

# Entry Form — Continued

## TCRW Race Walking Championships

### Compute Entry Fee

Event or Item	Unit Cost	Qty	Total Cost
10k/15k/20k Race Walk (includes 3km)	\$35	_____	_____
3k Race Walk	\$5	_____	_____
Women Only Race Walk Clinic (includes 3km)	\$60	_____	_____
Pasta Dinner Saturday Evening	\$10	_____	_____
Late Fee: Post Marked After Aug 10 Or Saturday Aug 19 Registration	\$10	_____	_____
Total Due:			_____

### Make Check Payable to Twin Cities Race Walkers

#### Mail by Aug 10, 2006 to

Twin Cities Race Walkers  
638 Summit Ave.  
Saint Paul, MN 55105  
USA

**Picture & Video Release:** I grant all sponsors the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. I further agree I will not seek remuneration for such photos and publicity. All sponsors are, however, under no obligation to exercise said rights herein granted.

**Waiver:** I desire to participate in one or more of the Twin Cities Race Walkers events. I realize that participation in these races carries with it certain risk, and I fully assume any and all risks for my participation. Therefore, I, for myself, administrators, heirs, next of kin, successors and assigns, waive and release anyone associated or affiliated with this event, USATF, USATF/MN and Twin Cities Race Walkers (The Releasees) from any and all claims, potential claims, damages, court costs and attorney's fees that may arise from my participation in the event. Furthermore, I agree to indemnify and hold harmless the Releasees for any damages from any such claims or damages due to loss or destruction of my personal property while at the event site or property.

\_\_\_\_\_  
Signature  
(by parent or guardian if participant is under 18)

\_\_\_\_\_  
Date

**Canada vs. USA**  
**10km Race Walking Junior Dual**  
**USA 15km Race Walking Championships**  
**USATF North Region**  
**15km Race Walking Championships**  
**USATF Mid-America Region**  
**15km Race Walking Masters Championships**  
**USATF Minnesota Association**  
**15km Race Walking Championships**  
**Twin Cities Race Walkers**  
**20km/15km/10km/3km Race Walk**

August 20, 2006  
Bloomington & Minneapolis, MN



### Top 11 Reasons You Should Come

- 11 Cool Souvenir bag
- 10 The snow will be melted by August
- 9 No motor vehicles on the course
- 8 USA's largest indoor water park
- 7 The course is flat, smooth, straight
- 6 Be green. Take the light rail
- 5 Mosquitoes make you walk faster
- 4 One overpass every 100 meters
- 3 You can try to set a US Record
- 2 The largest indoor shopping mall
- 1 **It's a National Championship!**

### Individual Awards

Canada vs. USA - 6-deep  
USA 15km - 6-deep + 3-deep age groups  
All other events 1-deep + 3-deep age groups  
Overall winner excluded from age groups

### Team Awards

Canada vs. USA - 1-deep  
USA 15km - 3-deep

**Airport** Airport Code: MSP.

**Event** Country Inn & Suites  
**Hotel** 2221 Killebrew Drive  
Bloomington, MN 55425  
952-854-5555

**Group Code**  
**Racewalk**  
\$120/night  
2 Queen beds

**Getting Around** Country Inn & Suites provides shuttle service to the airport, light rail and Mall of America. Light rail takes you straight to the course.

**USATF Certified Course** MN-05045-RR. A 2km loop with start-finish located exactly in the center. Split times every km. The course is straight, flat and smooth. The course stretches from 17th Ave to Chicago Ave along the rail-to-trail route with start-finish located at 1302 29th St E Minneapolis, MN 55407.

**Records** We have the existing records, the forms, and the required officials in case anyone sets a US record (open or age-group) for 5km, 10km, 15km or 20km. Remember, USATF rule 262.3.b, you must complete the distance entered for intermediate times to qualify for a record.

**Pick Your Distance** From a single 7:30am start, you can select one or more distances: 10km, 15km or 20km. If you enter the 20km, you must finish in 2 hours or less, or you will be disqualified. Walk 3km with the community at 9:30am.

**Pasta Dinner** Pasta Diner 6pm Saturday evening at the event hotel. Vegetarian and Meat entrees. \$10/person

**Packet Pickup** 3-7pm, Saturday, August 19 at event hotel

**Women Only Clinic** Amber Antonia offers race walk clinic for women only on Saturday 1-5pm. Woman specific training issues, technique issues and more. Includes a video review of the clinic participants in any of the races on Sunday 11am-1pm. Includes entry into 3km. \$60/person

**Places Of Interest** The Mall of America is across the street from the event hotel. The USA's largest indoor water park is just down the street. Experience the Minnesota version of the great out-of-doors on our lakes and streams.

**More Info** Bruce Leasure  
651-330-9355  
info@twincitiesracewalkers.org  
<http://twincitiesracewalkers.org/events/>

## Entry Form

### TCRW Race Walking Championships

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_

**State/Province** \_\_\_\_\_

**ZIP/Postal Code** \_\_\_\_\_

**Country** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Age On Race Day** \_\_\_\_\_ **Birth Date** \_\_\_\_\_

**Sex** Male Female

**Expected Pace/km** \_\_\_\_\_ (optional - for seeding)

**Citizenship** USA Canada Other

**USATF Member #** \_\_\_\_\_

**USATF Association** \_\_\_\_\_

**Team Name** \_\_\_\_\_

Required for Canada vs. USA 10km Junior Dual - optional otherwise

☐ **Vegetarian** (if ordering pasta dinner)

☐ **I have a disability & request accommodation**

#### Select All Distances That Apply

☐ 20km 7:30am start Must complete in 2 hours or less

☐ 15km 7:30am start

☐ 10km 7:30am start

☐ 3km 9:30am start

#### Indicate Events You Are Eligible For

☐ USA 15km Race Walking Open Championship  
US Citizenship Required

☐ USA 15km Race Walking Junior Championship  
US Citizenship Required

☐ Canada vs. USA 10km Race Walking Junior Dual Meet  
Athletics Canada or USATF Junior Team Membership Required

☐ USATF North Region 15km Race Walking Open Championship  
Must be member of USATF Association: Dakotas, Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Ohio, Ozark, Minnesota, Missouri Valley, Nebraska, West Virginia or Wisconsin

☐ USATF Mid-America Region 15km Race Walking Masters Championship  
Must be member of one of these USATF Associations: Colorado, Dakotas, Iowa, Minnesota, Missouri Valley, Nebraska, Ozark

☐ USATF/MN 15km Race Walking Championship  
Must be a member of USATF Minnesota Association

☐ TCRW 20km Race Walk  
Must complete 20km in 2 hours or less

☐ TCRW 15km Race Walk

☐ TCRW 10km Race Walk

☐ TCRW 3km Race Walk

**Entry Form**  
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