

**2010 May Spring Tune Up Racewalk Series**  
*Come tune up your technique on the track.*

Youth, Open and Masters

Entry Form

Host Club: Racewalker's Club of St. Louis (RWCSL)

Dates: May 3 1500 Meters.  
May 5 1600 Meters.  
May 11 1600 Meters  
May 13 1500 Meters

Time: 6:30 p.m.

Place: **Pattonville High School Track**, 2497 Creve Coeur Mill Rd, Maryland Heights, MO 63043

*Note that after the 1500 meter races there will be a T-Shirt exchange and that the 1600 meter races will be relays.*

**Note that the series is \$18 or \$6 per event for non members**

**\$12 for the series or \$4 per event to Race Walker's Club of St. Louis members**

Awards: awards based on age-groups

Contact for additional information:

Ginger Mulanax  
730 Bellarmine  
Florissant, MO 63031  
(314) 838-9486  
gmulanax@sbcglobal.net

Entry Form

Make checks payable to the Racewalker's Club of St. Louis (RWCSL). Send entry fee and entry form to: Sue Turner, 338 Melville, University City, MO 63130 or bring to first event.

Please fill out the following:

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ USATF# \_\_\_\_\_ E-mail \_\_\_\_\_

Waiver:

I acknowledge that there are certain risks inherent in athletics competition, and I freely accept those risks. In consideration of being accepted, I, intending to be legally bound, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the Racewalker's Club of St. Louis, USA Track and Field, Ozark Association, and their officers, agents, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with my association with or entry in, or arising out of my traveling to, participating in and returning from said competition. I further attest that I am physically fit and have trained for competition in the event(s) I have entered.

\_\_\_\_\_  
Signature of athlete Date

\_\_\_\_\_  
Signature of parent and/or legal guardian if athlete is under 18