

USA Race Walking Foundation

RACE WALK CAMP INVITATION

ATTENTION ALL JUNIOR, COLLEGIATE and ELITE RACE WALKERS
Tuesday, December 30, 2024 to Sunday, January 5, 2025

Our USA Race Walking Foundation Board of Directors has authorized a **partial grant of \$200** to cover part of the cost of the USA Race Walking Winter Race Walk Camp fee of \$315 for all female and male junior and collegiate race walkers who finished in the **top three** at any of the following race walks:

1. New Balance One Mile Indoor High School Championship of March 2023
2. New Balance One Mile Outdoor High School Championship of June 2023
3. NAIA Collegiate 3000 meter Indoor National Championship of March 2023.
4. NAIA Collegiate 5000 meter Outdoor National Championship of May 2023.
5. USA U20 National Outdoor Track & Field Championship of June 2023.
6. USATF Junior Olympic Track & Field Championships of July 2023
7. USATF National Outdoor 20km Track & Field Championships April 2023
8. any of the USA Team or National 1500 meter, One Mile, 3K, 5K, 10K or 20k race walk championships and international trials.

What all Camp Attendees Need:

- A. You intend to continue race walking for one or more years.
- B. You will be 14 years old by 12/30/2024.
- C. Your verified course time is at least but not more then:

Race	Female	Male
1500 meter	7:35	7:15
One mile	8:00	7:40
3K	16:30	16:15
5K	27:30	27:00
10K	59:00	56:00
20k	1:55:00	1:48:00

- D. You are one of the first 15 female and or 15 males to register for the camp.
- E. You obtain your flight ticket within 30 days after you have been accepted for the camp.
- F. You send in a notarized medical Power of Attorney naming Tim Seaman, Rachel Seaman, Diane Graham-Henry as your attorney-in-fact that may be obtained at USA Race Walking site within 30 days after you have been accepted for the camp.

All forms are available at www.usaracewalking.org.

ALL attendees will be housed at YMCA Camp Surf, Imperial Beach, California.

Participants will be furnished with all housing, food and all local travel including travel to and from local airport and practice and race locations. List of camp needs will attend acceptance.

Any further questions may go to Rachel Seaman at seaman.rachel@hotmail.com

Fill out application and return with Camp fee of \$315, or balance to Rachel Seaman.