



**THE 72nd ANNUAL USA TRACK AND FIELD
NATIONAL CHAMPIONSHIP 40K RACEWALK
STAGED BY SHORE ATHLETIC CLUB OF NEW JERSEY.
A NATIONAL CHAMPIONSHIP FOR MEN & WOMEN**



DATE: SUNDAY, SEPTEMBER 12, 2010. **START AT** 7.30 am.
LOCATION: JOE PALAIA PARK, OCEAN TOWNSHIP, NEW JERSEY, USA.
COURSE: FAST, FLAT 2K LOOP COURSE. USATF CERTIFIED COURSE.
ENTRY FEE: \$20 PRE-ENTRY BY SEPT. 9. POST ENTRY \$25.
CHECKS PAYABLE TO SHORE AC.

SANCTIONED BY: USA TRACK AND FIELD OF NEW JERSEY. ALL USATF RULES APPLY.
USATF REGISTRATION REQUIRED FOR ALL USA ATHLETES.
MAIL ENTRIES TO: ELLIOTT DENMAN, 28 NORTH LOCUST AVENUE,
WEST LONG BRANCH, NJ 07764. PHONE 732-222-9080. EMAIL: ELLIOTTDEN@AOL.COM.

SCHEDULE: REGISTRATION OPENS AT 6.30 AM AT SAUL RUBIN FIELDS AREA.
WHALEPOND ROAD BETWEEN DEAL ROAD AND DOW AVENUE, OCEAN TOWNSHIP, NJ.
RACEWALK CLINIC FOR NEW WALKERS DIRECTED BY MR. BEN OTTMER AT 10 AM.
AWARDS PRESENTATION AND PICNIC WILL FOLLOW THE RACE.

AWARDS: \$300 TO MEN'S AND WOMEN'S 40K WINNERS, \$150 TO MEN'S AND WOMEN
SECOND PLACES, \$75 TO MEN'S AND WOMEN'S THIRD PLACES. PLUS \$50 TO MEN'S AND
WOMEN'S MASTERS WINNERS IN 40-49, 50-59, 60-69 AND 70-UP DIVISIONS.

USATF NATIONAL CHAMPIONSHIP MEDALS TO FIRST SIX USA 40K FINISHERS AND TO
MEMBERS OF FIRST THREE TEAMS. SPECIAL AWARDS TO FIRST 20 FINISHERS. MASTERS
MEDALS TO FIRST THREE 40K FINISHERS IN MEN'S AND WOMEN'S 40-44, 45-49, 50-54, 55-59,
60-64, 65-69, 70-74, 75-79 AND 80-UP DIVISIONS. SPECIAL AWARDS TO FIRST FIVE WOMEN
OVER-ALL FINISHERS AND MASTERS OVER-ALL CHAMPION. MEDALS TO MEMBERS OF
FIRST THREE MEN'S AND WOMEN'S MASTERS TEAMS. SPECIAL TEAM AWARDS. PLUS USA
NATIONAL 40K SOUVENIR T-SHIRTS TO ALL.

ROAD DIRECTIONS: GARDEN STATE PARKWAY SOUTHBOUND TO EXIT 105. PROCEED EAST
ON ROUTE 36 TO ROUTE 35. SOUTH ON ROUTE 35 TO DEAL ROAD. TAKE JUGHANDLE
TURN AND PROCEED EAST TO WHALEPOND ROAD. LEFT ON WHALEPOND TO SAUL RUBIN
PARKING AREA, WHERE REGISTRATION WILL TAKE PLACE. REST ROOMS AVAILABLE BUT
NO CHANGING FACILITIES. PLEASE COME DRESSED IN COMPETITION ATTIRE.

BUS AND TRAIN TRANSPORTATION AVAILABLE FROM NEWARK, NJ AND NEW YORK, NY.
NEAREST RAILROAD STATION: LONG BRANCH. NEAREST AIRPORT; NEWARK LIBERTY
INTERNATIONAL AIRPORT. MANY MOTELS NEARBY IN ALL CLASSIFICATIONS. LIST
AVAILABLE ON REQUEST.

NOTE; ANNUAL SATURDAY EVE CARBO GATHERING ON SEPT. 11. FOR FURTHER
INFORMATION ON THIS AND OTHER ASPECTS OF RACE CALL 40K DIRECTOR ELLIOTT
DENMAN AT 732-222-9080, OR VISIT WWW.SHOREAC.ORG.

PLEASE TAKE NOTE: YOU MAY ALSO WALK AN INTERMEDIATE DISTANCE,
OR GO ON TO 50K. AWARDS WILL GO TO THOSE WHO WALK 5K, 10K OR 20K. RACE
SANCTIONED FOR ALL DISTANCES.

HEALTH/FITNESS WALKERS ARE CORDIALLY INVITED TO TAKE PART IN
NON-COMPETITIVE DIVISION.

ALL WALKERS INVITED

VOLUNTEERS INVITED

EVENT RECORDS: Men, Tim Seaman 3:06:17, 2002. Women, Susan Armenta 3:32:08, 2002.
2009 WINNERS: Men, Ray Sharp 3:55:09 Women, Erin Taylor, 4:07:45.

ENTRY FORM; PLEASE ENTER ME IN NATIONAL 40K WALK AND IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY I HEREBY WAIVE ALL CLAIMS TO DAMAGE OR INJURY I MAY HAVE AGAINST SHORE ATHLETIC CLUB, USA TRACK & FIELD, THE TOWNSHIP OF OCEAN, NEW JERSEY, SPONSORS OF THE EVENT, OR THEIR REPRESENTATIVES .

PRINT NAME- _____ SIGNATURE _____

AGE _____ USATF # _____

CLUB _____

PHONE _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____