



USATF Open/Masters 30km and Junior 20km Racewalk Championships (and non-championship 10k)



Rockland Lake, NY

Sunday, October 31th, 2010



TIME: 9:00 a.m. Number pickup and race day registration from 7:45 a.m. to 8:45 a.m.

PLACE: Rockland Lake State Park, Congers, NY

ELIGIBILITY: The 30K (18.6 miles) Championship and Junior 20k (12.4 miles) Championship races are judged by USATF racewalking rules. All are welcome to participate, but only USATF-registered athletes are eligible for Championship awards. (USATF registration is available online at www.usatf.org.) **Note:** USATF registration is NOT required for non-championship 10k awards.

DIVISIONS: Men/Women 5-year age divisions from age 30; Men's and Women's teams

INFORMATION: Dave McGovern: DMcG@Racewalking.org, (516) 676-3831

DIRECTIONS: From New York City via NY State Thruway (I-87): Take I- 87 over Tappan Zee Bridge: Take exit 11. Go to traffic light and make a left onto Route 9W north. The park is 2.25 miles on right. Follow signs to Start/Finish area.

From Northern New Jersey and points south of NYC: Head towards GW Bridge. Take Palisades Interstate Parkway North to Exit 4. Take a right onto 9W north. Follow approximately 12 miles to Park.

From Southeast and Southern New Jersey: Take Garden State Parkway north to NY State Thruway south to Exit 11. Make a left onto Rt. 59 east. Make a left at next light onto Rt. 9W north. Park is 2.25 miles on right.

ACCOMMODATIONS: Although the Rain Tree Motel is right across from the park, and less the 400m from the starting line, it's a dump. But if you have a sense of adventure (and a can of Raid) they're at 972 S Route 9W, Congers, NY 10920 (845) 268-5600. Much nicer, and less than three miles from the starting line, are: Best Western Nyack on Hudson, 40 Route 59, Nyack, NY 10960 (845) 358-8100 and the Super 8 Motel 47 Route 59, Nyack, NY 10960 (845) 353-3880.

VOLUNTEERS NEEDED: Lap Counters, Check-in, Aid Station. Contact Dave if you can help!

MAIL PRE-ENTRIES TO: Dave McGovern, 20 High Street, Locust Valley, NY 11560

PRE-ENTRY FEE: \$30 for the 30k/20k, if postmarked by October 15th, 2010. Non-championship 10k, \$20.

RACE DAY FEE: \$35 for the 30k/20k. *Please make checks payable to World Class Racewalking*

Athlete's Name: _____ Male Female Age: _____

Address: _____ Birth Date ____/____/____

City: _____ State ____ Zip _____ Phone # (____) _____ E-mail _____

Race Entered: USATF Open 30k USATF Masters 30k USATF Junior 20k Non-championship 10k

Club/school affiliation: _____ USATF # _____

(Optional)

(Mandatory for USATF Championship)

Waiver: In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators, or anyone else who might claim on my behalf, 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 Metropolitan Association or USATF; Rockland Lake State Park and its employees and agents, the race directors, organizers and volunteers; or their respective officers, agents, representatives, successors, and/or assigns, from any and all damages which may be sustained and suffered by me in connection with my said participation or arising out of my traveling to, participating in and returning from said event. This event is sanctioned by USATF-Metropolitan. 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:** _____

All applications **must be signed**. Mail application and check to: Dave McGovern, 20 High Street, Locust Valley, NY 11560