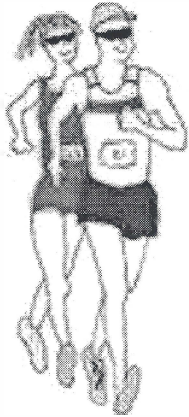


2023 USATF NATIONAL 5k RACE WALK



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

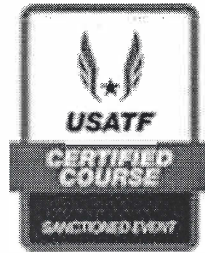
Sunday Sept. 24, 2023 10:00 am – Women* 11:00 am – Men*

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

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

"We are just not right in the head. That's why we are interested in it"

Gold medalist 2012 Olympics Sergey Kiryapkin of Russia, on being a race walker

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

Directions to Harry Wright Lake:

From Garden State Parkway: Coming from the North

Garden State Parkway south to exit 89B, Lakewood/Lakehurst.

After going through toll, make a right onto Rt 70 West

**Follow all the way through Lakehurst (you'll pass a McDonalds on left, Lakehurst Diner on right).

Continue on Rt 70 West until you come to a traffic light which is Manchester Blvd. (Whiting).

Make left onto Manchester Blvd – follow all the way to the end till you can't go anymore (2nd traffic light).

Make a left onto Rt 530 and then a quick right onto Station Road.

Station Road turns into Lake Road. Drive approx.. 2 miles.

Harry Wright Lake will be on your right.

Coming from the South:

Garden State Parkway to exit 82A, 37W/Toms River/Lakehurst

Take Rt. 37W to Rt 70W follow directions above**

From Turnpike:

Take Turnpike to Exit 7A

Take I-195 to Exit 16A

Make a right onto 537W

Go past Great Adventure for about 5 miles to Rt 539 (traffic light)

Make left on 539 stay 7 or 8 miles to Rt 530.

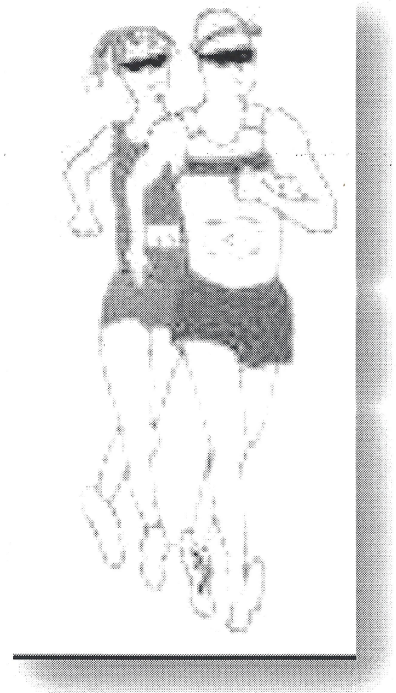
Bear left onto 530

Pass Manchester Blvd on left, go over RR tracks and make a right onto Station Road.

Station Road becomes Lake Road

Continue on Lake Road approx.. 2 miles.

Harry Wright Lake is on your right.



Fellowship of Christian Athletes



Accommodations are best along Route 37 in Manchester or Toms River (not Lakehurst)

Quality Inn 2016 Rt. 37, Manchester NJ – 732-657-7100

www.choicehotels.com/hotel/nj219
