



Pacific Association
Grand Prix Race & 20K Championships
Plus: Open 5K and 10K



Hosted by: **Marin Race Walkers**
Sunday, September 11, 2011

- TIME:** 8:30 AM (Number pick-up and race day registration from 7:30 AM to 8:00 AM)
- VENUE:** Martin Luther King Jr. Regional Shoreline Park, Oakland, California (Arrowhead Marsh)
- COURSE:** Certified 2.5K loop
- ENTRY FEE:** Pre-registration: \$40 (20K), \$40 (Open 5K & 10K), Under 18 No Charge Postmarked by August 31st
Race Day: \$50 (20K), \$50 (Open 5K & 10K) – Under 18 \$25 Checks payable to Marin Race Walkers
- ELIGIBILITY:** This is a judged race, all are welcome, but only USATF Members are eligible for 20K Championship awards and only PA/USATF registered athletes are eligible for PA awards and Grand Prix Points. Awards to top three men and women in 20K event. *(PA/USATF registration available on-line at www.pausatf.org)*
Note: PA/USATF registration is NOT required for Open 5K & 10K awards
- DIVISIONS:** M/F 60+, 50-59, 40-49, 20-39, 16-19, 13-15, 12 & under
- INFORMATION:** Sandy Backer, (Phone) 415-663-8677 / E-mail: sandy.backer@att.net
- DIRECTIONS:** From intersection of Route 880 and Hegenberger Road, go west on Hegenberger toward airport, ¾ mile to Pardee Drive. Turn right past the Post Office, ¼ mile to Swan Way. Left on Swan Way for 0.1 mile to entrance of MLKing Jr. Regional Shoreline Park (Arrowhead Marsh). Through gate and proceed to parking lot at end of road.
- POTLUCK:** Please bring your favorite dish to share: Surname (A-J Main Dish), (K-O Dessert), (P-Z Salad)
- VOLUNTEERS:** Needed - Lap Counters, Check-In, Aid Station, etc. – Contact Sandy if you can help



.....✂️.....

Mail Pre-Race Entries to: Sandy Backer, PO Box 1256, Point Reyes Station, CA 94956
Pre-Race Entry Fee: \$40 (20K), \$40 (Open 5K & 10K), Under 18 No Charge Postmarked by August 31st
Race Day Fee: \$50 (20K), \$50 (Open 5K & 10K) Under 18 \$25

Athlete's Name: _____ Male: Female: Age (Race Day) _____
(PLEASE PRINT)

Race Entered: 20K 10K 5K

Address: _____ Birth Date ____/____/____

City: _____ Sate _____ Zip _____ Phone # (____) _____

T&F Club Affiliation: _____ PA/USATF # _____
(Optional) (Mandatory for Championship and PA/USATF Grand Prix Events)

Waiver: 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 claims for damages which I may have or which may hereafter accrue to me against the Marin Race Walkers; the Pacific Association or USATF, MLK Jr. Reg. Shoreline Park (Arrowhead Marsh) and its employees and agents, the race directors, organizers and volunteers, or their respective officers, agents, representatives, 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. The event is sanctioned by the Pacific Association. I further attest that I am physically fit and have trained to participate in this event. **All athletes entered in any USATF sanctioned competition are subject to drug testing in accordance with USATF & IAAF rules.**

Signature: _____ Date: _____
(Signature of parent or guardian if under 18)