



34th annual series . . . for walkers and runners of every age

2012 INDOOR TRACK MEETS

SUNDAYS, JANUARY 8, JANUARY 22, and FEBRUARY 5

Thomas Jefferson Community Center

3501 South 2nd Street, Arlington, Virginia 22204

EVENTS and approximate start Procedures

times:

- 7:45 am 800-Meter Race Walk
- 7:45 am 1500- & 3000-Meter Race Walk
- 8:15 am 55-Meter Run
- 9:00 am One-Mile Run
- 9:40 am 400-Meter Run & 4x400 Relay
- 10:10 am 800-Meter Run
- 10:35 am 200-Meter Run & 4x200 Relay
- 11:30 am 3000-Meter (15 laps) & 5000-meter (25 laps)

- For young athletes up through 8th grade
- One heat, followed by race-walk clinic for young athletes
- Heats: Youth, women, open>5:00, elite<5:00, masters 40+
- Heats by age and gender
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- One heat - We use bib numbers to facilitate lap-counting

Free Clinics:

- 8:00 am Race Walk clinic
- 9:45 am Long jump practice
- 10:00 am Shot put practice

Note: We record individual times only in the racewalks, 1-mile, 3000-meter, and 5000-meter, but not in the shorter events.

- **Track:** Fast soft urethane four-lane 200-meter indoor track · Eight laps to the mile, 20-meter turn radius.
- If you use starting blocks for 55-meter, please bring your own
- **NO SPIKES:** NOT METAL, NOT PLASTIC, NOT CERAMIC. No food allowed in the gym.
- **Announcer:** Radio personality Chuck Williams
- **Directions:** From DC or Capital Beltway (I-495), take Arlington Blvd (Route 50) to Glebe Road (Route 120) southbound to 2nd Street South. At the 7-11, turn left (east). TJ is on your left. Parking is free.
- Or from Route 50, turn south on Irving Street and right (west) onto 2nd Street South.
- Or from I-395, take Glebe Road (Route 120) northbound 3 miles to 2nd Street South, then turn right to TJ.
- **For more info:** call 703-927-4833 and leave a message · For [PVTTC](http://www.pvtc.org), 703-481-3530
- Conducted in co-operation with Arlington Department of Parks, Recreation, and Community Resources.

- **Free** for children up to 8th grade
- **Ribbons** for every youth finisher, thanks to POTOMAC VALLEY TRACK CLUB www.pvtc.org
- \$ 3.00 per meet for high school students
- \$ 4.00 per meet for PVTC members
- \$ 5.00 per meet for all others
- Students up to 8th grade may enter free using [this form](#)
- Anyone past 8th grade may [register on-line via www.pvtc.org](#) or register by mail

Send this form and your check to PVTC, 611 South Ivy Street, Arlington VA 22204

To register students up to 8th grade (free), you may fax your entry to 703-521-6157

Name _____ Phone _____
 _____ Age _____ M/F _____
 Address _____ City, State, ZIP _____

 E-mail _____

_____ Date of Birth ____-____-_____
 Expect me: JANUARY 8 JANUARY 22 FEBRUARY 5
 All three
 Free (Students up to 8th grade)
 \$3 per meet x__ meets (high school students) (\$8 for all 3 meets before December 31)
 \$4 per meet x__ meets (PVTC members) (\$11 for all 3 meets before December 31)
 \$5 per meet x__ meets (all others) (\$14 for all 3 meets before December 31)
 To help keep these meets free for children, here is a donation of \$ _____. Total enclosed: \$ _____
 I will help as a volunteer. Please call me. WE NEED TIMERS FOR 55-METER - 8 am to 9 am
 For more info about volunteering, see <http://pvtc.org/timers.htm> or e-mail RACEDIRECTOR@ATT.NET

I know running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course,

all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including Arlington County VA, their elected and appointed officials and employees, Potomac Valley Track Club, RRCA, USATF, Runners World Magazine, their officers, directors, agents, and employees, and all officials of this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand this event is conducted under the regulations of Arlington County VA. I agree to release my name and photo for publicity purposes. I understand that my name and address will be provided to the sponsors of this event, including Runner's World magazine. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18)

_____ Date
