



PA Grand Prix 10K Race Walk Championship And A Fun 5K Race Walk



Date: Sunday, October 20th 2013

Time: Combined Men's & Women's race 10K and 5K @ 8:00am

Location: On a certified 1K loop within William B. Pond Park in Sacramento
There is a park entrance fee so carpooling will help there.

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 about 2.4 miles then turn right on Arden Way. After about 1/2 mile Arden Way empties into the park.

Entry Fee: Pre-registration \$35 (10K), \$25 (5K) **Postmarked by Oct 15th** Race Day \$40.
Please make checks payable to Sierra Racewalkers and mail to:
Sierra Racewalkers, PO Box 5221, Fair Oaks, CA 95628

Eligibility: Event is open to all race walkers of any age. Only those registered with PAUSATF and racing the 10K are eligible for PA awards and Grand Prix points.

Awards: PA Grand Prix awards for the 1st three female and male walkers, and Season Grand Prix Awards.

Brunch: A brunch is included for all walkers and judges.
Additional brunches for guests may be purchased for \$13.00 each.

Info: Joe Berendt, Phone: 916-725-3332, email: jberendt@surewest.net



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PA JUDGED 10K CHAMPIONSHIP & 5K RACEWALK, OCT 20TH 2013

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 _____ 2013 USATF # _____ Club _____ Birth Date _____

Entry Fee \$35 (10K) _____ \$25 (5K). #of additional guests for brunch @ \$13 each _____ Total Enclosed _____

I know that a track race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree 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 Association, USATF, Sacramento County, its board of supervisors, officers, directors, agents, employees and volunteers, the race director and organizers, successors, and/or assigns; arising 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.

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

Date _____