



**USATF Race Walk
Championships
30km Men & Women
(and foreign guests)
Jr. (14-19) 20km
Men & Women
(and foreign guests)
20km & 50km Open
Race Walks
(50km-5 hour limit)**



**Presented by
USATF-Long Island
and
Walk USA,**

8:30 am—Sunday, October 28, 2007--Hauppauge, NY

Site and Directions: At the H.Lee Dennison County Executive Bldg., Veterans Memorial Highway (NYS 454/347), Hauppauge NY. Use, R. Warrenberg Drive/NYS Complex to enter from Vets (take first right into Dennison Bldg.) or the LI Expressway (Exit 56, go west on service road to government buildings sign, turn right follow signs to Dennison Bldg.) **Comfort Facilities:** Porta-Johns only, come dressed to race. Building closed. **Course:** 2.0 km USATF/AIMS certified circuit entirely on Constitution Blvd. Next to the H. Lee Dennison Building. **Sanction:** By USATF-Long Island. **Eligibility:** All US athletes must be 14 years of age and USATF members. Foreign guests must be certified by their NGB. **USATF 30km Championship Divisions & Awards:** USATF championship medals to the top six USA men and women citizens. USATF Masters medals to 10 year age groups 40-49, 50-59, 60-69, 70+Prize, men and women. Athletes may win awards in both the overall category and age group. **USATF Jr. 20** (at least 14 years of age not turning 20 in 2007): USATF Medals to first six USA men and women citizens. Foreign guests awards. **50km & 20km Open Walks:** The opportunity to qualify for the race of your dreams. **Prize Money:** 30km 1st \$500, 2nd \$300, 3rd \$200, men and women-all competitors eligible. Athletes entering the 50km will be automatically entered in the 30km. Athletes in the 20km may continue on, and should announce their intention that they may do that at the start of the race. **Plaques** to 1st 3 men & women in the 30km and junior 20km Race Walks. **Championships Team Awards:** Three medals to the first place teams men and women. Teams of five declared before start. **Registration & Entry Fees:** \$20 postmarked before 10/20/07. Late Entry \$30 received by 6 pm 10/27. Make Entries payable to USATF-LI. Event Registration: 10/27 3-6pm at hotel. **Race Director & Information:** Gary Westerfield: Tel. (631) 979-9603, E-mail: garyw@optonline.net (**HostHotel:** Hampton Inn, 650 Commack Road, Commack, NY (631-462-5700) \$119 + tax per night, free breakfast buffet. To guarantee double rooms, make reservations by 10/05; Long Island (ISP) airport pickup; many restaurants including full service diner and pasta establishments nearby.

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USATF Race Walk Championships & Open Walks.....October 28, 2007- Hauppauge, NY

Check all that apply:

USATF 30km _____, USATF Junior 20 km _____, Open 20km _____, Open 50km _____

Name _____ M ___ F ___ Age (10/28/07) _____ Date of Birth _____
 Address _____ City _____ State _____ Zip _____
 Country _____, Telephone(_____) _____ E-mail: _____
 USATF# _____ Team _____ or Federation _____

(Membership Required for USATF Championships) (USATF Member Clubs Only)

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against Long Island Track & Field, Inc, Walk USA, Suffolk County, NY and its Governmental Divisions, the Town of Islip and all sponsors, media representatives, and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a race walker, and that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, or any record of this event for any legitimate purpose.

Signature (Parent if under 18 years) _____ Date _____

Return to: Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11787