

2009 TALLAHASSEE WOMEN'S DISTANCE FESTIVAL



Gulf Winds Track Club

September 19, 2009

These 2009 GWTC Grand Prix events start and finish at Optimist Park, E. Indian Head Drive, Tallahassee, Florida

5K Women start at 8:00 a.m.

5K Men start at 8:05 a.m.

1 Mile race begins at 9 a.m.

USATF Certified 5K: FL06045D

Awards: 5K: Top three females and first male overall, plus female and male Masters, Grandmasters, Great-Grandmasters, and three-deep in 5 year age groups. 1 Mile: Goodie-bags to all 1 mile finishers 14 and under, plus top 10 females and top 10 male finishers.

For more information contact Lisa Unger at unger4122@comcast.net, 850.544.4893 or visit www.gulfwinds.org

Entry Fee: 5K Early Registration includes t-shirt (postmarked by 9/12/09) \$12.00 (GWTC deduct \$2.00)

5K Race Day Registration includes t-shirt \$15.00

5k No T shirt Early Registration \$8.00/Race Day \$10.00

1 Mile Early Registration includes goodie bag (postmarked by 9/12/09) \$7.00 (GWTC deduct \$2.00)

1 Mile Race Day Registration \$10.00

****Make checks payable to: Gulf Winds Track Club and Mail entry with payment to:
Women's Distance Festival c/o Lisa Unger, 4122 Wiggington Road, Tallahassee, FL 32303**

5k \$ _____ T shirt size: S M L XL no shirt

1 Mile \$ _____

Name _____ Male _____ Female _____

Address _____

City _____ State _____ Zip _____

Date of Birth: _____ Age (on 9/19/09) _____

Phone: _____ E-mail: _____



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 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 _____