

**Summer Racewalk Duet 5K/10K Racewalk 2010
OPEN/MASTERS/YOUTH**

Entry Form

Host Club: Race Walker's Club of St. Louis (RWCSL)
Date and Time: Sun, August 8, 2010 8:00 a.m. **5K (Ozark Road Championship)**
Distance: Sat, August 21, 2010 8:00 a.m. **10K (Ozark Road Championship)** . A 5K non-champion option will be offered.
Place: TOWER GROVE PARK (start is by the tennis courts)
Fee: \$4 for both to RWCSL members, \$2 per event separately.
\$10 for non-members, \$5 per event.

Awards given for each event in order of finish in the following categories:

Youth Boys/Youth Girls; Open men/Open women
Masters men / Masters women (40 – 59) Masters II men / Masters II women (60 and up)
Plus additional award given to 4 fastest male and female who compete in both races.

Send entry or bring it to the event.

For additional information available. Contact: Ginger Mulanax, 730 Bellarmine, Florissant, MO 63031, (314) 838-9486 - gmulanax@sbcglobal.net

**Summer RW Duet 10K/5K Race Walk
OPEN/MASTERS/YOUTH ENTRY FORM**

Make checks payable to the Racewalker's Club of St. Louis (RWCSL).

Send entry fee plus entry form to: Sue Turner, 338 Melville, St. Louis, MO 63130

Please fill out the following:

Name _____ Birth date _____
Address _____ City _____
State _____ Zip _____ Phone _____
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 Race Walker'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