



## **2024 Three Mile Spring Fling Handicap Racewalk**

Your best time from a 5000 meter walking race in 2023 will determine your start. Slower walkers will be started first and faster walkers will have subsequent starts based on their time differences from 2023. Awards will be given to the first 3 walkers crossing the finish line. This event is sanctioned by USATF.

**Date/Time: Sunday, April 28, 2024, at 2:30 PM**

**Place: Chesterfield Central Park Lake Trail**

**Parking: Chesterfield Family YMCA, 16464 Burkhardt Place, Chesterfield, MO 63017. Restrooms available at YMCA.**

**Fee: \$10 for Racewalkers' Club of St. Louis members. \$15 for non-members.**

**Race registration closes 30 minutes before each race. If you have preregistered, you must sign in at least 15 minutes before race start.**

***For information, contact: Jerry Young, [jerry568@aol.com](mailto:jerry568@aol.com)***

### **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. 15 G, Clayton, MO 63105 or take to 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 Racewalkers' Club of St. Louis, the YMCA, the City of Chesterfield, MO, 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