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 walkers of any age. This event is conducted under the rules of the **United States Power Walking Association**.
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: Prizes will be awarded for the first three Male and Female Power Walkers
Info: Joe Berendt, Phone: 916-725-3332, email: jberendt@surewest.net



USATF Pacific Association 3 Km POWER WALK, Sep. 29th 2019

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

Last Name _____ First Name _____ MALE/FEMALE _____

Address _____ City _____ State _____ Zip _____

Telephone # _____ E-mail _____

Entry fee BEFORE Sep 22 \$20 _____ - or - Entry fee AFTER Sep 22 \$25 _____

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

I know that a power walk 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 _____