



The Art Keay Memorial Racewalks

Ontario Junior/Senior Men's & Women's 10km Walk Championships

Sunday, May 29, 2011 Start: 11:00 am.
Hanlan's Point, Toronto Islands



Events and Awards:

- 5 K Open Non-Championship
- 5 K Power Walk – not judged
- 10 K Age-Graded Art Keay Memorial and Ontario Junior & Senior 10k Championships
- 20 K Open (racers must be able to finish in under 2 hrs)

Awards: Medals to first three finishers in each event. For Ontario Championship 10km – top three Ontario + up to top three Open if ahead of Ontario athlete in each category.

For pre-registration, entries must be postmarked no later than **May 19, 2011**. For post registration, please have a cheque or EXACT amount of cash. All participants must sign the waiver form prior to start.

How to get to the race site

You must go to the Toronto Island Ferry Docks. Make sure to take the Hanlan's Point Ferry. Attached is a map which shows the meeting place on Hanlan's Point. You will find signposts directing you to the registration desk, which is within easy walking distance of the Hanlan's Point Ferry Dock – 15 minute walk. **Special Note for competitors: You should take the 8:45 or 9:30am ferry to ensure that you arrive early enough to pick up race package and warm up. Please check ferry schedule close to race date in case schedule changes.**

Ferry Information

To obtain the Hanlan's Point Ferry schedule: 416.392.8193

Or www.toronto.ca/parks/island/index.htm

Description of Race Day and Course

When you leave the Hanlan's Point Ferry, continue due south. Please look for "Ontario Racewalkers" signs. You will find the registration area between two buildings to the west of the path. The start of the race will be near the registration desk. The course, which is shown on the map, is a flat, scenic, tree-line 2.5 k loop, close by the water's edge. Public washrooms & showers are available at the registration desk. Snacks/refreshments will be provided while waiting for results. For further information please contact:

Lily Whalen at 416-243-5413, email: staffordwhalen@rogers.com

For additional information visit our Web site: www.ontarioracewalkers.com

The Art Keay Memorial Racewalks
Ontario Junior & Senior Men's & Women's 10km Walk Championships
Sunday, May 29, 2011 Hanlan's Point, Toronto Island
All races start at 11.00am

Your entry form must be postmarked no later than **May 19, 2011**.

Name _____
Address _____
City _____ Province/State _____ Postal/Zip Code _____
Country _____
Phone: Home _____ Bus. _____ E Mail _____
Date of Birth ____/____/____ Sex ____ ____
 dd mm yy age race day f m
Club Affiliation _____

Athletics Ontario Member Yes No Ontario Resident Yes No
Other Provincial/National or USATF Association Member Yes No
Name of Association _____ Assoc. # _____

There is a \$10.00 surcharge for any athlete who is not a member of Athletics Ontario/Ontario Masters Athletics or an equivalent provincial or state association. All walkers must complete and sign the waiver.

Fees: Registered Athlete \$25 Cdn. or \$25 US Non-Registered Athlete \$35 Cdn or \$35 US
Fees: 5k Power Walk - \$30 (includes Non-registered athlete fee)

Please Note:

All 10km and 20km entries are automatically entered in the Art Keay Age-graded 10km (no additional charge).

Athletes may register on the day of the race for an additional fee of \$10 Cdn/US.

Note: Athletes entering the Ontario 10k Champs. including those entering after May 19, must register with Athletics Ontario or their provincial/state assoc. no later than 3:00 pm, Monday, May 23, 2011.

Cheque payable to: Ontario Racewalkers Assoc.
Mail along with entry form, signed waiver & declaration form to:
Lily Whalen
39 Allanhurst Drive, Etobicoke, ON, Canada, M9A 4J9

For further information please contact: Lily Whalen at 416-243-5413 or staffordwhalen@rogers.com
Or visit our web site: www.ontarioracewalkers.com

Accommodation: There are many hotels within walking distance of the Island Ferry Docks..

We recommend the Holiday Inn on King. Reservation: 416:599.4000 or 1.800.263.6364

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- 5 K Non-Championship
- 5 K Power Walk (not judged)**
- 10 K Ontario Junior Championship & Open
- 10 K Ontario Senior Championship & Open
- 20 K Non-Championship (must be able to finish in 2 hrs.)

The 10 K Age-Graded, 5 K Non-championship and 20 K races are open to all. The Ontario Championship races are open to Athletics Ontario and provincial/state (FAQ, USTFA) members. All 10 K and 20 K competitors who complete their races will be eligible for the **10 K Art Keay Memorial age-graded trophy and Athletics Ontario championship medals.**

Release, Waiver and Indemnity

In consideration of the acceptance of my application to participate as an entrant in the 10 K age-graded Art Keay Race, the 5 K non-championship race, the 20 K race, the 10 K Ontario Senior or Junior Championship races, I, for myself, my heirs, executors, administrators, successors and assigns hereby waive and forever discharge the City of Toronto, Athletics Ontario, the Canadian Masters Athletic Association, The Ontario Racewalkers Assoc. and their officers, directors, employees and agents of and from all claims, demands, damages, costs, expenses, actions and causes to action, whether in law or in equity, in respect to death, injury, loss or damage to my person or property however caused, arising to or to arise by reason of my participation in the said event, whether as a spectator or participant in the said event, whether as a spectator contributed to or occasioned by the negligence of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify all of the aforesaid from or against any and all liability incurred by any or all of them arising as a result of, or in any way connected with, my participating in the 10 K age-graded Art Keay, the 5 K non-championship, the 20 K non-championship or the 10 K Ontario Senior or Junior championship.

In submitting this entry, I acknowledge that I have understood and agree to the above waiver. I warrant that I am physically fit to participate in the event and agree to abandon the race if so requested by the appointed medical officer.

Signature _____ (Parent/Guardian's signature if under 18)
Print Name _____
Date _____