



Tallahassee, FL

Gulf Winds Track Club



10 Mile Challenge & 5 Mile Race

Proceeds benefit Capital City Rowing
Raffle - Door Prizes - Quick Results

Date/Time: Saturday, December 5, 2009, 8:00 AM (10AM cutoff)

(Contact race director below for early start *if athletically necessary, NOT for convenience*)

Place: Starts at Killlearn Lakes Elementary School

Awards: Top Overall Male/Female/Masters, 3-Deep in 5/10-Year Age Groups

Course: Challenging out-and-back on asphalt roads through Killlearn Lakes neighborhoods

Packet Pickup: Shaw's @ Market Square Thursday, 12/3 from 5PM-8PM or Race Day 7-7:45AM

More Info: Judy Alexander, jalexander98@comcast.net 850-383-1361

Name: _____ Age on 12/5/09: _____ DOB: _____

M / F (Circle one) Phone: (____) _____ Email: _____ @ _____

Address: _____ City _____ State _____ ZIP _____

Shirt (check one): None ___ Youth Med ___ Small ___ Med ___ Large ___ XL___

	<u>On/Before 12/1</u>	<u>After 12/1</u>	<u>Race Day</u>
Registration Fee (pre-registration strongly encouraged):	\$16 _____	\$18 _____	\$20 _____
No T-Shirt	\$11 _____	\$13 _____	\$15 _____

I want to help other runners meet their goals (Chenoweth Foundation donation): \$ _____

GWTC Members subtract \$2 (must pre-register)

Total Amount Enclosed: \$ _____

Sign waiver below & mail with check payable to GWTC to: Judy Alexander
3432 Robinhood Rd
Tallahassee, FL 32312

ONLINE REGISTRATION: <http://www.active.com/running/tallahassee-fl/gwtc-10-mile-challenge-and-5-mile-race-2009>

WAIVER: In consideration of your acceptance of my entry as a participant in the GWTC 10-Mile Challenge & 5-Mile 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 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 10-Mile Challenge & 5-Mile Race, which may arise from my participation in the these races on December 5, 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.

SIGNATURE _____ Date _____
Signature of parent or legal guardian if under 18 years of age.