

Entry Form

TCRW Race Walking Championships

Name _____

Address _____

City _____

State/Province _____

ZIP/Postal Code _____

Country _____

Telephone _____

E-Mail _____

Age On Race Day _____ Birth Date _____

Sex Male Female

Expected Pace/km _____ (optional - for seeding)

T-Shirt Size S M L XL one t-shirt included

Citizenship USA Canada Other

USATF Member # _____ Association _____

Team Name _____

Required for Canada vs. USA 10km Junior Dual - optional otherwise

Vegetarian (if ordering pasta dinner)

I have a disability & request accommodation

Select All Distances That Apply

20km 7:30am start Must complete in 2 hours or less

15km 7:30am start

10km 7:30am start

3km 9:30am start

Indicate Events You Are Eligible For

USA 15km Race Walking Open Championship
US Citizenship Required

USA 15km Race Walking Junior Championship
US Citizenship Required

Canada vs. USA 10km Race Walking Junior Dual Meet
Athletics Canada or USATF Junior Team Membership Required

USATF North Region 15km Race Walking Open Championship
Must be member of USATF Association: Dakotas, Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Ohio, Ozark, Minnesota, Missouri Valley, Nebraska, West Virginia or Wisconsin

USATF Mid-America Region 15km Race Walking Masters Championship
Must be member of one of these USATF Associations: Colorado, Dakotas, Iowa, Minnesota, Missouri Valley, Nebraska, Ozark

USATF/MN 15km Race Walking Championship
Must be a member of USATF Minnesota Association

TCRW 20km Race Walk
Must complete 20km in 2 hours or less

TCRW 15km Race Walk

TCRW 10km Race Walk

TCRW 3km Race Walk

Entry Form — Continued

TCRW Race Walking Championships

Compute Entry Fee

Event or Item	Unit Cost	Qty	Total Cost
10k/15k/20k Race Walk (includes 3km + 1 T-shirt)	\$35	_____	_____
3k Race Walk	\$5	_____	_____
Women Only Race Walk Clinic (includes 3km)	\$60	_____	_____
Pasta Dinner Saturday Evening	\$10	_____	_____
T-Shirt: Canada vs. USA 10k Jr Dual	\$10	_____	_____
T-Shirt: USA 15km Championship	\$10	_____	_____
T-Shirt: Twin Cities Race Walkers	\$10	_____	_____
Late Fee: Post Marked After Aug 10 Or Saturday Aug 19 Registration	\$10	_____	_____

Total Due: _____

Make Check Payable to Twin Cities Race Walkers

Mail by Aug 10, 2006 to

Twin Cities Race Walkers
638 Summit Ave.
Saint Paul, MN 55105
USA

Picture & Video Release: I grant all sponsors the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. I further agree I will not seek remuneration for such photos and publicity. All sponsors are, however, under no obligation to exercise said rights herein granted.

Waiver: I desire to participate in one or more of the Twin Cities Race Walkers events. I realize that participation in these races carries with it certain risk, and I fully assume any and all risks for my participation. Therefore, I, for myself, administrators, heirs, next of kin, successors and assigns, waive and release anyone associated or affiliated with this event, USATF, USATF/MN and Twin Cities Race Walkers (The Releasees) from any and all claims, potential claims, damages, court costs and attorney's fees that may arise from my participation in the event. Furthermore, I agree to indemnify and hold harmless the Releasees for any damages from any such claims or damages due to loss or destruction of my personal property while at the event site or property.

Signature
(by parent or guardian if participant is under 18)

Date

**Canada vs. USA
10km Race Walking Junior Dual**

USA 15km Race Walking Championships

USATF North Region

15km Race Walking Championships

USATF Mid-America Region

15km Race Walking Masters Championships

USATF Minnesota Association

15km Race Walking Championships

Twin Cities Race Walkers

20km/15km/10km/3km Race Walk

August 20, 2006
Bloomington & Minneapolis, MN



- Top 11 Reasons You Should Come**
- 11 T-shirt with a cool design
 - 10 The snow will be melted by August
 - 9 No motor vehicles on the course
 - 8 USA's largest indoor water park
 - 7 The course is flat, smooth, straight
 - 6 Be green. Take the light rail
 - 5 Mosquitoes make you walk faster
 - 4 One overpass every 100 meters
 - 3 You can try to set a US Record
 - 2 The largest indoor shopping mall
 - 1 **It's a National Championship!**

Individual Awards Canada vs. USA - 6-deep
USA 15km - 6-deep + 3-deep age groups
All other events 1-deep + 3-deep age groups
Overall winner excluded from age groups

Team Awards Canada vs. USA - 1-deep
USA 15km - 3-deep

Airport Airport Code: MSP.

Event Hotel Country Inn & Suites
2221 Killebrew Drive
Bloomington, MN 55425
952-854-5555

Group Code Racewalk
\$120/night
2 Queen beds

Getting Around Country Inn & Suites provides shuttle service to the airport, light rail and Mall of America. Light rail takes you straight to the course.

USATF Certified Course MN-05045-RR. A 2km loop with start-finish located exactly in the center. Split times every km. The course is straight, flat and smooth. The course stretches from 17th Ave to Chicago Ave along the rail-to-trail route with start-finish located at 1302 29th St E Minneapolis, MN 55407.

Records We have the existing records, the forms, and the required officials in case anyone sets a US record (open or age-group) for 5km, 10km, 15km or 20km. Remember, USATF rule 262.3.b, you must complete the distance entered for intermediate times to qualify for a record.

Pick Your Distance From a single 7:30am start, you can select one or more distances: 10km, 15km or 20km. If you enter the 20km, you must finish in 2 hours or less, or you will be disqualified. Walk 3km with the community at 9:30am.

Pasta Dinner Pasta Diner 6pm Saturday evening at the event hotel. Catered by TGI Fridays. Vegetarian and Meat entrees. \$10/person

Packet Pickup 3-7pm, Saturday, August 19 at event hotel

Women Only Clinic Amber Antonia offers race walk clinic for women only on Saturday 1-5pm. Woman specific training issues, technique issues and more. Includes a video review of the clinic participants in any of the races on Sunday 11am-1pm. Includes entry into 3km. \$60/person

Places Of Interest The Mall of America is across the street from the event hotel. The USA's largest indoor water park is just down the street. Experience the Minnesota version of the great out-of-doors on our lakes and streams.

More Info Bruce Leasure
651-330-9355
info@twincitiesracewalkers.org
<http://twincitiesracewalkers.org/events/>