

44th Annual Series -- For walkers and runners of every age
2023 INDOOR TRACK MEETS



Sundays, January 22 and February 5

Thomas Jefferson Community Center, 3501 South 2nd Street, Arlington VA 22204

EVENTS and approximate start times: Doors open at 7:00 PM. Please do not enter earlier

- 7:05 PM 800m and 1500m Race Walk** One heat, followed by race walk clinic for all ages
- 7:20 PM 55m Run** Heats by age and gender * *All heats are staged by expected pace.
- 8:00 PM 400m Run** Heats by age and gender *
- 8:45 PM 800m Run** Heats by age and gender *
- 9:15 PM 1-Mile Run** **3 heats** >6:30, <6:30, <5:30 (approximately) *
- 9:45 PM** **Clean-up, doors close, everybody out**

• 7:45 PM Race walk clinic

Conducted by POTOMAC VALLEY TRACK CLUB see pvtc.org/indoor.php

in co-operation with Arlington Department of Parks, Recreation, and Community Resources

- **Track:** Soft urethane four-lane 200-meter indoor track
- 8+ laps to the mile, 22.5-meter turn radius
- **No spikes please:** not metal, not plastic, not ceramic, no hard plastic soles, no starting block
- **Nothing** is scored, no results are collected.
 - If any parent wants times, please bring a stopwatch, or read the big clock at the finish line.
- **Please,** no food in the gym
- **Directions:** From DC or Beltway (I-495), take Arlington Blvd (Route 50) to Glebe Rd (Route 120)
- Take Glebe Road one block south to 2nd Street. Turn left (east). TJ is on your left. Parking is free
- From I-395, take Glebe Road (Route 120) north 3 miles to South 2nd Street, then turn right
- **Track meet questions?** Call 703-505-3567
- **PVTC questions?** Call 703-481-3530
- **Financial aid** is available. Please contact us at PVTCSecretary@gmail.com



Online registration at <https://tinyurl.com/3nkuc9nz>

Or at pvtc.org/indoor.php or by mail using form below

Mail this form and your check to PVTC, 611 South Ivy Street, Arlington VA 22204

Students up to 8th grade (free!) may fax their entries to 703-521-6157

Name _____ Phone _____ - _____ - _____ Age ____ M/F ____

Address _____ City, State, ZIP _____

E-mail _____ Birthdate ____ / ____ / ____

Expect me: JANUARY 22 FEBRUARY 5

\$10 per meet x ____ meets (all others) (\$15 for both meets by January 18)

\$ 5 per meet x ____ meets (PVTC members) (\$ 7 for both meets by January 18)

\$ 5 per meet x ____ meets (high school students) (\$ 8 for both meets by January 18)

FREE for students up to 8th grade • **RIBBONS** for every youth finisher

To help keep these meets free for kids, here is a donation of \$ ____ . Total enclosed: \$ ____

I will help as a volunteer. Please call me. **We need 6 timers at 7:00 PM at the 55-meter finish line.**

To volunteer, see pvtc.org/volunteers.php or e-mail PVTCSecretary@gmail.com

I know running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and accepted by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including Arlington County VA, their elected and appointed officials and employees, Potomac Valley Track Club, RRCA, USATF, their officers, directors, agents, and employees, and all officials of this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand this event is conducted under the regulations of Arlington County VA. I agree to release my name and photo for publicity purposes. I understand that my name and address will be provided to the sponsors of this event. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) _____ Date _____



POTOMAC VALLEY TRACK CLUB

2023 Membership Application and Renewal



Join on-line at www.pvtc.org/join
A club for all ages, all paces, all ways

For long distance runners, race walkers, youth, open, masters, and senior track & field athletes
2009 and 2018 Host – USA Masters Track & Field Indoor Track & Field Championships
2013 / 2015 / 2018 National Champion Club – USA Masters Indoor Track & Field Championships

Please make checks payable to **PVTC** and mail to:
Jim Darr, PVTC Membership Secretary
2806 West George Mason Road
Falls Church VA 22042

Questions? Write pvtcmembership@gmail.com or call club hotline at 703-481-3530

First name _____ Middle _____ Last _____
 Address _____ Apt _____
 City _____ State _____ Zip _____
 Phone Home _____ Work _____ Cell _____
 Email _____ Fax _____
 Date of Birth ____/____/____ (mm/dd/yyyy) Gender (M/F)
 Occupation _____ Special Skills _____
 Check here if you do not want your name included in publications or on the PVTC web page.
 Activities: LDR T&F Race Walk Team competition Other(specify) _____

FAMILY MEMBERS (for more family members, please submit 2 forms, include your name on each, show total fee on first form)

1.Name: First _____ Middle _____ Last _____
 DOB (mm/dd/yyyy) ____/____/____ M/F Relationship _____ Activity _____
 2.Name: First _____ Middle _____ Last _____
 DOB (mm/dd/yyyy) ____/____/____ M/F Relationship _____ Activity _____
 3.Name: First _____ Middle _____ Last _____
 DOB (mm/dd/yyyy) ____/____/____ M/F Relationship _____ Activity _____

Dues are \$20 for the first adult, \$5 for the next adult, \$3 for any children, up to a maximum of \$30.

TOTAL MEMBERSHIP DUES PAID WITH THIS APPLICATION \$ _____

Renewals are due January 1. New memberships after September 1, 2022, include the next calendar year (all of 2023).
We welcome your additional donation of \$ _____

Thank you for joining or renewing with PVTC and for your help with our programs.

WORKER COMMITMENT: Please indicate below the areas where you can assist the Club.

Assistant Official Marshal Scoring Food Preparation
 Certified Official Newsletter Social Activities Education
 Coaching Race Director Telephoning Registration
 Water Station Other _____

I commit to working these events:

By George Easter Classic Go-Fourth Cranberry Crawl Christmas Caper
 TJ Indoor Meets All-Comers Meets PV Games Throws meets Multi-event (decathlon/pent)
 One-Hour RW/5K Run/Throws Race Walk Clinics Trail Run/X-country
 Youth Coaching/Volunteer Help Officiate at Youth Meets Volunteer

Consider me for these committees:

Equipment Newsletter Social Activities Youth
 Long Distance Running Publicity Track & Field
 Membership & Telephoning Race Walking Uniforms

Comments about your volunteer support: _____