2012 May Spring Tune Up Racewalk Series
Come tune up your technique on the track.

Youth, Open and Masters
Entry Form

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

Dates: Monday, May 7 - 1600 Meters.
Wednesday, May 9 - 1600 Meters.
Tuesday, May 15 -1600 Meters
Thursday, May 17 - 1500 Meters

Time: 6:30 p.m.

Place: **Hazelwood West High School track**, 1 Wildcat Lane, Hazelwood, MO. 63042

Cost: For series - $12 for members, $18 for non-members;
$4 per race for members, $6 per race for non-members

Awards: Awards based on age-groups

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 Racewalker'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