



**USATF National 10K  
Racewalk Championships  
Saturday—June 2, 2007**

**USATF NATIONAL CHAMPIONSHIPS**  
Individual and Team Championships for Senior Men and Women  
**Eastern Regional Championship**  
For Junior, Senior and Masters (5 Yr Age Groups) Men & Women  
**Open, Junior and Masters Men & Women**  
**Northeast Walks Cup**  
Team scoring by State / Province

**This Race will also serve as the qualifier for the Western Region of the Empire State Games**

**Host Club:** Niagara Walkers Club      **Event Coordinator:** Allen James      **Race Director:** Dave Lawrence

**USATF Sanction:** 07-04-027    **Course Certification #:** NY05137KL

**Start Time:** 9AM

**Race Course:** Located on Goat Island in Niagara Falls, NY. Races will be held on a 1.25K loop.

**Participation:** IAAF rules to govern. U.S. athletes must be members of USA Track & Field to compete.

**Registration Fee:**      \$20.00 before May 1<sup>st</sup>    \$25.00 May 1<sup>st</sup> – May 31<sup>st</sup>      \$30.00 after May 31<sup>st</sup>

**Awards: Individual:** Top 6 Senior U.S. finishers to receive USATF medals (Non USATF finishers that place in the top 6 will receive medals). Top 3 Junior (19 & under) and 5-year age groups (40 and over). USATF Eastern Regional medals to the top 3 finishers in the Junior, Senior and Masters Divisions.

**Cash Awards:** First 3 USATF Male and Female Finishers will receive \$400, \$250, and \$100 respectively.

**Teams:** Top three U.S. Male and Female Senior Teams will receive USATF medals.

**T-Shirts:** To paid entrants/volunteers while supplies last (so enter early)

**Pre-Race Dinner:** A pasta dinner will be held on Friday, June 1st at the Four Points Sheraton between 6PM and 8PM. Please make reservations by May 25th. A limited number of tickets may be available at the door for \$10 per person

**Team Entries:** Team entry forms will be available on Friday, June 1st and Saturday June 2nd. Team entries must be completed and submitted prior to the race. Participants may compete on only one team. Teams must be USATF registered clubs    **Divisions:** Senior Men and Women (10K). **(U.S. Teams Only)**

**Host Hotel:**

Four Points Sheraton, 114 Buffalo Avenue, Niagara Falls, NY 14303, (888) 355-2521, FAX (716) 285-0963

When calling ask for In-House Reservations and mention Niagara Falls Racewalk Championships to receive the special rate of \$95 (plus tax). Please make reservations by May 1st, after that date rooms will be released and sold to the general public.

**Special thanks to the New York State Office of Parks, Recreation and Historic Preservation—Niagara Region for all of their efforts.**

**Directions:**

From the North, take the Queen Elizabeth Way to the border at the Queenston/Lewiston Bridge; connect to the Robert Moses Parkway and follow to the American Falls.

From the South coming from N.Y. I-90, take the I-290 to the I-190 over Grand Island to Niagara Falls. First exit over bridge take the Robert Moses Parkway to the American Falls.

**Transportation from Buffalo Airport:**

ITA Shuttle (800) 551-9369 (\$30 per person), Taxi Service, or Car Rentals are also available.

**Awards Ceremony:**

Refreshments provided by the Niagara Walkers Club will be served at 12 Noon. Location will be posted at race site. Awards will be presented as soon as the results are available.

**Race Packet Pick Up:**

Friday, June 1st from 6PM-8PM at the Four Points Sheraton. Saturday, June 2nd beginning at 7AM at the race site.

**Northeast Walks Cup** A team competition with first 3 males and first 3 females to cross the line scoring per province or state. Athlete must be a resident to represent the province or state. Northeast Walks Cup Trophy plus individual awards (sponsored by Ontario Racewalkers Club) to the 6 scorers on the winning team. Scoring: 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1-1-1... for men and women. Only top 3 males and top 3 females per team to figure in the scoring."

**Drug Testing:**

Athletes who participate in this competition may be subject to formal drug testing in accordance with USATF Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions.

**SOME OVER-THE-COUNTER MEDICATIONS CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOTLINE AT (800) 233-0393.**

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**2007 National 10K Racewalk**

**Send Entries to:** Dave Lawrence, 94 Harding Avenue, Kenmore, NY 14217, Tel: (716) 875-6361

Email: dlawrence55@verizon.net

Men's 10K Racewalk \_\_\_\_\_ Women's 10K Racewalk \_\_\_\_\_ Pre-Race Dinner \$10 \_\_\_\_\_ Western ESG Trials \_\_\_\_\_

**Make checks payable to: Niagara Walkers**

Total amount rendered in US Funds \$ \_\_\_\_\_ Number attending June 1st Pre-Race Dinner \_\_\_\_\_  
(may pay at door)

**Please Print Clearly:**

Name \_\_\_\_\_ Sex: Male \_\_\_ Female \_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State/Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

Email \_\_\_\_\_ USATF # \_\_\_\_\_

T-Shirt size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ Eastern Region: Yes No

I, intending to be legally bound do hereby for myself, heirs, and executors, release and forever discharge any and all claims against USATF, New York State Parks, Niagara Walkers Club, Four Points Sheraton and all officials and sponsors connected with the Niagara Falls Racewalks.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18