



MTSAC Relays 10K and 5K Racewalks (5K serves as Western Region Championship)
USATF SANCTIONED, CERTIFIED JUDGES, 400 METER, CURBED-ALL WEATHER TRACK
HOSTED BY SOUTHERN CALIFORNIA ASSOCIATION
RACEWALK COMMITTEE AND THE MT. SAC RELAYS

Where: Mt. San Antonio College Track, Walnut, California
 (corner of Temple & Bonita Avenues in the city of Walnut, CA)

When: Sunday, April 5, 2009

Awards are 3 deep for 10K in 10-year divisions; Awards are 3 deep in 5-
 year divisions for Western Region 5K

- CHECK IN: 6:30 – 8:45 am
- 10K Race 7:30 am
- 5K Race 9:00 am
- AWARDS 10:30 am

POTLUCK from 9 AM on....Everyone Please Bring Refreshments to Share

Name:		Age on Race Day:		Date of Birth	
Address:			City:		State: Zip:
Phone:		Club		email:	
USATF#		Gender: M or F		Race:(circle) 10K 5K	

2009 SCA USATF ANNUAL MEMBERSHIP IS REQUIRED – APPLICATIONS AVAILABLE ON SITE \$30

Race Fees: 10K or 5K – \$20 postmarked on or before April 1, \$22 after April 2, 2009

I request consideration be granted under the American with Disabilities Act (ADA) _____

Make checks payable to SCA USATF – Racewalk

Mail to: Pedro Santoni, 427 South Buena Vista, Redlands, CA 92373

RELEASE WAIVER and ASSUMPTION OF RISKS: In consideration the acceptance of the entry, I, the undersigned, intending to be legally bound, for myself my heirs, executors, administrators, and assignees, do hereby waive and release the sponsors of this walk, SCA USATF, Mt. San Antonio College and the Mt. SAC Relays, and all persons and agencies connected with this walk for all claims and damages arising from my participation in and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this competitive walking event.

Participant's Signature (Parent or legal guardian's signature if participant is under 18 years of age)