



**Presents**

**Ontario U20 and Open Men's and Women's 10km  
Racewalk Championships  
and  
Open Men's and Women's 20km  
Racewalk Championships  
(Rose City Walks)**

**October 6, 2019**

**Merritt Island Park  
8 Merritt Island  
Welland, Ontario  
L3B 3X4**

**Technical Package**

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# General Information

## Directions:

**From the QEW:** Take Highway 406 to Welland, continue past Hwy. 20 overpass, and in the City of Welland exit right at Woodlawn Road (next exit after Merritt Road).

Just past the Seaway Mall (at the right, with a cemetery on the left) turn left at Niagara Street\*.

Continue along Niagara Street, past West Main Street, over a bridge and straight ahead. Niagara Street becomes Division Street.

At Cross Street (2<sup>nd</sup> set of traffic lights past the bridge) turn left. Continue along Cross Street through East Main Street and past the Welland County Courthouse on your right. Keep driving along this road past the ship's mast on the right. The old Welland Canal should be on your left.

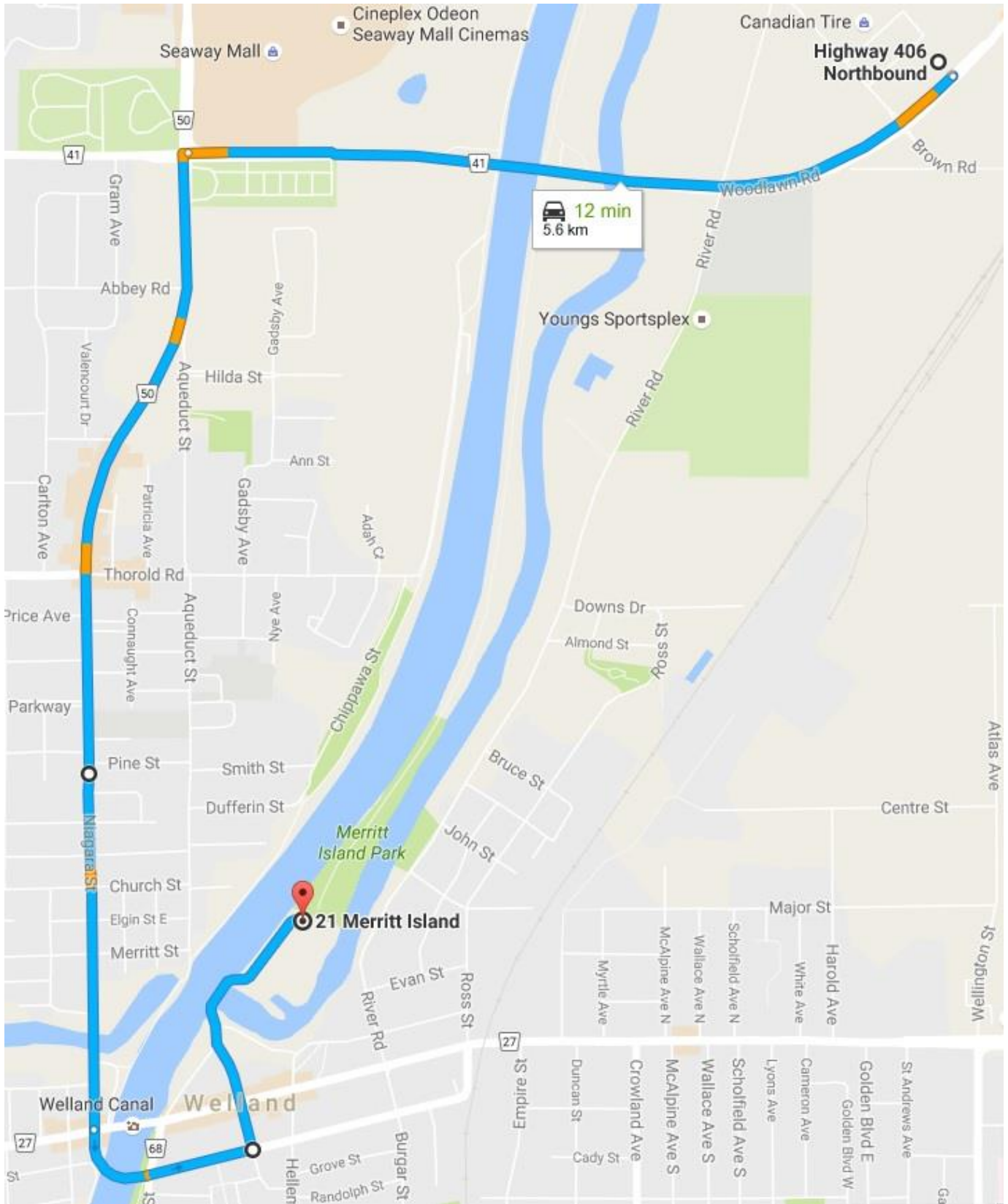
Several hundred metres past the mast you'll come to a parking area. Leave your car there and walk along the paved trail for about 1500 metres to the start of the loop. The Canal will be on your left as you walk along the trail. Washrooms are available in the building adjacent to the parking area and also at the far end of the race loop. **(Note: there will likely not be a portable toilet located at the finish line, as in previous years).** If for some reason the parking area is full you will have to drive back over the bridge and park in the lot behind City Hall or the Courthouse.

From either of the two hotels on Niagara Street turn left on Niagara as you leave the parking area, drive past Woodlawn Road, and follow the directions given above.

\*Note: there is an alternate route you can take after exiting from Hwy. 406 onto Woodlawn Road:

Turn left at River Road (there is a high school at this corner). Stay to the right as the road forks. Continue along River Road to East Main in the downtown area. Turn Right at East Main and then turn right at Cross Street (Welland County Courthouse is at this corner.) To get to the race course follow instructions above.

***If you're not coming to Welland via the QEW please contact Roman for directions.***



## Organizing Committee

### Meet Director:

Roman Olszewski

45 Wellandvale Dr.  
Welland, Ontario  
L3C 7C4

Ph: (905) 734-9574  
Email: roman.otfa@cogeco.ca

### Hotels Suggestions:

Best Western Plus  
300 Prince Charles Dr. S  
Welland, Ontario L3C 7B3  
(905) 732-0922  
Reservations: 1-800-387-8186  
<bestwesternniagara.com>

Travelodge (formerly Canal Inn)  
870 Niagara St.  
Welland, Ontario L3C 1M3  
(289) 820-7970  
<travelodgewelland2@gmail.com>

Canada's Best Value Inn  
(formerly Welland Inn and Conference Centre)  
1030 Niagara St. L3C 1M6  
Welland, Ontario  
(905) 735-6666  
<www.redlion.com/welland>

### Facility:

Public washrooms located in building adjacent to parking lot at Merritt Island Park, as well as along the course near the far end of the loop

### Results:

Results will be posted on October 7, 2019 by 10am EST

Please follow this link for the meet results:

<https://athleticsontario.ca/events/race-walk-championships/>

AO 10km/20km Championship medals will be awarded to the first three Ontario registered athletes in each event. Duplicate medals will be awarded to athletes from outside Ontario who place in the top three. In addition, there will be merchandise awards for the top age-graded performances for all athletes except those entered as power walkers.

Photos:

Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook and Twitter) following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography.

Facebook page: <https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

Helpers:

Please let Roman Olszewski [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca) know if you are coming with someone who can help with lap counting/water table/bicycle messenger. (Bicycle will be provided)

First Aid:

First responders will be available at the championship and stationed by the start/finish line area.

After the Race/Awards:

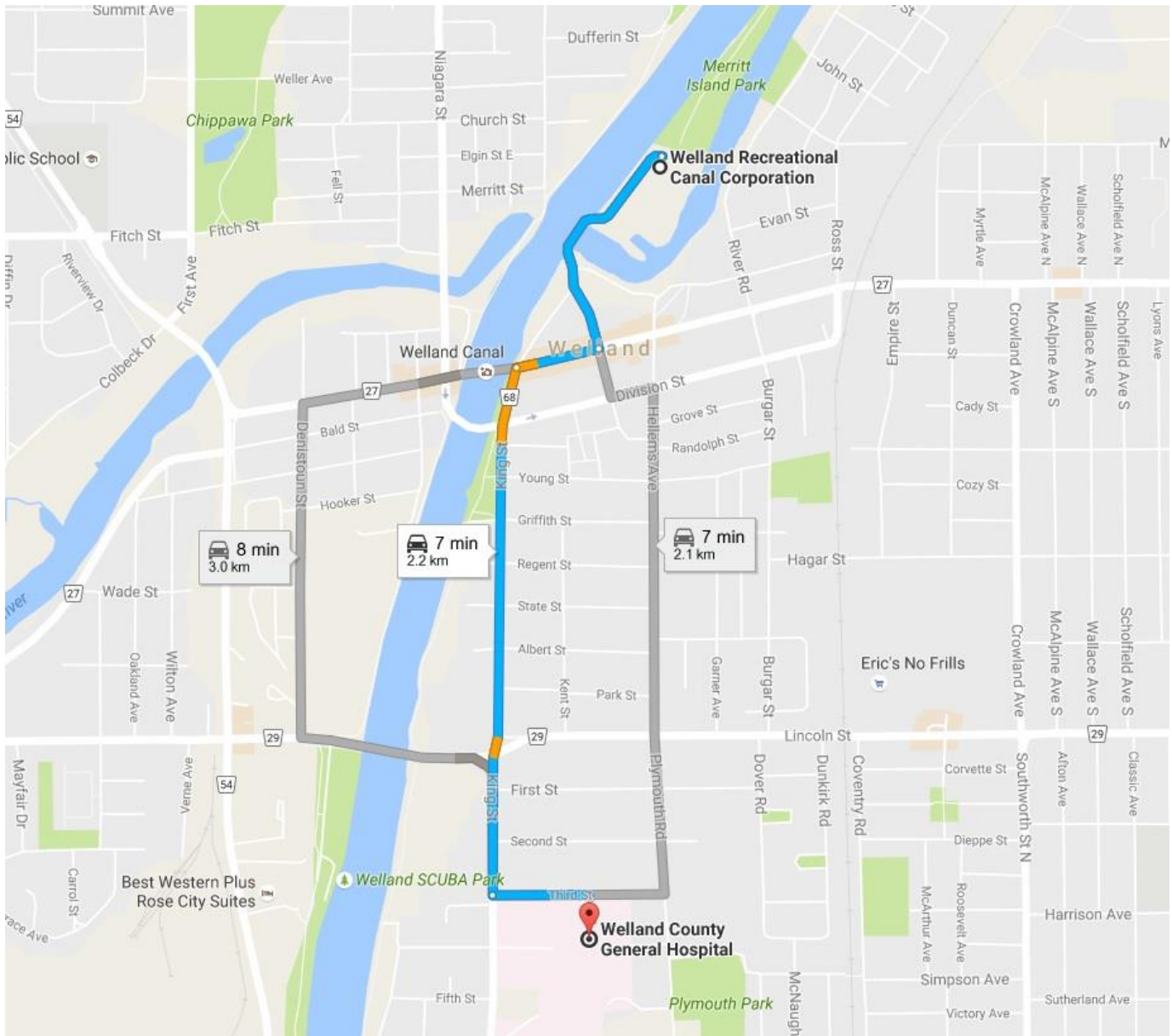
Please note that there will not be a post-race social following the races. An informal awards ceremony will be held on the race course following conclusion of the 20km event.

Directions from Merritt Island Park to Greater Niagara General Hospital

From:  
8 Merritt Island  
Welland, ON  
L3B 3X4

1. Head west on Cross St./Merritt Island towards Court House Ln. 0.60km
2. Turn right onto E Main St/Niagara Regional Rd 27 0.20km
3. Turn left onto King St/Regional Rd 68 1.20km
4. Turn left onto Third St 0.22km

Welland County General Hospital  
65 Third St.  
Welland, ON  
L3B 4W6



# Registration

Entry Deadline: 11:59 pm, Tuesday, October 1, 2019

Age Category: Senior (SW/SM) open to all  
 Junior (JW/JM Under 20) born in 2000 or later

Eligibility: In Championship events Athletes residing in Ontario must be registered and their clubs affiliated for 2019 with Athletics Ontario by the Entry Deadline.

**Athletes not registered with Athletics Ontario by the entry deadline will be subject to a \$50 late registration fee, in addition to the regular membership fee, payable to Athletics Ontario prior to picking up their bib number.**

Athletes registered with Athletics Ontario as “Unattached” or “Disassociated” do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs.

Athletes residing outside of Ontario must be registered for 2019 with their provincial or state associations.

Entry Form: Please use the entry form attached. It should be sent to the Race Director via Canada Post or email:

**Roman Olszewski 45 Wellandvale Dr., Welland, ON L3C 7C4**  
**Roman.otfa@cogeco.ca**

## Fees:

		Before Deadline	After Deadline
<b>Championship (10 and 20km)</b>	Junior and Senior M/W	\$25.00	\$50.00
<b>Non-Championship (5,10,20km)</b>	AO/AC/USATF Registered	\$20.00	\$25.00
<b>Non-Championship (5,10,20km)</b>	Non-Registered	\$28.00	\$33.00

\* All fees include HST  
 HST# 104002357RT

\*\* If paying on the day please bring correct change



Payment:

Please send entries so that they are received by the race director by **Tuesday, October 1, 11:59pm**. Championship only 10km/20km entries received after this date are subject to the late fee of \$50.00 as set out by AO policy. Entry fees not sent in by the above date must be guaranteed by the person making entries and must be paid **whether** entrants start or not.

Please make cheques payable to ATHLETICS ONTARIO.

20km Championship entrants are not required to pay an additional entry fee for the 10km Championship.

Late:

Entries will be accepted after the deadline on Tuesday, October 1 11:59pm EST but fees will be increased as stated above. The deadline for late entries will be Thursday, October 3 at 3:00pm EST. To be eligible for post entry, athletes must have been registered with the provincial branch by the time of the entry. See "Eligibility" from page 8. Entries in Ontario Championship events received after this deadline will be accepted at the discretion of Athletics Ontario and only if it does not cause a disruption to the conduct of the meet.

Confirmation:

Please confirm that your entry has been received by contacting the Race Director: Roman Olszewski [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca) 905-734-9574.

Waiver:

Every participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian's signature must appear on the waiver.

For clubs with power of attorney, please list athletes on the waiver form and sign off on the waiver in order to clear your team's bib pick up.

## Competition Details

**Schedule:** The start time is 10:00am (Please allow 10-20 minutes to walk from the parking lot area)

**Course Description:** 2000m out-and-back loop; flat; asphalt. The course is IAAF-certified. Please note: This course is in a park and no motorized vehicles are permitted but we may have to share the course with a few pedestrians, cyclists or roller-bladers.

**Power Walk/Novice Participants:** Entrants who do not wish to be judged are welcome and will be given distinctive bibs. Power walkers are requested to advise Roman Olszewski at time of entry.

To encourage more participation in our discipline, a shorter distance than 5km may be available to young novice walkers. No fees, no awards. Please contact Roman Olszewski.

## Technical Details

**Rules:** The rules of the IAAF/AC will be applied with regard to judging and refreshments.

**Entrants must agree to withdraw from race if so requested by the person designated as the medical officer.**

**Race distance must be declared in advance – times for intermediate distances will be credited only if the declared distance is completed.**

**10km Walk:** All athletes who enter the 20km walk will be automatically entered in the 10km championships. The 10km split will be used as the official time. Please note the athlete must complete the longer distance in order for the 10km split to be recognized. There is no fee for the 10km event for entrance into the 20km.

**Time Limit:** Approximately two hours and 5 minutes.

# Course Records and Rankings

@ = en route to longer distance

5km	24:53@	Marina Crivello	Oct. 18, 2003
10km	50:22@	Marina Crivello	Oct. 1, 2006
20km	1:42:01	Marina Crivello	Oct. 1, 2006
5km	22:13@	Pierre-Luc Menard	Sept. 23, 2007
10km	44:34@	Pierre-Luc Menard	Sept. 23, 2007
20km	1:30:09	Pierre-Luc Menard	Sept. 23, 2007

## Top 10 +/- (2002-2018) Merritt Island Course @ = en route to longer distance

Women's 5km				Men's 5km			
24:53@	Marina Crivello	QU	2003	22:13@	Pierre-Luc Menard	QU	2007
25:10@	Holly Gerke	AB	2004	22:23@	Marek Adamowicz	QU	2016
25:14@	Rachel Lavallée	ON	2008	22:42@	Jocelyn Ruest	NB	2005
25:55@	Megan Huzzey	BC	2008	22:56@	Allen James	NY	2006
26:04	Nanci Sweazey	ON	2005	23:08@	Creighton Connelly	BC/NL	2011
26:06	Chelsea Rodriguez	ON	2002	24:17@	Alexandre Gagne	QU	2008
26:49	Rachel Robichaud	ON	2006	24:40@	Nil Lavallée	ON	2006
27:31	Meylina Kandoy	ON	2006	24:42@	Olivier Duguay-Boucher	QU	2006
27:36	Kitty Cashman	ON	2009	24:53@	Gord Mosher	ON	2003
27:44	Lauren van Leeuwen	ON	2005	24:54@	Michael Haine	ON	2003
Women's 10km				Men's 10km			
50:22@	Marina Crivello	QU	2006	44:34@	Pierre-Luc Menard	QU	2007
50:47	Rachel Lavallée	ON	2004	45:15@	Marek Adamowicz	QU	2016
51:15	Holly Gerke	AB	2004	45:51@	Allen James	NY	2006
52:50@	Megan Huzzey	BC	2008	46:13@	Jocelyn Ruest	QU/NB	2004
54:43	Chelsea Rodriguez	ON	2003	46:30@	Creighton Connelly	BC/NL	2011
55:45	Lauren van Leeuwen	ON	2012	48:47@	Nil Lavallée	ON	2006
56:26@	Nanci Sweazey	ON	2003	49:03	Alexandre Gagne	QU	2008
57:06	Joanne Lamontagne	ON	2011	49:29@	Gord Mosher	ON	2003
57:38@	Laura Feller	NY	2007	50:02	Olivier Duguay-Boucher	QU	2006
57:47@	Rachel Zoyhofski	NY	2011	50:11	Arturo Huerta	ON	2002
57:47@	Miranda Melville	NY	2011	50:17	Michael Haine	ON	2003
Women's 20km				Men's 20km			
1:42:01	Marina Crivello	QU	2006	1:30:09	Pierre-Luc Menard	QU	2007
1:47:40	Rachel Lavallée	ON	2005	1:31:14	Marek Adamowicz	QU	2016
1:48:47	Megan Huzzey	BC	2008	1:33:43	Allen James	NY	2006
1:54:12	Nanci Sweazey	ON	2002	1:34:35	Jocelyn Ruest	QU/NB	2004
1:55:56	Rachel Zoyhofski	NY	2011	1:34:57	Creighton Connelly	BC/NL	2011
1:55:56	Miranda Melville	NY	2011	1:40:11	Nil Lavallée	ON	2006
1:58:15	Laura Feller	NY	2007	1:42:17	Olivier Duguay-Boucher	QU	2007
1:59:49	Kitty Cashman	ON	2006	1:43:20	Rod Craig	MI	2002
2:00:04	Catherine McCormack	ON	2010	1:43:41	Michael Manozzi	OH	2014
2:01:11	Chelsea Rodriguez	ON	2004	1:43:43	Alexandre Gagne	QU	2007
				1:44:48	Dan O'Brien	MI	2002
				1:46:01	Jianping Xu	ON	2014

# ENTRY FORM

Athlete's Name: \_\_\_\_\_ Sex: \_\_\_\_\_

Year of Birth: \_\_\_\_\_ Age on Day of Race: \_\_\_\_\_ E-mail address: \_\_\_\_\_

AO/AC/USTF (2019) No. \_\_\_\_\_ Club: \_\_\_\_\_ Road PB \_\_\_\_\_

Event Entered: Championship \_\_\_\_\_ km Non-Championship \_\_\_\_\_ km Entry Fee \$ \_\_\_\_\_

## RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

### **2019 Ontario 10km/20km Roadwalking Championships (& Non-Championship races –“Rose City Walks”)**

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

Athletics Ontario  
Corporation of the City of Welland  
Welland Recreational Canal Corporation  
Roman Olszewski

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. **I WARRANT that I am physically fit to participate in this event and I AGREE to withdraw from the race if so requested by the designated medical officer.**

\_\_\_\_\_

Date

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature (if under 18, parent or guardian to sign)