

POTOMAC VALLEY TRACK CLUB PRESENTS

THE 2nd UNITED STATES

BACKWARD RUNNING TRACK CHAMPIONSHIP

“RETRO GAMES”



Edison High School, 5801 Franconia Road, Alexandria, VA 22310

Saturday, June 24, 2023

www.pvtc.org/retrogames.php

Ages 11 and over

Flat Fee of \$20, \$15 for PVTC Members

BACKWARD TRACK EVENT SCHEDULE (times subject to change; number of heats to be determined based on entrants):

8:30 AM Backward Mile

9:15 AM Backward 100

9:45 AM Remarks by Aaron Yoder, World Record Holder in the Backward Mile

10:00 AM Backward 400

10:30 AM Backward 200

11:00 AM Backward 800

ON-LINE REGISTRATION

Go to pvtc.org/retrogames.php or
<https://www.active.com/alexandria-va/running/2nd-annual-retro-games-2023>
and look at your registrations at <https://myevents.active.com/PotomacValleyTrackClub>

ENTRY FEES

\$20.00 flat fee for the meet, \$15 for PVTC Members. You may do as many of the events as you choose.

EVENT INFORMATION

- **Heats:** Heats will be determined and assigned at the directors' discretion based on the event and number of entrants. Age groups and genders may be combined.
- **Race directors reserve the right to change the schedule of events**

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DIRECTIONS TO THE RETRO GAMES - EDISON HIGH SCHOOL

5801 Franconia Road, Alexandria, VA 223

From Capital Beltway I-495/I-95:

- Take Exit 173 for VA-613/Van Dorn St. toward Franconia
- Continue on VA-613 S/S Van Dorn St.
- Take a left on Franconia Road at traffic light
- Take immediate right into parking lot for Edison High School. Park in available/unreserved spaces in front or side of school building
- Track is on the back side of the school

TRACK & TIMING

- All-weather six-lane 400-meter track
- Short spikes (1/4" or less) only (spikes permitted but not recommended unless athlete has trained running backwards with spikes; running shoes or racing flats recommended)
- FINISH LYNX fully automatic timing system
- Wind gauges for applicable events

FOR MORE INFO and to REGISTER ONLINE

- Enter online via: pvtc.org/retrogames.php
- Email: rdrain@hudginslawfirm.com
- Hotline: 703-481-3530
- Live tech support: 703-927-4833
- Race info: (571) 216-9980 (Bob Draim's cell)

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MAIL-IN ENTRY FORM OR BRING ENTRY FORM FOR RACE-DAY REGISTRATION
or enter online at www.pvtc.org/retrogames

Make checks payable to PVTC – mail to PVTC, c/o Bob Draim, 9501 Lynnhall Place, Alexandria, VA 22309

Name (please print) _____ Phone -----
 Address _____ City/State _____
 Gender (M/F) ___ Date of Birth (MM/DD/YYYY) ____ - ____ - ____ ZIP _____ - _____
 E-mail (for confirmation only) _____

Invite me to PVTC's email group or send an email to: pvtrack+subscribe@googlegroups.com

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the promoters, directors, volunteers, Potomac Valley Track Club, RRCA, USATF, Alexandria City Public Schools, Fairfax County Public Schools, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in these events. I specifically release and discharge said promoters, directors, and their agents, etc., from all injuries or damages arising from or attributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in above event, the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for the Retro Games. In addition, I understand that backward running is substantially different from forward running, including that backward running utilizes different muscles and requires running with limited visibility, and I expressly assume all risks, including but not limited to the risks of injury, falling and contact with other runners. I also expressly state that I have adequately trained for backward running races, including but not limited to backward running at distances equal to or longer than those in which I will compete

Your Signature: _____ **Date:** _____
(Parent's signature if athlete is under 18 years of age)

EVENT SIGN-UP (specify applicable events)	
Event 1	Backward mile
Event 2	Backward 100 meters
Event 3	Backward 400 meters
Event 4	Backward 200 meters
Event 5	Backward 800 meters