

21st ANNUAL

FLASH 12K/6K

TALLAHASSEE, FLORIDA - TAC CERTIFIED 12K

SATURDAY, FEBRUARY 21ST, 2009

8:30 AM, sharp, E.S.T.

J. LEWIS HALL PARK, WOODVILLE

In memory of Tim Simpkins

Only ninety 100% cotton long sleeved t-shirts available, pre-registration is strongly encouraged to reserve a t-shirt

Top Male/Female, Masters, Grandmasters Senior Grandmasters, Top 3 in five-year age groups, 9 and under for 6K and 9 and up for 12K

\$12.00 by Feb. 16 and \$15.00 after that date, no-t-shirt is \$10

*****\$2.00 off for GWTC members*****

Proceeds go to the Chenoweth Fund

\$1.00 off/refund if you wear a previous FLASH 12K t-shirt to the race

Black beans and rice served, compliments of Carlos' Cuban Café

www.carloscubancafe.com

Make check payable to: Gulf Winds Track Club (GWTC)

Mail to:

INFO: JOE (DEX) DEXTER 850-766-2615 or MARK PRIDDY 850-668-4907

Jdexter@fsu.edu or nadine.dexter@gmail.com

MarkPriddy@msn.com

Mail: 3584 Stowe Trace Tallahassee, FL 32309

NAME: _____ CLUB MEMBER? _____

ADDRESS: _____

CITY: _____, _____ ZIP: _____

PHONE: _____ E-MAIL: _____

AGE ON RACE DAY: _____ SEX: M - F T-SHIRT SIZE: S M L XL

RACE? 12K (approx. 7.5 miles) or 6K (approx. 3.75 miles) (please circle one)

I know that running in Gulf Winds Track Club (GWTC) activities/events 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 relative to my ability to safely complete the run. I assume all risks associated with running in GWTC activities including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat/cold and/or humidity), other users of the St. Mark's Trail (cyclists, walkers, runners, skaters, horseback riders), traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the Race Directors, GWTC, City of Tallahassee, Leon County Parks and Recreation, Carlos Cuban Café, or any sponsoring agent, their representatives and successors from all claims and 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 parts of the person/agents named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes.

Signature of entrant required (parent or legal guardian if under 18)

date signed