

# 2023 USATF NATIONAL 5k RACE WALK



OPEN, MASTERS & U-20 CHAMPIONSHIPS

ALONG WITH

## USATF-NJ ASSOCIATION

Men's & Women's 5k Race Walk Championships (All Divisions)

Hosted by the Freehold Area Running Club

Sunday Sept. 24, 2023 10:00 am – Women\* 11:00 am – Men\*

Harry Wright Lake, Whiting, New Jersey

\*Heats may be combined depending on number of entries

Race Director: Ron Salvio 609-758-5454 Salvio17@comcast.net

Directions on back



### Hotel Info

Quality Inn 2016 Hwy 37W,

Manchester Twp., NJ 08759

Packet pick up 9/23 after 6 pm in the

Hospitality Suite

USATF SANCTION #143182

USATF COURSE CERT# NJ19018JHP

AIMS #USA-2019-065

Check out our website

[www.farcnj.com](http://www.farcnj.com)

### Post-Race Banquet & Awards Ceremony:

Open & Junior: Medals 8 deep. Nat'l Master and NJ Assoc. Champs: 5 Year Age Groups/3 deep to 90+  
\*eligibility requirements must be met

### Registration Includes:

Sat. Evening Hospitality Suite w/ Packet Pick-up at Hotel  
Substantial Swag/Goodie Bags/Technical Wicking Shirt  
Race Side Physical Therapist  
Personal Lap Counter  
Post-Race Buffet and Awards Ceremony 12:45

### Sponsors



Quality Inn, Manchester Twp. NJ

732-657-7100

This race is part of the  
**2023 New Jersey Race Walk Series**  
(See separate entry for 4/30 10k;  
5/13 20k; 7/29 1 Hour; &  
10/14 15k)

### REGULATIONS:

The Race walk event will be supervised and judged by certified WA & USATF officials and will follow USATF rules and will be held on a certified course.

Must have a 2023 USATF Membership number to participate.

Race walkers knees must not be covered. NO Running or use of pacing devices by any participant.

Sorry No Refunds. Number of Heats to be determined by size of field..



### ENTRY FORM: FREEHOLD AREA RUNNING CLUB

Make check payable to FARC NJ. Mail to: FARC c/o Ron Salvio, 4 Bowie Ct. Whiting, NJ 08759

\_\_\_\_\_ 5k Open    \_\_\_\_\_ 5k Jr    \_\_\_\_\_ 5k MASTERS

Pre-Registration \$50.00 by 9/22/23. On-site Registration \$65.00

NAME: \_\_\_\_\_ Email: \_\_\_\_\_ USATF # \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone # \_\_\_\_\_ BIRTHDATE: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_\_\_ M / F: \_\_\_\_\_ T-shirt size: S M L XL

Club Affiliation: \_\_\_\_\_ Hotel where staying \_\_\_\_\_

I know that competing and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work a race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and or humidity, the conditions of the road and traffic on the road, all such risk being known and appreciated by me. Having read this waiver and knowing these acts, and in consideration of your acceptance of my application for membership of myself and anyone entitled to act on my behalf, waive and release the ROAD RUNNERS CLUB OF AMERICA, USATF, USATF-NJ, the FREEHOLD AREA RUNNING CLUB, Manchester Twp., all sponsors, their representatives & successors from all claims of liability of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other records of this event for any innate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Total Enclosed \$ \_\_\_\_\_

Contact Information: Ron Salvio – 609-758-5454; Email – salvio17@comcast.net