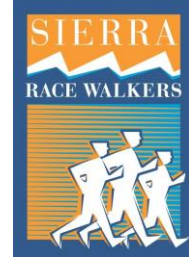




**Pacific Association
Grand Prix 10 K
Race Walk Championship**
Hosted by Sierra Race Walkers



Date: Sunday, October 29th, 2017
Time: Combined Men's and Women's 10K @ 8:00AM
Location: On a certified 1K loop within William B. Pond Park at 5700 Arden Way, Carmichael, CA.
Directions: From US-50 take Watt Ave N exit and proceed north about 1.1 M, turn right on Fair Oaks Blvd, proceed about 2.4 M then turn right on Arden Way. About ½ M Arden Way leads into the park; buy a parking pass before driving to the very end of the parking lot(s).
Entry Fee: Pre-registration \$40 (10K), **Postmarked by Oct 23th**, 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 those registered with PAUSATF and racing the 10K are eligible for PA awards and Grand Prix Points.
Post Race: Potluck picnic in the Park, Awards and annual PA meeting. Fixings will be provided for Deli sandwiches. . **Please bring a salad/dessert to share.**
Awards: PA Grand Prix awards for the 1st three female and male walkers, and additional awards may be presented depending on the number of competitors.
Info: Joe Berendt, Phone: 916-725-3332, email: jberendt@surewest.net



PA JUDGED 10K CHAMPIONSHIP OCT 29TH 2017

Wavier: 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 _____ 2017 USATF # _____ Club _____ Birth Date _____

Entry fee \$40 (BEFORE 10/23) _____ or \$45 (AFTER 10/23) _____

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 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.

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

Date _____