



2017 10K Race Walk & 10k Walk Relay
Presented by Racewalkers Northwest
Saturday, April 8, 2017
Start time: 9:30 a.m.
Location: Bardeen Road
Beaverton Tektronix Campus



Grab your walking buddy and take turns walking 1kilometer loops till you've completed a total of 10.

Need an official race time for the P2C Relay? You can do the whole 10k solo. Your time will count for your P2C relay team survey since this is a USATF certified course and a sanctioned event. **Not a race walker?** No problem. Bent kneed walking will be allowed. **Want to learn the race walk technique?** Sure thing. Just let us know before the race starts and we'll give you a crash course. **Want some training tips?** Great. Just stick around after the race and Coach Carmen will offer some ways to shave time off your next race.

Entry Fee: \$10.00 RWNW Member, \$15.00 Non-Member if postmarked by 4/1/17. Note: day of race registration will be 8:30-9:00 am. Late Fee for Day of Race Registration is \$5.

Divisions: Prizes will be awarded to top 3 Open (18-29) and Master's Divisions (30+) (male and female)

Directions: Traveling North on Murray Blvd, turn right on Jenkins Road and then an immediate right onto Bardeen Road. Follow Bardeen till you see the start line. Traveling South on Murray Blvd: Turn left on Jenkins and an immediate right onto Bardeen. Follow Bardeen to the start line.

Course: Flat, paved 1k loop. Race will be judged according to USATF rules but treated as a developmental race with no disqualifications.

Race Directors: Carmen Jackinsky and Michelle Holley, info@rwnw.org



Racewalkers Northwest 10k Racewalk and 10K Relay Entry Form

Name: _____ Phone: _____ Gender: M F
 Address: _____ Race Day Age: _____ DOB: _____
 City: _____ State: _____ Zip: _____ E-Mail: _____
 Total Enclosed: _____ Check: 10k ___ 10k Relay ___ Partner's Name _____

In consideration of the acceptance of my participation of this racewalk clinic, I, the undersigned, intending to be legally bound, for myself, my executors, administrators, and assignees, do hereby waive and release Racewalkers Northwest, the sponsors of this walk, its officers, coaches and officials, as well as Tektronix, Nike, Inc., USATF-Oregon, and all persons and agencies connected with this walk from all claims for 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 walking event.

Participant Signature (and parent/legal guardian signature if under 18): _____