**Date**: Saturday, October 5th, 2024

**Time:** 9:00AM Combined Men’s and Women’s 10K Race Walk

10:50AM 1K Power Walk

11:20AM 1K Run

**Location:** 1K loop on the road fronting Robla Community Park (certification pending before October 5)
625 Bell Ave, Sacramento, CA

**Directions:** Take Interstate 80 exit #90 Norwood Ave and proceed north one half mile to Bell Avenue.

Turn right on Bell Ave, drive about one quarter mile to Robla Park on left.

Free parking in small parking lot, or on streets nearby.

**Entry Fee:**  Pre-registration for 10K $35 if paid online by Sep 28; afterwards through Race Day $45.

$10 Power Walk, $10 Run, $15 for both.

 Please make checks payable to **Pacific Association USATF** and mail to:

 **Susan Mears, Treasurer, PO Box 1122 Yachats, OR 97498**

**Eligibility:** Event is open to all race walkers of any age. Only PA USATF members

 are eligible for Pacific Association awards.

**Post Race:** Awards follow the race. Participants are invited to enjoy the activities of the Health

Education Council (HEC) Walk for Health event in Robla Park.

**Awards:** Pacific Association RW medals for the 1st three Female and Male Race Walkers in each race.

**USATF Pacific Association RACE WALK CHAMPIONSHIPS OCT 5, 2024**

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender F\_\_\_\_ M \_\_\_\_ 2024 USATF #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DISTANCE 10K ONLY REQUIRES USATF #, NOT REQUIRED FOR ALL OTHER RACES.

ENTRY FEE (Circle **ONE** only) BEFORE Sep 28 $35 **OR** RACE DAY $45

I know that race walking 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 Pacific Assoc., USATF, Sierra Race Walkers club, Health Education Council, City of Sacramento, Sacramento City Council, officers, directors, agents, employees and volunteers, the race director, medical personnel, 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.

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

Hard copy will be signed in person on day of event.