



Tallahassee, FL

# Gulf Winds Track Club

## THE PINE RUN AT TALL TIMBERS 20K

- Date/Time: Saturday, October 3, 2009, 7:30 a.m. (Absolute 3 Hour Cutoff)
- Place: Tall Timbers Research Station, Henry Beadel Drive off CR 12, n. Leon County
- Awards: Top 5 Male/Female; Top Male/Female Masters (40+); Top Male/Female Grandmasters (50+)
- Course: Undulating course, all on grassy trails and double track jeep roads, no pavement, through beautiful piney uplands and Lake Iamonia bottomland. Aid stations (fluids only) at approximately 3, 6 and 9 miles.
- Packet Pickup: Race day only, 6:30 a.m. – 7:15 a.m.
- Amenities: Music by Bill McGuire; free pine seedling compliments of Tall Timbers; cooked breakfast post race (there will be a charge for breakfast – pay on site)
- More Information: Gordon Cherr, [scam22@aol.com](mailto:scam22@aol.com), 850-556-5957

**Pine Run at Tall Timbers 20K  
October 3, 2009  
Registration Form**

Name: \_\_\_\_\_ Age : \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 \_\_\_\_\_ Male \_\_\_\_\_ Female Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

<b>Registration Fees:</b>	<b><u>On or Before 9/26/09</u></b>	<b><u>After 9/26/09</u></b>	<b><u>Shirt Size</u></b>
With Shirt:	\$16.00 _____	\$20.00 _____	_____ Small
No Shirt:	\$11.00 _____	\$15.00 _____	_____ Medium
GWTC Member:	Subtract \$2.00 _____	No discount	_____ Large
			_____ XL
Amount Enclosed:	\$ _____		_____ None

**Make checks payable to GWTC and mail to: Gordon Cherr, 3043 Feeney Ct., Tallahassee, FL 32309.**

In consideration of your acceptance of my entry as a participant in the Pine Run at Tall Timbers 20K Race, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Tall Timbers Research, Inc., and the Gulf Winds Track Club, their officers and directors, members or representatives and all volunteers and others promoting or assisting in any way the promotion or organization of The Pine Run At Tall Timbers 20K, which may arise from my participation in this race on October 3, 2009, or while traveling to or from the event, even if caused in part or in whole by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault, whether natural or artificial. My participation is voluntary and done at my own risk. I understand that running a road/trail race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. NO DOGS ARE ALLOWED ON THE PROPERTY. ANYONE BRINGING DOGS ONTO THE PROPERTY WILL BE ASKED TO LEAVE AND RACE FEES WILL NOT BE REFUNDED. I have read and understand everything written above and I voluntarily sign this agreement.

Signature (parent/guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_