

VA-USATF OPEN ONE HOUR RACE WALK CHAMPIONSHIP

& TIDEWATER STRIDERS ONE HOUR POSTAL RACEWALK

Saturday, November 13, 2010

Tallwood High School, 1668 Kempsville Road, Virginia Beach, VA



***A Walking Grand Prix Event ***



A Golden Runner Race



The track will open at 7:00 am; 1st Heat starts at 8:00 am

This is a Virginia Association USATF Open One Hour Postal Racewalk Championship on the track. Non-USATF members are welcome to participate, but only USATF members are eligible for VA-USATF open awards 1st – 3rd place, men and women. All results will be submitted electronically by the race director to the national postal racewalk sponsor: Walk On! Minnesota. In past years results were submitted by mail to the Shore AC of New Jersey where the term “Postal” originated. The new sponsor has decided to retain the “Postal” name even though results are submitted electronically. As results are received from other national and international one hour competitions, they will be displayed on the sponsor’s website <http://www.walkonmn.org> (click on “1-Hour Postal”) and finalized for 2010 after a designated date. Check the website for details concerning downloading individual award certificates and for purchasing awards (if eligible) and T-shirts by all participants, both USATF members and non-members.

Cost: \$10.00 per individual walker to be used to offset the costs involved in using Tallwood High School. **Receipt of payment, or Tidewater Strider Golden Runner #, and the completed entry form prior to November 12 is REQUIRED. There will be no race day registration.**

It is anticipated that two, one hour heats, will be conducted. Individuals walking in the first heat must remain available to count and record lap times for the second heat walkers. It is recommended that prior to arriving walkers arrange with another walker to record lap times during one heat and compete in the following heat, or visa-versa.

THE USATF COMPETITIVE RULES OF RACEWALKING WILL BE FOLLOWED. A minimum of three (3) USATF certified racewalk judges will be assigned to judge the racewalkers in each heat. One caution (yellow paddle) may be given by a judge to walkers observed to be in danger of ceasing to comply with the rules of racewalking during their heat. Failure to (1) maintain contact with the ground at all times, and/or (2) failure to insure that the advancing leg is straightened immediately upon contact with the ground, and maintained straightened until the body passes over the leg, will result in warnings (red cards) being issued by the judges. Walkers receiving three warnings (1 red card per judge) will be disqualified and their names will not be submitted to Walk On! Minnesota.

An air horn will be used to start each heat. A large digital race clock, located in the vicinity of the starting line and visible to all competitors, will display the time. Each walker’s lap recorder will use the digital clock, or their own digital clock/watch to record the cumulative time of each of the walker’s laps. When five minutes remain to be walked, each walker will receive a **marker**, with their name on it, to carry during the remaining time. A hand bell will be used to indicate when there is one minute remaining. The air horn will sound when the hour time has elapsed. Walkers will drop their markers at their position on the track when hearing the final air horn blast. Officials will then measure – using a measuring wheel - and insure the distance of each walker’s final lap is properly recorded on each walker’s lap sheet.

-----tear here-----&-----mail with check-----

Make \$10 Checks Payable to the Tidewater Striders and mail to: 211 – 66th Street, Virginia Beach, VA 23451-2040

Race Director: Steve Durrant – sdurrantrdh@cox.net, Phone 422-6811 or 615-2452 USATF Member: Yes ___ No ___

Name(First,MI,Last) _____ USATF Mbr# _____ M ___ F ___

Address(#&Street,City,Zip) _____

Phone # _____ Email Address _____ GoldenRunner# _____ Age on 11/14/09 _____

I understand that racewalking is a potentially dangerous activity. I should not enter the event unless I am medically able and properly trained. I agree to abide to any decision of a race official relative to my ability to safely complete the walk. I assume all risks associated with racewalking this event, including but not limited to falls, contact with other participants, the effects of weather including heat and humidity, and the condition of the track and all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, Walk On! Minnesota, RRCA, USATF, VA-USATF, the City of Virginia Beach, the Virginia Beach Public School System, TriDuo.com, race officials, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission for all of the forgoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes. I understand that this is an event conducted under the rules of the RRCA and USATF, is not intended for baby joggers, head phones, roller blades, and dogs on leashes, and I will abide by these guidelines.

Signature (Parent, if under 18) _____

Date _____

