

2008 ANNUAL GRAN PRIX 5K RACEWALKS

"The Trilogy"

(3 Races - 5 Km (3.1 Miles) each)

DATES: **Race # 1 - Sunday, November 23, 2008 - 8:30AM Tavern-on-the-Green at 66th St & Central Park West**
Race # 2 - Sunday, December 07, 2008 - 8:30AM Tavern-on-the-Green at 66th St & Central Park West
Race # 3 - Sunday, December 14, 2008 - 8:30AM Tavern-on-the-Green at 66th St & Central Park West

PLACE: CENTRAL PARK, NEW YORK CITY

⇒ START TIME: **8:30AM** - CHECK-IN: 8:00 for ALL RACES

☞ FREE GLOVES TO ALL RACERS & *Volunteers*☞

☞ *SPECIAL DRAWING AFTER 3RD RACE*☞

☞ BAGELS & HOT CHOCOLATE / TEA FOLLOWING EACH RACE ☞

THIS SERIES HAS BEEN VERY POPULAR IN PAST YEARS, SO HERE THEY ARE AGAIN!
IT IS A SERIES OF LOW-KEY FUN RACEWALKS FOR BEGINNERS TO ADVANCED WALKERS.

AWARDS: THERE ARE AWARDS IN EACH OF THE THREE RACES, IN THE USUAL 10 YEAR AGE-GROUPS,
19 & UNDER; 20-29; 30-39; 40-49; 50-59; 60-69, & 70+.

THERE IS ALSO POINT SCORING FOR PLACES IN EACH RACE, TO DETERMINE THE RACEWALKER'S IN EACH
(10 YEAR) AGE-GROUP SCORING THE MOST POINTS FOR ALL THREE RACES. THESE WALKERS WILL BE THE
GRAN PRIX WINNERS & WILL RECEIVE AN ADDITIONAL SPECIAL AWARD FOLLOWING THE 3RD & LAST RACE.

To be Scored in the Race Results for Awards, Racers must wear Tights (Solid Color) or Shorts
(No Loose fitting Pants or Sweats.) This enables Racewalk Judges to clearly see the knees.

ENTRY FEES (FOR EACH RACE): - - ONE or TWO RACES - ENTRY: \$15.00 for Each Race

or, All THREE RACES: \$40.00

SANCTIONED by "MAC"

CHECKS PAYABLE TO: STELLA CASHMAN

MAIL TO: Stella Cashman, PARK RACEWALKERS, USA, 320 East 83rd Street, Box 18, NYC, 10028.

☎: 212-628-1317 Email: FranciCash@aol.com

Sponsored by "The Park Racewalkers, USA" with the cooperation of the NYC Dept of Parks and Recreation.

Michael Bloomberg, Mayor

Adrian Benepe, Comissioner

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NO REFUNDS, EXCHANGES OR TRANSFERS - - ONE RACE ENTRY: \$15.00 or, All THREE RACES: \$40.00

Check Races: GP #1, Sun, Nov 23 GP #2, Sun, Dec 7 GP #3, Dec 14

(Please Print) Check the races you are entering

Last Name: _____ First: _____

Team Name: _____ Email Address _____

Sex: M F Age: ___ / ___ / ___ DOB: ___ / ___ / ___ Fax: _____

Address: _____ City/State: _____

Zip Code: _____ Tel. No.: _____

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Park Racewalkers, USA, The Metropolitan Athletics Congress, the City of New York, the Department of Parks and Recreation, and any and all sponsors and their representatives, successors, and assigns for any and all injuries suffered by me in said event even if such injuries result from negligence, fault or carelessness of the Park Racewalkers, USA or any of the other named groups or persons. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the competition of this event and my physical condition has been verified by a Licensed Medical Doctor. Further, I hereby grant full permission to any and all foregoing to use any motion pictures, photographs, video-tapes, recordings or any other record of this event for any legitimate purpose.

Signature: _____ or, Parent if <18 Check Date: ___ / ___ / ___

For your athletic needs (Shoes, Clothing, etc.) visit, URBAN Athletics, 1291 Madison Ave @ 92nd St.,
15% Discount on Raceday or 10% other times Or, 2 World Financial Center (Winter Garden)