

## RUN FOR THE COOKIES REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age on 2/7/09 \_\_\_\_\_ Circle one: M F

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Which race? (Circle one): 5K One-mile

Troop #: \_\_\_\_\_

Tank top size: (Please circle)

Adult M L XL Child Large

(Sizes guaranteed for pre-registered only)

**Waiver:** In consideration of your acceptance of my entry as a participant in the 2009 *Run for the Cookies*, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release all claims for damages, death, personal injury, or loss of property against RRCA, Gulf Winds Track Club, the Girl Scout Council of the Apalachee Bend, and all volunteers and others promoting or assisting in any way the *Run for the Cookies*, which may result from my participation on Feb. 7, 2009, or while traveling to and from this event. My participation is voluntary and done at my own risk. I understand that running a road 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 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, 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 my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

**Image Release:** I hereby consent: (i) that the photographs, audio/ videotapes, electronic images and/or other works in which I appear or am depicted may be used by Girl Scouts of the USA, Girl Scout Council of the Apalachee Bend and their affiliates for outlets including but not limited to television, newspapers, Internet, council publications, recruitment materials, and ads without limitation; and (ii) to release all my rights to the aforementioned and allow it to become Girl Scouts' property so that they shall have the right to publish, reproduce, distribute and make other uses free of all claims and/or damages that I may incur.

(Parent or Legal Guardian must sign if under 18.)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please circle your cookie preference: (5K entrants only)

\*Cookie choice guaranteed for pre-registered runners only.\*

Thin Mints

Do-Si-Dos

Trefoil

Lemon Chalet Cremes

Samoas

Dulce de Leche

Tagalongs

Chocolate Chips (Sugar Free)

For more information, contact Tom or Jeanne at 894-2019  
or [okonj@tcc.fl.edu](mailto:okonj@tcc.fl.edu)

Girl Scout Council of the  
Apalachee Bend  
250 Pinewood Drive  
Tallahassee, FL 32303



RUN FOR  
THE COOKIES  
5K



And One Mile  
Run/Walk

February 7, 2009  
Tallahassee  
Community College



GULF WINDS  
TRACK CLUB

A Gulf Winds Grand Prix Event  
Benefiting the Girl Scout Council  
of the Apalachee Bend

Non-Profit  
Organization  
U.S. Postage  
PAID  
Tallahassee, FL  
Permit No. 85

## ABOUT THE RACE

**History:** The “Run for the Cookies” has been a Girl Scout and Gulf Winds Track Club tradition for 17 years. It first began in 1993 as a Silver Award project for a Girl Scout troop at Trinity Catholic School. Tom Perkins, past president of Gulf Winds Track Club, had a daughter in that troop. Tom and his wife, Jeanne O’Kon, serve as race directors. Jeanne is a former cadette Girl Scout, a former member of the Board of Directors of the Girl Scout Council of the Apalachee Bend, and was selected as a *Woman of Distinction* in 2003.

Over the years, the run continued as a service project passing from troop to troop. The program became such a success that the Girl Scout Council adopted it. To date, the Run for the Cookies has helped girls travel to international Girl Scout destinations, provided scholarships, and has even raised funds for cancer research.

**Course:** Loop course behind Tallahassee Community College, TAC certified.

**Awards:** Awards ceremony will be held in the TCC Lifetime Sports Complex.

*Girl Scout cookies will be presented as awards in the 5K age groups:*

**5K race:** Overall male and female; First Place TCC Student and Faculty/Staff; Male and Female Masters; Clydesdale Division (male over 200 lbs; female over 150) in 39 and under, 40 and over. Top 3 males and females in 5-year age groups.

**One-Mile:** Overall Male and Female; First Girl Scout; First Boy Scout; Top 3 male and female in age groups: 6 and Under, 7-8, 9-10, 11-12, 13-14, and 15-16.

**Special Girl Scout Award** to the troop with the most entrants in the One Mile race.



### Date & Time:

Saturday, February 7, 2009

One Mile will begin at 8:30 a.m.

5K Run will begin at 9:00 a.m.

**Location:** Tallahassee Community College, behind the Lifetime Sports Complex.

### Entry Fees:

5K Early Registration: \$12 (Tank Top & Cookies)

Late Registration: \$15 (Race Day)

One Mile Registration: \$10 (Tank Top Only)

(Same Fee on Race Day)

**Registration:** Make check payable to GSCAB  
(Girl Scout Council of the Apalachee Bend)

### Mail entry to:

Girl Scout Council of the Apalachee Bend

Run for the Cookies 5K

250 Pinewood Drive

Tallahassee, FL 32303-4838

Please do not mail registration after February 1st

Or, register at [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM)

Race day registration and packet pick-up will start at 7:30 a.m.

**Early Packet Pick-Up:** Friday, February 6, from 3:00 p.m. to 6:00 p.m. at the Girl Scout Council Office at 250 Pinewood Drive (behind Faith Presbyterian Church, John Knox & Meridian Rd).

## SPONSORSHIP AGREEMENT

Yes! I would like to be a sponsor for the “2009 Run for the Cookies 5K and One Mile Run.” I am happy to contribute at the following level:

- Gold Sponsor \$1,000**
  - Business name/logo on the race t-shirt
  - Four complimentary race registrations
  - Announced as sponsor during awards ceremony
  - Name on all printed promotional materials
- Silver Sponsor \$500**
  - Business name/logo on the race t-shirt
  - Two complimentary race registrations
  - Announced as sponsor during awards ceremony
  - Name on all printed promotional materials
- Bronze Sponsor \$300**
  - Business name/logo on the race t-shirt
  - Announced as sponsor during awards ceremony
  - Name on all printed promotional materials

**Friend \$\_\_\_\_\_**

(Contributions of any amount are greatly appreciated and are tax deductible)

**Company:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Please make your check payable to Girl Scout Council of the Apalachee Bend (GSCAB) and mail to:

Girl Scout Council of the Apalachee Bend  
Attn: Run for the Cookies  
250 Pinewood Drive  
Tallahassee, FL 32303

For questions regarding sponsorships, contact Danielle Owens at the Girl Scout Council office at (850)386-2131 extension 23.