



Easy Striders Walking Club  
presents  
**St. Patrick's Day Walks**  
March 15, 2009



**USA Masters 20 km Race Walking Championship**  
**So Cal Grand Prix 20 km & 5 km**

20 km: 7:00 a.m.      5 km: 9:30 a.m.

- Location:** Huntington Central Park, Huntington Beach, CA
- Course:** Fast 1.051 km loop: sea level, flat, blacktop, lots of shade. Splits at 5 km, 10 km, 15 km  
Course Certification: CA94007RS
- Divisions:** USA Masters 20km Championship      Men/Women 5-year age divisions (35-39, 40-44, 45-49, etc.)  
Teams, Men and Women 10-year age divisions from age 40+
- 20 km So Cal Grand Prix      Men/Women (Under 39) (40-49) (50-59) (60-69) (70-79) (80+)  
5 km So Cal Grand Prix      Men/Women (Under 39) (40-49) (50-59) (60-69) (70-79) (80+)
- Awards:** 20km USA Masters Championship: 3-deep individuals per division; 3-deep teams per division \*  
\* Note: You may "race down" to a lower age division for team awards  
20 km & 5 km So Cal Grand Prix Awards: 3-deep in each age division
- Championship Prize Money:** 1<sup>st</sup> place \$200, 2<sup>nd</sup> place \$100, 3<sup>rd</sup> place \$50 for men/women 40 & over. Total Purse: \$700
- Entry Fee:** *So Cal Grand Prix 5K/20K only:*  
On-Time: \$20 if postmarked by March 7; Late: \$25 postmarked March 8-10 (or race day)  
*USA Masters 20 km (includes So Cal 20K):*  
On-Time: \$30 if postmarked by March 7; Late: \$35 postmarked March 8-10 (or race day)  
Day of Race Registration:      **20 km:** 6:00-6:45 a.m.      **5 km:** 8:00-9:00 a.m.
- Membership:** **USATF Membership is REQUIRED.** Show 2009 USATF card at package pickup. Application forms on site or join at [www.usatf.org/membership](http://www.usatf.org/membership). USATF Membership is \$30.
- Eligibility:** All 2009 members of USATF and eligible members of other IAAF member federations may compete. However, only U.S. citizens who are 35 years or older on March 15 will officially score in the USA championships. Proof of date of birth will be required from all competitors prior to the competition to assure the athlete is competing in the proper 5-year age division (35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69.....). Clubs must be USATF member organizations in 2009 to score team points and have athletes represent the club.
- More Info:** Rick Campbell Ph: 714.997.8513      e-mail: [goodbell@pacbell.net](mailto:goodbell@pacbell.net)      web: [www.usatf.org/events/](http://www.usatf.org/events/)
- After Race:** Potluck brunch. Please bring something to share
- Mail To:** Checks payable to *Easy Striders*      Mail to: Easy Striders, PO Box 4195, Mission Viejo, CA 92690

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Name \_\_\_\_\_ Telephone \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_ Sex: M F

Address \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ 2009 USATF Mem. # 19 \_\_\_\_\_  
Required for Scoring in USA Champs / SCA Grand Prix

Club\* \_\_\_\_\_ E-mail \_\_\_\_\_

\* If club affiliation is not entered you will be listed as "unattached"

Event (Circle all)    **5 km GP**    **20 km GP**    **20 km National**      **Best 20K time past 2 years** \_\_\_\_\_

Entry Fee    On-Time \$20.00/\$30.00    Late Fee: 5.00    Total Enclosed \_\_\_\_\_

**Waiver of Liability:** 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, SCA USATF, Easy Striders Walking Club, City of Huntington Beach and all persons and agencies connected with this walk from all claims for damages arising from my participation in 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's signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or legal guardian's signature (if under 18) \_\_\_\_\_

All applications must be signed.