

# NARI RACE WALK CAMP INVITATION

ATTENTION ALL JUNIOR AND COLLEGIATE RACE WALKERS

Sunday, December 26, 2016 to Sunday, January 2, 2017

Our North American Race Walking Institute (NARI) Board of Directors has authorized a partial grant of \$200 to cover part of the cost of the NARI Winter Race Walk Camp registration fee for all female and male junior and collegiate race walkers that finished in the top three at any of the following race walks:

1. New Balance One Mile Indoor High School Championship of March 2016.
2. New Balance One Mile Outdoor High School Championship of June 2016.
3. NAIA Collegiate 3000 meter Indoor National Championship of March 2016.
4. NAIA Collegiate 5000 meter Outdoor National Championship of May 2016.
5. USA Junior National Outdoor Track & Field Championship of June 2016.
6. Junior Olympic Track & Field Championships of July 2016 or
7. any of the USA Team or National 1500 meter, One Mile, 3K, 5K, or 10K race walk championships.

## 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 12/26/16.
- 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

- 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 and Tish Hanna as your attorney-in-fact that may be obtained at NARI site within 30 days after you have been accepted for the camp. Form is available at [www.narionline.org](http://www.narionline.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](mailto:seaman.rachel@hotmail.com)

**Fill out application and return with Camp fee of \$300, or balance to Rachel Seaman, check payable to NARI.**