



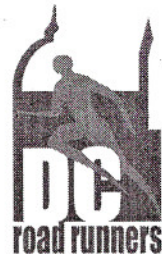
For walkers and runners of every age ... 30<sup>th</sup> annual series

# 2007 INDOOR TRACK MEETS

## Sundays, January 7, January 21, February 4

Thomas Jefferson Community Center

3501 South 2<sup>nd</sup> Street, Arlington, Virginia 22204



### EVENTS and approximate start times:

- 7:45 am 800m Race Walk
- 7:45 am 3000m & 1600m Race Walk
- 8:15 am 55m Run
- 9:00 am One-Mile Run
- 9:30 am 400m Dash & 4x400 Relay
- 10:10 am 800m Run
- 10:35 am 200m Dash & 4x200 Relay
- 11:30 am 3000m Run

For young athletes up through 8th grade  
 One heat, followed by race-walk clinic for young athletes  
 Heats by age and gender  
 5 heats: Youth, women, open, elite<5:00, masters 40+  
 Heats by age and gender  
 Three heats by age and gender  
 Heats by age and gender  
 One heat only

**NEW! 9:15 am:  
 Shotput, Discus,  
 & Long Jump Clinics**

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

- Led by POTOMAC VALLEY TRACK CLUB [www.pvtc.org](http://www.pvtc.org) and D.C. ROAD RUNNERS CLUB [www.dcroadrunners.org](http://www.dcroadrunners.org)
- in co-operation with Arlington Department of Parks, Recreation, and Community Resources
- **Track:** Soft urethane 4-lane 200m oval · 8 laps/mile · 20m turn radius
- **NO SPIKES -- NOT METAL, NOT PLASTIC, NOT CERAMIC**
- You may bring a starting block for the 55m • No food in the gym
- **Info: 703-218-2726 • DCRRC 703-241-0395 • PVTC 703-481-3530**

Sponsored by



**Pacers**  
 RUNNING STORES  
 3100 Clarendon Blvd, Arlington  
 703-248-6883  
 1301 King Street Alexandria  
 703-836-1463

- **Directions:** From DC or Beltway (I-495), take Arlington Blvd (Route 50) to Glebe Rd (Route 120)
  - Take Glebe Road (120) one block south to 2<sup>nd</sup> Street. Turn left (east). TJ is on left. Parking is free.
  - From I-395, take Glebe Road (Route 120) north 3 miles to South 2<sup>nd</sup> Street, then turn right to TJ.

Enter on-line at [www.pvtc.org](http://www.pvtc.org) or

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

Name \_\_\_\_\_ Phone \_\_\_\_\_ Age \_\_\_\_ M/F \_\_\_\_

Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

Expect me:  JAN. 7  JAN. 21  FEB. 4 Birthdate \_\_\_\_\_, \_\_\_\_\_

- FREE** for children up to 8th grade
  - \$3** per meet x\_\_ meets (high school students) **• RIBBONS** for every youth finisher
  - \$4** per meet x\_\_ meets (DCRRC or PVTC members) **(\$ 8** for all 3 meets before December 31)
  - \$5** per meet x\_\_ meets (all others) **(\$11** for all 3 meets before December 31)
  - \$14** for all 3 meets before December 31)
  - To keep these meets free for young athletes, here is a donation of \$ \_\_\_\_\_ Total enclosed: \$ \_\_\_\_\_
  - I will help as a volunteer. Please call me. **WE NEED TIMERS for the 55m at 7:55 am**
- To volunteer, see [www.pvtc.org/timers.htm](http://www.pvtc.org/timers.htm) or e-mail [RACEDIRECTOR@ATT.NET](mailto: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, DC Road Runners Club, 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 \_\_\_\_\_