



## 2025 Virginia R. Mulanax

### Racewalk Fall Series

2:30 PM Sunday afternoons

**NEW LOCATION:** Maplewood  
Richmond Heights High School Track,  
7601 Manchester Road, Maplewood, MO 63143  
(Track is next to Maplewood City Hall)

**Dates:**

Oct. 5 – 5000M – **Ozark Association Virginia R. Mulanax Open/Masters Championship**

Oct. 12 – 3000M

Oct. 19 – 1 hour Postal

Oct. 26 – 1500M

**Race registration closes at 2 PM before each race. If you have preregistered, you must sign in by 2:15 PM.**

**Fee:**

Cost for Racewalkers' Club of St. Louis members is \$16 per athlete for series or \$4 per event.

Non-members \$24 per athlete for series; or \$6 per event.

**Awards:** Medals will be given to RWCSL members who complete the Ozark Association Virginia R. Mulanax Championship race. Awards will be given at the Club's annual meeting to (1) the fastest RWCSL male and female members who complete at least 5 of the 10 summer and 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 5 of the 10 summer and fall series races. These events are sanctioned by USATF.

**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., Apt 15G, Clayton, MO 63105 or take 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 Maplewood Richmond Heights 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