

**2023
NJ Race Walk Series**



The New Jersey Race Walk Series 2023

Presented by the Freehold Area Running Club as USATF-NJ Championship Events

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|---------------------|--------|--|----------|
| Sunday April 30 | 10k | Harry Wright Lake, Whiting (Manchester) NJ | 10:00 am |
| Saturday May 13 | 20k | Cancelled | 10:00 am |
| Saturday July 29 | 1 Hour | Manchester H.S., Manchester NJ | 8:30 am |
| Sunday September 24 | 5k* | Harry Wright Lake, Whiting (Manchester) NJ | 10:00 am |
| Saturday October 14 | 20k* | Harry Wright Lake, Whiting (Manchester) NJ | 10:00 am |

Races are USATF-NJ Assoc. Championships & part of the USATF-NJ Race walking Grand Prix.

Course: FAST, FAST, FAST. The Harry Wright Lake course (AIMS Certification: USA-2019-065), is straight, flat, smooth as glass, with wide turns. 1250 meter loops (longest allowed by USATF for records at or under 5,000 meters). Races are sanctioned. Tree lined and shaded. Not up for the full distance? - walk the competing distance or choose your own.



Awards: Open: 5 Deep Teams:
 Masters (40+): 3 Deep in each 5 year age division Open & Masters
 Juniors: 5 Deep 10 year age groups



Entry Fee: Each race: \$25.00(Pre) \$30(Post) No Health/Fitness Walkers on 9/24 or 10/14

Judging: Each race will be judged by USATF certified Race Walk Judges & Officials

Parking: Race side Directions and Accommodations on back.
 For Info call Ron – 609-758-5454 Email: Salvio17@comcast.net

***Separate entry for 10/14 which will also be the 2023 USATF Masters National Race Walk Championship and 9/24 which will also be the 2023 USATF Open, Masters & U-20 5k National Race Walk Championships.**

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2023 New Jersey Race Walk Series

Name: _____ Phone# _____ Gender: M F
 Address _____ Race Day Age: _____ DOB: _____
 City: _____ State: _____ Zip: _____ Email _____
 Race Entered: _____ 2022 USATF # _____
 Best Previous Time (2 yrs): _____ Club: _____

Please sign waiver: In consideration of the acceptance of my entry, I the undersigned, hereby release, waive and consent not to sue, and further agree to indemnify, defend and hold harmless the following parties: USA Track & Field, Inc., USATF-NJ, their associations and sports disciplines, event organizers, event directors and promoters, sponsors, advertisers, coaches, officials and volunteers, the Freehold Area Running Club, the Road Runners Club of America, Manchester Twp and Manchester Twp Board of Education and any individuals or entities who are in any way associated with the event even though they may arise out of negligence on the part of the persons named herein. I attest and verify that I am physically fit and am fully able for the competition of this event. I have read the above release and understand that I am entering this event at my own risk.

Participant Signature _____ Date _____
 Signature of Parent or legal guardian if under 18 years of age.

Mail Entry Form and Payment made payable to F.A.R.C. to: Ron Salvio, 4 Bowie Ct. Whiting, NJ 08759

“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
