



**2015 USATF Oregon Association 10K Race Walk Championship  
5K Non-Championship Race Walk and 1500M Developmental Race Walk  
Sunday, April 19, 2015 – 10:00 AM**

- Location:** Banks High School Track  
Banks, OR
- Directions:** Take Highway 26 West to Highway 6 South (left exit). Take the Banks exit off Highway 6. At the stoplight, turn left. Banks High School is approximately ¼ mile down the road on your right.
- Course:** USATF Sanctioned race on 400 meter track. Splits will be called every lap. Race will be judged according to USATF rules.
- Divisions:** Men/Women: Youth (18 and Under), Open (18-39) (40-49) (50-59) (60-69) (70-79) (80+).  
Association Awards are 3 deep with 10-year age divisions.
- Other Info:** Event volunteers are also needed – especially Lap Counters and water table personnel. Please contact Registrar for information. Training provided!
- Entry Fee:** \$20.00. No late fee or extra charge for day of race entry. (Day of Race entry only from 8:30 am-9:30 am. Pre-registration is encouraged and appreciated – please pre-register by April 12, 2015 mailing address below.)
- USATF Card:** Required! Bring current USATF card.
- Race Director/Registrar:** Marie VerMeer, [orrofficials@yahoo.com](mailto:orrofficials@yahoo.com), 503-807-5309

---

**2015 USATF Oregon Association 10K Race Walk Championship Entry Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Gender: M F  
Address: \_\_\_\_\_ Race Day Age: \_\_\_\_\_ DOB: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
Distance Entering: 10K 5K 1500M 2015 USATF #: \_\_\_\_\_  
Best Previous 10K Mark: \_\_\_\_\_ Club: \_\_\_\_\_

In consideration of the acceptance of my entry, I, the undersigned, hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: the USOC, USA Track & Field, Inc., its Associations and Sport Disciplines, Event Organizers, Event Directors and Promoters, Sponsors, Advertisers, Coaches and Officials. I also certify that I am physically fit and adequately trained to participate in this competitive walking event

Participant Signature (and parent or legal guardian signature if under 18): \_\_\_\_\_

**Mail entry form and payment (made payable to USATF-Oregon) to:**

**Marie VerMeer  
1739 NE 120<sup>th</sup> Ave  
Portland, OR 97220-2017**