



Pacific Association
Grand Prix One Hour Postal

*Hosted by: Marin Race Walkers
Sunday, March 20, 2011*



- TIME: **9:00 AM** (Number pick-up and race day registration from 8:00 AM to 8:30 AM)
- VENUE: San Rafael High School Track, San Rafael, CA
- COURSE: Certified 400 meter track – (no curb on inside lane)
- ENTRY FEE: **Pre-registration: \$35 - (\$25 if under 18)**
Must be postmarked by March 14 – checks payable to Marin Race Walkers
- Race Day: **\$45 - (\$30 if under 18)**
- ELIGIBILITY: This is a judged race, all are welcome, but only PA/USATF registered athletes are eligible for PA awards and Grand Prix Points.. (*PA/USATF registration available on-line at www.pausatf.org*)
- DIVISIONS: M/F 60+, 50-59, 40-49, 20-39, 16-19, 13-15, 12 & under
- INFORMATION: Sandy Backer, (Phone) 415-663-8677 / E-mail: sandy.backer@att.net
- DIRECTIONS: **From Highway 101 (North & South)**
Take the Central San Rafael exit to Second Street
Turn east on Second Street
Go past the Montecito Shopping Center
Turn into the school parking lot on the left
- VOLUNTEERS: Needed - Lap Counters, Check-In, Aid Station, etc. – [Contact Sandy if you can help](#)



Mail Pre-Race Entries to: Sandy Backer, PO Box 1256, Point Reyes Station, CA 94956
Pre-Race Entry Fee: \$35 - (\$25 if under 18) *Must be postmarked by March 14*
Race Day Fee: \$45 - (\$30 if under 18)

Athlete's Name: _____ Male: Female: Age (Race Day) _____
(PLEASE PRINT)

Address: _____ Birth Date ____/____/____

City: _____ State _____ Zip _____ Phone # (_____) _____

T&F Club Affiliation: _____ PA/USATF # _____
(Optional) (Mandatory for PA/USATF Grand Prix Events)

Waiver:

By signing below, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Marin Race Walkers, Pacific Association, San Rafael High School Track Authorities, the race director(s), organizers, volunteers, officials and the USATF from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. I further attest that I am physically fit and have trained to participate in this event. All athletes entered in any USATF sanctioned competition are subject to drug testing in accordance with USATF & IAAF rules.

Signature: _____ Date: _____
(Signature of parent or guardian if under 18)