

Entry Form

Please Print Legibly

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____ @ _____

Circle one: M / F D.O.B. ____/____/____ Age on race day _____

Optional Chenoweth Fund Donation _____

Race entered (circle one): **10K** **5K** **1 mile** Entry fee paid _____

I will be staying at (name of hotel): _____

#of rooms: ____ # of nights: ____ # of guests/room: ____

10 K Team Name: _____

10K Team Division (circle one): **MEN** **WOMEN** **Bus/Agency**

One Miler School Name: _____

Shirt size (circle one) Child: **M** Adult: **S M L XL XXL**

WAIVER: In consideration of your acceptance of my entry as a participant in the GWTC Springtime 10K, 5K & 1-Miler, 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 Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The GWTC Springtime 10K, 5K & 1-Miler, which may arise from my participation in these races on March 28, 2009, or while traveling to or from the event, even if caused in part 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. 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 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. I have read and understand everything written above and I voluntarily sign this agreement.

NONPROFIT ORG
U.S. Postage
PAID
Tallahassee, FL
Permit No. 12

Springtime Race Headquarters
3432 Robinhood Road
Tallahassee, FL 32312



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

Date _____

Make Checks Payable to: Gulf Winds Track Club (GWTC)
Mail to: 3432 Robinhood Rd, Tallahassee, FL 32312



Presents

The 34th Annual SPRINGTIME 10K **TARGET COPY** 1 Miler 2nd Annual Publix 5K Fun Run/Walk Sponsored by



March 28, 2009
10K at 8:10 a.m.
5K at 8:10 a.m.
1-Miler at 7:45 a.m.

www.gulfwinds.org
jalexander98@comcast.net
Race Headquarters: (850)383-1361
Team racing info: (850) 921-0035
unger4122@comcast.net
Online registration: www.active.com

http://www.active.com/event_detail.cfm?event_id=1566117



Awards

Each entrant is eligible for one Award. **Award must be claimed by Saturday, April 4, 2009.**

10K Awards

First Place Overall Male & Female	\$150
Second Place Overall Male & Female	\$100
Third Place Overall Male & Female	\$50
First Place Masters Male & Female	\$50
First Place Grand-Masters Male & Female	\$50
Awards 3 deep in each age group	

Standard 5 year age groups starting at 9 and under, 10-14, 15-19, through 80+ and Wheelchair Champion. Every 10K Finisher Receives a Medal!

Publix 5K Fun Run/Walk Awards:

1st Place Overall Male & Female

3-deep in 10 year age groups starting at 9 & under, 10-19, 20-29 through 80+

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OPEN 24 HOURS**
*Digital Printing
and More!*



FUN STATION ONE MILER PRIZES

(Age divisions 6& under 7&8, 9&10 ,11&12, 13&14, 15&16)

First place age division male & female

Do-It-All Gift Pack from Fun Station

Second Place Age-Division Male & Female:

Two Activities. Pack from Fun Station

Third Place Age-Division Male & Female:

Single Activity Pack from Fun Station

All finishers age 16 and under will receive a race prize and a goody bag.



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Post Race and Awards Ceremony

Join us after the race for food and drinks, provided By Publix and Bagelheads, music by B.C. Kelly's Music Express (www.bckelly.com), light massage by CORE Institute and more.



The Springtime Tallahassee parade prime viewing area and arts and crafts booths are just a short walk from the post race party. Make it a whole day of Springtime Tallahassee FUN!



Team Competition

Three categories of team competition will be scored cross-country style. Teams must consist of **at least 5 individual Springtime 10K/5K entrants** with unlimited entries allowed; the five fastest times on each team will count toward the team's score. The top three teams (lowest scores) in each category will be awarded gift certificates.

- Open Division - Five fastest men's or women's times score ..
- Business/Agency Division - Team members may include men and women **employed by the organization they represent.** Five fastest men's or women's times score.

There is no additional fee to compete as a team and applications may be requested by calling (850) 921-0035 or unger4122@comcast.net. All team members' applications **MUST** include **TEAM NAME** and **DIVISION** in which team is eligible to compete. Each team roster **MUST** be completed and submitted **NO LATER THAN Friday March 27, 2009.**

\$ Avoid Long Lines & Save \$

PRE-REGISTER AND GET YOUR PACKET EARLY AT SHAW'S ATHLETICS, 1415 Timberlane Road (Corner of Timberlane and Market Street), THURSDAY, MARCH 26, 12-8, OR FRIDAY MARCH 27, 12-6 or on race day starting at 6:30 a.m. in front of the County Courthouse.



The Races

The Springtime 10K & 5K Road Races are USATF certified courses that begin with a 3/4 mile downhill stretch, cover rolling hills through the beautiful Myers Park neighborhood and finish flat and fast one half mile from the start area. The courses are considered challenging. The 10K and the 1M races are Gulf Winds Track Club Grand Prix events.

The 1-Miler is mostly downhill beginning and ending at the same locations as the SPRINGTIME 10K & 5K courses.

Time & Place

Saturday, March 28, 2009

SPRINGTIME 10K8:10 a.m.

Target Copy 1-Miler7:45 a.m.

5K Fun Run/Walk.....8:10 a.m.

Race day registration will begin at 6:30 a.m.

Race day registration and the starting line for all events are located in front of the County Courthouse on Monroe Street in downtown Tallahassee.

Entry Information

SPRINGTIME 10K

Early registration (through March 27)\$18.00

Families of 3 or more registrants..(per runner).....\$15.00

No T-shirt option\$13.00

Race Day registration (no family discount)\$20.00

5K Fun Run/Walk

Please refer to all 10K fees above.

1-Miler

Early registration\$10.00

No T-shirt option\$8.00

Race Day registration \$15.00

2009 GWTC members may deduct \$2 from each entry fee. *Preregistered Only!* Mail completed entry forms and checks payable to "GWTC" **NO LATER THAN MARCH 20, 2009** to: Springtime 10K, 3432 Robinhood Rd., Tallahassee, FL 32312

Additional Information

Attention Wheelchair Athletes: TPD & Race Director have determined that due to the hilly nature of the course, **ONLY** hand cycles will be permitted in any of the races. Thank you for your understanding.

Please bring used/new, clean running shoes to be donated to **The Shelter**. Boxes will be conveniently located at registration for your generous donations. Thank you! **Partial proceeds benefit Treats for Teens & Boys and Girls Club of the Big Bend.**



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