

**SILVER STATE ELEVENTH ANNUAL ALL-COMER RACE
3000 M PA GRAND PRIX AND USATF WESTERN REGIONAL CHAMPIONSHIP
JUDGED RACE WALK (USATF SANCTIONED, CONDUCTED UNDER USATF RULES)**

Date: Saturday, August 14, 2010

Time: Women's Race walk, 7:15 AM; Men's Race walk, 8:10 AM

Ages: Five to One Hundred.

Location: Reno High School Track, near the corner of Hunter Lake and Foster Drives, Reno, NV

Race walkers must be USATF members to be eligible for awards. USATF applications will be available race day (\$29.95). Join USATF on-line at <http://www.pausatf.org/> or www.usatf.org.

Fees: \$20.00 pre-register by August 6, 2010; \$25.00 race day; \$5.00 Strider or PRO member discount.

Registration: Make checks payable to the Silver State Striders. By mail **Postmarked by August 6, 2010** to Linda Collier, 13115 Companion Court, Reno, NV 89511,

- RACE DAY REGISTRATION ON SITE, 6:30 AM to 7:00 AM (women) or 7:55 AM. (men)

RESULTS: Will be posted after each race.

AWARDS: PAUSATF Grand Prix medals for first three female and male walkers; Western Regional Championship medals for race walkers 1st through 3rd place in each age group of 5-year increments.

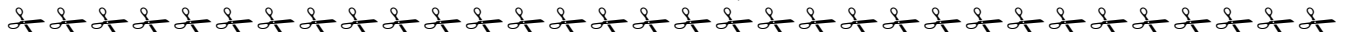
CASH PRIZES for Top Age-Graded Male-Female-Combined Race Walkers and for First Place Male and First Place Female

(See <http://www.pausatf.org/data/rwagegrade.xls> for calculating individual age grade as a percentage of world-record speed.)

SPONSORS

SILVER STATE STRIDERS AND PACIFIC RACEWALKERS ORGANIZATION (PRO),

RALEY'S AT MAYBERRY, BUENOS GRILL



SILVER STATE USATF SANCTIONED ALL-COMER RACE

3,000-METER JUDGED RACEWALK

SATURDAY, AUGUST 14, 2010

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

Last Name _____ First Name _____ Race Day Age _____

Address _____ City _____ State _____ Zip _____

Telephone number _____ E-mail _____

Gender: F _____ M _____ Silver State Strider Member: Yes ___ No ___ 2010 USATF number _____

PA-USATF Club/Team Name (optional) _____ Birth Date (mm/dd/yyyy) _____

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. I assume all risk associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, and track conditions, all such risks being known to and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Silver State Striders and Pacific Racewalkers Organization (PRO), their officers, directors, race directors and agents; Reno High School; Washoe County School District; Washoe County; City of Reno; State of Nevada; USATF; all sponsors; their representatives and successors, from any and all claims or liabilities, real or alleged, of any kind, arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose. I understand that the Silver State Striders reserve the right to reject any application and/or issue special entry invitations at their discretion.

Entrant Signature _____ Guardian Signature _____ Date _____