



2010 Oregon Association 5K Racewalk Championship
Sunday, March 7, 2010 – 10:00 AM

Location: **Banks High School Track**
Banks, Oregon

Directions: Take Highway 26 West to Highway 6 South (left exit). Take the Banks exit off Highway 6. At the stoplight, turn left. Banks High School is approximately ¼ mile down the road on your right.

Course: 400 meter track. Race will be judged according to USATF rules.

Divisions: Male and Female: Youth, Open (Under 39), Masters (40-49) (50-59) (60-69) (70-79) (80+). Awards will be given. Association medals 3 deep for Youth/Open/Masters age groups.

Other Info: If you are planning to participate, please bring a lap counter. We will train!

Entry Fee: **\$10.00. Note: entry is day of race only (registration will be held 8:30-9:30 am). No late fee.** Please notify the Race Director if you plan to participate – this will assist in providing a good experience for all participants.

Race Director: Marie VerMeer, orrwofficials@yahoo.com, 503-256-2916

Oregon Association 5K Racewalk Championship Registration Form – March 7, 2010

Name: _____ Phone: _____ Gender: M F
Address: _____ Race Day Age: _____ DOB: _____
City: _____ State: _____ Zip: _____ E-Mail: _____
Total Enclosed: _____ Best Previous 5K Time (if known): _____

In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound, for myself, my executors, administrators and assignees, do hereby waive and release the sponsors of this walk, Racewalkers Northwest, USATF, and all persons and agencies connected with this walk from all claims for damages arising from my participation and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this competitive walking event.

Participant Signature (and parent/legal guardian signature if under 18): _____