

# PA Grand Prix 20K Race Walk Championship



Hosted by the USATF Pacific Association  
Sunday November 18, 2012

**Races:** 20K Pacific Association Grand Prix Championship.  
5K non-championship race

**Time:** 9 AM (Packet pickup and race-day registration from 7:45 – 8:45 AM)

**Place:** William Pond Recreation Area, Sacramento, CA

**Directions:** From Highway 50, take the Watt Ave exit North. After about 1.1 miles turn right onto Fair Oaks Blvd. After about 2.4 miles, turn right on Arden Way, which ends at the park. Turn right, pay entry fee at the kiosk, and proceed to the last parking lot.

**Awards:** Pacific Association Medals for first three places, male & female.  
5 year age group medals. Pacific Association Grand Prix points.  
5K - ribbons for top three male and female.

**Eligibility:** All racewalkers of any age. Awards only to PAUSATF members.

**Post-race Awards Party:** Bella Bru Restaurant

**Entry fee:** \$25 postmarked by November 13. \$35 after November 12 and on race day.

Athlete's name: Last \_\_\_\_\_ First \_\_\_\_\_ Age on race day \_\_\_\_\_

Address: \_\_\_\_\_ USATF # \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Club affiliation \_\_\_\_\_

Telephone number (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Waiver: I know that a race walk 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 Race Walkers; the Pacific Association or USATF; the County of Sacramento and its officials, officers, agents, employees and volunteers; 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. All athletes entered in any USATF sanctioned competition are subject to drug testing in accordance with USATF and IAAF rules.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian if under 18

Race entered: \_\_\_\_ 20K \_\_\_\_ 5K Sex \_\_\_\_F \_\_\_\_M Race entry fee enclosed \$ \_\_\_\_\_

Write check to Sierra Race Walkers

Send to Ann Gerhardt, P.O. Box 19274, Sacramento, CA 95819