Niagara Falls Racewalks
Saturday—June 4, 2005

Host Club: Niagara Walkers Club
Event Coordinator: Allen James
Meet Director: Dave Lawrence
USATF Sanction: 05-04-028

Events/Start Times:
8:00AM Men’s 10K
9:30AM Women’s 10K
11:00AM Men’s & Women’s 3K
11:30AM 3K Fitness Walk

Race Course: Located on Goat Island in Niagara Falls, NY. All races will be held on a 1.25K loop. The 10K walkers will complete 8 laps. The 3K will start 500m from the finish and will walk an additional 2 laps.

Participation: IAAF rules to govern. U.S. athletes must be members of USA Track & Field to compete in all events except the fitness walk.

Registration Fees: $15 if received by June 1st. Day of race registration is $20. There is no charge for the fitness walk.

Awards
Men’s/Women’s 3K: Top 10 overall finishers, top 6 U.S. finishers to receive USATF medals

Men’s/Women’s 10K: Top 10 overall finishers, top 6 U.S. finishers to receive USATF medals. Top 3 finishers in 5 year age group (40 and over). Top 3 eligible finishers in each division to receive Eastern Regional medals.

Teams: Top three U.S. Male and Female Senior Teams in 10K and top three U.S. Male and Female Junior Teams in 3K.

Niagara Falls Racewalk Championships
Saturday—June 4, 2005

USATF NATIONAL CHAMPIONSHIPS
& USATF Eastern Regional Championship
For Senior Men & Women 10K
and Junior Men & Women 3K

USATF Eastern Regional Championship
Masters Men & Women 10K
National Team Championships for
Junior Men and Women (3K) and
Senior Men and Women (10K)

Northeast Walks Cup
Team scoring by State / Province

NIAGARA WALKERS
"Better Health through Walking"
T-Shirts: Guaranteed to the first 120 entrants

Pre-Race Dinner: A pasta dinner will be held on Friday, June 3rd at the Four Points Sheraton from 6PM-8PM. Seating is limited, please make reservations by June 1st. Tickets are available at the door for $10.00 per person

Team Entries: Team Entry forms will be available on Friday, June 3rd and Saturday June 4th. Team entries must be completed and submitted to Jack Olkowski prior to the race. U.S. Teams Only.

Participants may compete on only one team.

Teams must be USATF registered clubs.

Divisions: Junior Men and Women (3K), Senior Men and Women (10K). Everyone is eligible for the Senior Division. Athletes must be under 20 to be on a Junior Team.

Host Hotel:
Four Points Sheraton,
114 Buffalo Avenue
Niagara Falls, NY 14303
(716) 285-2521

When calling ask for In-House Reservations and mention Niagara Falls Racewalk Championships to receive the special rate of $89 (plus tax). Please make reservations by May 1st.

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 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 3rd from 5PM-8PM at the Four Points Sheraton. Saturday, June 4th 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: 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1-1-1-1-1... 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.