



GOLDEN GATE RACE WALKERS FOUNDER'S DAY RACEWALKS

Pacific Association Grand Prix Race and 20Km Championships

Also: Open 10 Km, 5Km



Sunday, September 13, 2009

TIME: 8:30 a.m. (Number pickup and race day registration from 7:30 a.m. to 8:00 a.m.)

PLACE: Martin Luther King Jr. Regional Shoreline, Oakland, California (Arrowhead Marsh)

COURSE: Certified 2.5 km loop

ENTRY FEE: Pre-registration: \$20 for 20Km; \$15 for Open 10 & 5Km. **Postmarked by August 29. Race Day:** \$25 for 20Km, \$20 for Open 5Km. *Please make checks payable to Laura Cribbins*

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 20Km. (PAUSATF registration available online at www.pausatf.org.)

Note: PA/USATF registration is NOT required for Open 10 Km 5Km awards.

DIVISIONS: M/F 60+, 50-59, 40-49, 20-39, 16-19, 13-15, 12 & under. (GGRW Awards only.)

INFORMATION: Laura Cribbins, Phone: 408-621-5857, Fax: 603-737-1120, email: LCWALK@aol.com

DIRECTIONS: From intersection of Route 880 and Hegenberger Road, go west on Hegenberger toward airport, 3/4 mile to Pardee Drive. Turn right past the post office, 1/4 mile to Swan Way. Left on Swan Way 0.1 mile to entrance of MLKing Regional Shoreline Park (Arrowhead Marsh). Enter gate, proceed to parking lot at end of road.

POTLUCK: Please bring your favorite dish to share: (last names) A–J Main Dish, K–O Dessert, P–Z Salad.

VOLUNTEERS: Needed—Lap Counters, Check-in, Aid Station. Contact Laura if you can help!

MAIL PRE-ENTRIES TO: Laura Cribbins 2937 El Sobrante St. Santa Clara CA 95051

PRE-ENTRY FEE: \$20 for 20K; \$15 for Open 10K, 5K, postmarked by August 29.

RACEDAY FEE: \$25 for 20K; \$20 for Open 10K, 5K.

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

Race Entered: 20Km 10Km 5Km

Address: _____ Birth Date ____/____/____

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

T&F Club affiliation: _____ PA/USATF # _____
(Optional) (Mandatory for Championships 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 Golden Gate Race Walkers; The Pacific Association or USATF; Martin Luther King 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. This 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)

