



**2019 RWCSL Summer Racewalk Duet**  
**Saturday Aug. 10, 5K**  
**Sunday Aug. 18, 5K/10K**  
**Tower Grove Park Turkish Pavilion**

**Date & Time:** Saturday, August 10 - 8:00 a.m. **5K Ozark Open/Masters Championship**  
Sunday, August 18 - 8:00 a.m. **5K/10K**

**Race registration closes on August 3, 2019. There is no race day registration.**

**Place:** Turkish Pavilion on Center Cross Drive in Tower Grove Park. Route is between Center Cross Drive and Grand Avenue on paved paths and streets closed to traffic. **Map is on 2<sup>nd</sup> page of this PDF.**

**Fee:** \$4 for both to RWCSL members, \$2 per event separately.  
\$20 for non-members, \$10 per event.

Medals will be given to RWCSL members who complete the Ozark Association Championship race in order of finish in the following categories: Open men/Open women and in 5 year age groups.

**For information, contact:**

Lorraine Ramonczuk  
(314) 229-4742  
[ramonczuk@sbcglobal.net](mailto:ramonczuk@sbcglobal.net)

**Entry Form (MUST BE 18 YEARS OF AGE OR OLDER TO COMPETE)**

Make checks payable to the Racewalkers' Club of St. Louis (RWCSL). Send entry fee and entry form to: Sue Turner, 230 S. Brentwood Blvd., Apt15G, Clayton, MO 63105.

Please fill out the following:

Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_

Phone \_\_\_\_\_ USATF# \_\_\_\_\_ E-mail \_\_\_\_\_

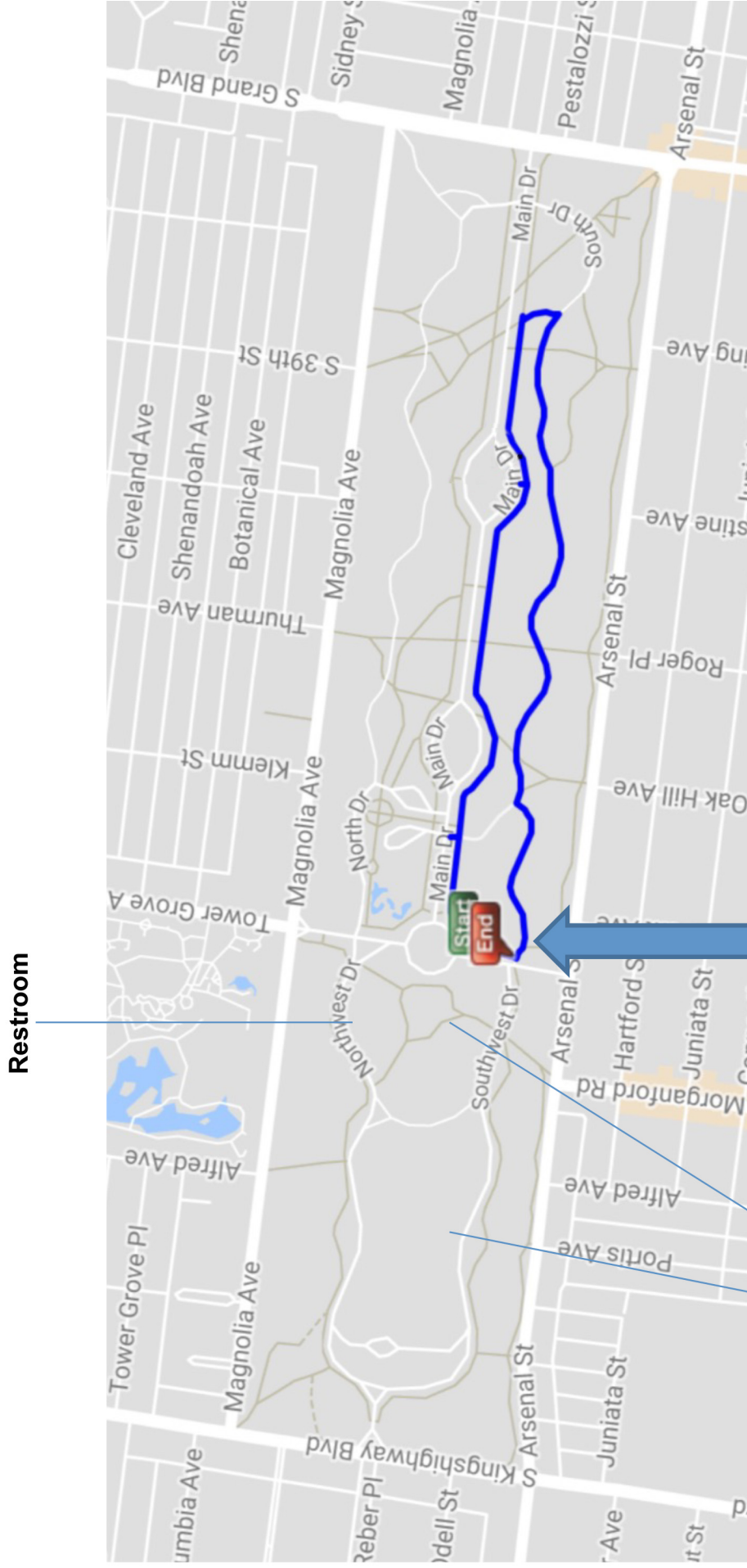
**Waiver:**

I acknowledge that there are certain risks inherent in athletics competition, and I freely accept those risks. In consideration of being accepted, I, intending to be legally bound, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the Racewalkers' Club of St. Louis, USA Track and Field, USATF Ozark Association, and their officers, agents, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with my association with or entry in, or arising out of my traveling to, participating in and returning from said competition. I further attest that I am physically fit and have trained for competition in the event(s) I have entered.

\_\_\_\_\_  
Signature of athlete

\_\_\_\_\_  
Date

# MAP OF TOWER GROVE PARK FOR RACEWALKERS' CLUB OF ST. LOUIS AUGUST DUET RACES



Restroom

**START AT TURKISH PAVILION  
ON CENTER CROSS DRIVE**

Restrooms

**RACE IS ON A STREET CLOSED TO TRAFFIC AND A PATH**

**2 LOOPS FOR 5K; 4 LOOPS FOR 10K**