

# SouthWoodstock 5K Run/Walk

And One Mile Run/Walk  
Walkers are welcome!



**Date:** Saturday, March 21, 2009  
**Time:** One-mile run/walk starts at 4:30 p.m. - 5K run/walk starts at 5:00 p.m.  
Pre-race Registration and Packet Pick-up starts at 3:30 p.m.  
**Location:** Registration and race start at corner of Terrebone Dr. and Grove Park Dr. in Southwood.  
**Entry Fee:** 5K Early Registration (by or before March 16) - \$12.00, includes shirt.  
5K Race Day Registration - \$15.00, includes shirt.  
One-mile run/walk - \$10.00, includes shirt.  
Mail Registration and Check to: SouthWoodstock 5K and One Mile Run  
3674 Uncle Glover Road  
Tallahassee, FL 32312

Make checks payable to: **John Paul II CHS.**

Online registration available at **www.active.com**

**Awards:** **5K Awards:** Overall male and female; Master's male and female; Top three males and females in 5-year age groups: 9 and under through 75 and older.  
**One-Mile Awards:** All participants 16 years old and younger will receive a medal.

**Festival:** **SouthWoodstock Music & Arts Festival admission is included in 5K race entry fee!**  
Festival features local and regional grassroots rock, jazz, and blues artists. **For 5K runners:** Your **race bib number** is your admission ticket – proceed directly from the finish line into the festival to attend the awards ceremony! For complete band lineup and more information about the SouthWoodstock Music & Arts Festival, visit the web site at: **www.southwoodstock.org**

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## 2009 SouthWoodstock 5K and One-Mile Run/Walk Entry Form (please print clearly)

Name: \_\_\_\_\_ Age (on 3/21/2009): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Gender:** Male Female      **Event:** 5K One-mile      **Shirt Size:** Ch Large      **Adult:** S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all John Paul II CHS employees and Gulf Winds Track Club race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to Gulf Winds Track Club and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.

Signature (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_

For more Information, contact **Jeanne or Tom at 894-2019 or Jackie at 656-2932** or visit the Gulf Winds Track Club Web site at [www.gulfwinds.org](http://www.gulfwinds.org) under "Race Calendar."

**ONLINE REGISTRATION IS AVAILABLE AT WWW.ACTIVE.COM**