

2012 Spring Fling 5K Racewalk

Predict your Time

Entry Form

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

Date: **Sunday April 22, 2012**

Place: **CBC Track**, 1850 De La Salle Drive, Saint Louis, MO 63141

Distance: **5000M**

Time: **2:30 p.m.**

Fee: **\$2 for non-members**

Free to Race Walker's Club of St. Louis members.

Awards: Each athlete will predict the time of finish and the walker who comes closest to prediction places first.

Contact for additional information:

Lorraine Ramonczuk

3156 Autumn Shores Dr.

Maryland Heights, MO 63043

(314) 229-4742 ramonczuk@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 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