



**2010 Whistle Stop 10K Racewalk
Presented by Racewalkers Northwest
Sunday, August 15, 2010 – 10:00 AM**

Location: Buxton Trail
Banks, Oregon

Directions: Travel west on Hwy 26, go 7.7 miles past the Banks- Tillamook exit (stay on 26, don't take the exit), turn right toward Buxton on Fisher Rd (there is a Time gas station on Hwy 26 across from Fisher Rd). Travel on Fisher Rd 1.3 miles, turn right at Banks/Vernonia Linear Trail State Park, there is a gravel parking lot .

Course: Paved, shaded, out and back course. Race will be judged according to USATF rules.

Divisions: Men/Women (Under 39) (40-49) (50-59) (60-69) (70-79) (80+). Awards will be given.

Other Info: Event volunteers are always needed – please contact Race Director for information. Training provided!

Entry Fee: \$10.00. **Note: entry is day of race only (registration will be held 8:30-9:30 am).** Please notify the Race Director if you plan to participate – this will assist in providing a good experience for all participants.

Race Director: Rob Frank, rtf@teleport.com

RWNW Whistle Stop 10K Racewalk Entry Form

Name: _____ Phone: _____ Gender: M F
Address: _____ Race Day Age: _____ DOB: _____
City: _____ State: _____ Zip: _____ E-Mail: _____
Total Enclosed: _____ Best Previous 10K Mark (if known): _____

In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound, for myself, my executors, administrators and assignees, do hereby waive and release the sponsors of this walk, Racewalkers Northwest, USATF, and all persons and agencies connected with this walk from all claims for damages arising from my participation and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this competitive walking event.

Participant Signature (and parent/legal guardian signature if under 18): _____

