



GULF WINDS TRACK CLUB

30K / 15K

30K is a Gulf Winds Track Club Grand Prix Event!
Saturday, January 16, 2010

DATE & TIME: Saturday, January 16, 2010
 Race starts at 8:00 am, EST. (No Early Starts)
 Pre-race registration starts at 6:45 am

COURSE: Predominantly run on hard-packed red clay road
 (Old Centerville and Sunny Hill Farm) through plantation lands
 (first and last 2.25 miles paved).
 Both are USATF certified (30K-FL06013DL); (15K-FL06014DL)

EARLY REGISTRATION: Must be postmarked by January 12, 2010. GWTC members get a \$2 discount if they register by January 12, 2010. 30K – \$18 includes tech t-shirt (\$12 no t-shirt)
 15K – \$18 includes tech t-shirt (\$12 no t-shirt)

RACE DAY REGISTRATION: 30K and 15K – \$20 includes tech t-shirt
 30K and 15K – \$15 no t-shirt

AWARDS: Top 5 Male/Female
 Top Male/Female Masters (40+)
 Top Male/Female Grandmasters (50+)

DIRECTIONS: The race starts near The Retreat at Bradley's Pond which is across the road from Bradley's Country Store on Centerville Road, approximately 12 miles north of Capital Circle NE.

ADDITIONAL INFORMATION: Jerry/Jackie McDaniel: jackiemcdaniel1@gmail.com or call 850/591-0081, or visit the Gulf Winds website at <http://www.gulfwinds.org>. Electronic registration at Active.com.



Old Centerville Road

**MAIL ENTRY FORM WITH
 PAYMENT TO:
 GWTC 30K/15K
 c/o Jerry/Jackie McDaniel,
 1013 Lothian Drive,
 Tallahassee, FL 32312**

NAME:	GWTC ENTRY FORM 30K <input type="checkbox"/> 15K <input type="checkbox"/>	
AGE ON 1/16/2010:	DATE OF BIRTH:	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
PHONE #:	EMAIL:	SHIRTS
ADDRESS:		Size: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
CITY/STATE:	ZIP CODE:	No Shirt: <input type="checkbox"/>

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 the 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: _____