



26th Annual Jack Mortland 5k - 10k – 20k Competitive Walks



NORTH REGION USATF 20K RW CHAMPIONSHIPS M&W Ohio Association 20K RW Championship M&W

SUNDAY, May 5th, 2013
Eastwood MetroPark, Dayton, Ohio

HOSTED BY: MIAMI VALLEY TRACK CLUB

SANCTIONED BY: OHIO ASSOCIATION of USATF

**FIVE RIVERS
METROPARKS**



20 km Race (judged)	9:00 am
10 km Race (judged)	10:00 am
5 km Race (judged & unjudged)	10:30 am
..1.25k Youth Walk	10:30am
AWARD CEREMONY	11:15 am



Judged by USATF certified RW Officials

**** The **
LOCATION**

From North, West & East, take I-70 to SR #4 Go south on State Route #4 (About 8 miles) to Harshman Road. Exit at Harshman Road and go left, under highway #4. The Lake will be on the right. Take the first entrance into the park and proceed to the Start/Finish area near the rest rooms. From the South: Take I-75 to SR#4. Go North on SR #4 to Harshman Rd. Exit and turn right. Go past the lake to the first entrance into Eastwood Lake Park.

ENTRY FEE: \$15.00 entry fee. \$3 for 1.25k youth race. Commemorative Jack Mortland RW T-Shirt is \$8.00.

MEMBERSHIP: USATF membership is required and is available on-line at: <http://www.usatf.org/membership/>
USATF membership will also be available race day for \$30

AWARDS: \$150 and traveling Trophy, will be awarded to the winning team. \$100 to 1st place Male & Female in the 20K. Special awards to the first place male & female finisher in each race. USATF North Region Championship medals will be awarded to the first three in Men & Women from the North Region in the 20K. Ohio USATF medals will be awarded to the first 3 men & women from the Ohio Association of USATF in the 20K. Awards to the first three finishers in every age group, in all races. **VARIOUS DOOR PRIZES.**

TEAMS : A team must represent a USATF member organization. A scoring team must have at least one athlete (Male or Female) complete each race (5,10 & 20K) judged. Team title decided by total time of the club's best finisher at each distance

AGE GROUPS: Junior M&W, Open M&W, and Masters M&W (in 5 year divisions: 30-34, 35-39, 40-44, etc). A Youth division for 14& younger boys & girls will be available for the 5K only. 1.25k option is offered for those 12 and younger.

JUDGING: An unjudged option will also be available for those who do not want to enter a judged competition.

COURSE: Flat, fast USATF Certified 1.25K out & back course on park road alongside the lake. Road is closed to traffic.

LODGING: The closest hotel is the Wright Patt Days Inn (1891 Harshman Rd, Dayton - 937-236-8083) about 1 mile from the course. It is cheap & old. In the opposite direction is the new Comfort Inn Suites (937-425-6498) at 5220 Huberville Ave. Dayton.

Make checks to:
Mail entries to:

Miami Valley Track Club
P.O. Box # 535
Yellow Springs, OH. 45387

For more info:

Vince Peters
(937) 767-7424 Evenings

I, hereby, for myself, heirs, executors and assigns, waive all claims for damages that may arise against the organizers or sponsors of the Jack Mortland Racewalks/USATF North Region Race Walking Championships, the Miami Valley TC, Five Rivers MetroParks, and their agents or representatives for injuries suffered at that event. I certify that I am in good health and sufficiently trained to compete. I realize that participants may be subjected to drug testing under USATF and IAAF rules, and those found positive for banned substances or who refuse testing will be disqualified from this meet and barred from future events. (Some over-the-counter medications contain banned substances. For information on testing and banned substances, call the USADA hotline: (800) 233-0393.)

I am entering: 20K 10K 5K Unjudged

T Shirt Size: XL L M S

Name: _____

Email address: _____

Address: _____

Date of Birth _____ Age: _____

City: _____ State: _____ Zip: _____

Club or School: _____

Signature: _____

USATF # _____ (Sex) M F

(If under 18, a valid signature of parent or guardian is required)

Phone: (____) _____ - _____