



**2019 RWCSL Summer Racewalk Series**  
**6:30 PM Monday Evenings at**  
**Pattonville High School Track**  
 2497 Creve Coeur Mill Rd., Maryland Heights, MO 63043

**MUST BE 18 YEARS OF AGE OR OLDER TO COMPETE**

**Dates and Distances:** (NOTE: Dates and times are subject to change if track is unavailable.)

- June 3 – 1500M
- June 10 – 3000M
- June 17 – 5000M
- June 24 – 1600M – **Ozark Association Open/Masters Championship**
- July 8 – 3200 M
- July 15 – 1500 M – **Ozark Association Open/Masters Championship** followed by Club dinner at Fazoli's, 12341 St. Charles Rock Road, Bridgeton, MO 63044

**Race registration closes at 6 PM before each race. If you have preregistered, you must sign in by 6:15 PM**

**Cost:** RWCSL members - \$20; others \$30 for series or \$5 per weekly racewalk

**Awards:** Medals will be given to RWCSL members who complete the Ozark Association Championship races. Awards will be given at the Club's annual meeting to (1) the fastest RWCSL male and female members who complete at least 3 of the Summer and 2 of the Fall Series races (not including the 1 hour postal) determined by age adjusted results and (2) to the most improved from the previous year RWCSL male and female members who complete at least 3 of the Summer and 2 of the Fall Series races.

**For information, contact:**

Lorraine Ramonczuk  
 (314) 229-4742  
 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 or take it to first event.

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 Pattonville School District, 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