

BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

One Mile Fun Walk for Walkers

OUR SPONSORS

Lucy Ho's



DATE: Saturday, **January 9th, 2010** at 9:00 a.m.

PLACE: Start/Finish at the FSU/FAMU Engineering Building
Innovation Park - Pottsdamer Street - Across from Seminole Golf Course
RRCA Certified (#FL 93033DL) winding through the Innovation Park area

AWARDS: *BOWLEGS* shirt to all fully-paid entrants (*First 75 on race day, others in 7 days*)
Age Group Medallions for 1st Place and Awards for (One award per participant):
•Male & Female Runners (Top three) •Male & Female Student
•Male & Female Faculty Club Walker •Male & Female Walker
•Male & Female Faculty Club Runner •Male & Female Educator
•All registered entrants have a chance to win prizes from local merchants
(Winners must be present at drawing held after the race)

INFO: For information call Larry Giunipero (878-5569) or Bill Hillison (893-4557)

FEE: \$12 by Wednesday, January 6th or \$15 on race day. \$9 if no shirt desired.
Checks payable to: The FACULTY & FRIENDS CLUB

ENTRY: Mail to: **BOWLEGS 5K RUN FOR SCHOLARSHIP**
2345 Tour Eiffel
Tallahassee, FL 32308
Register online: Visit Gulfwinds.org Calendar (Avtive.com)

NET PROCEEDS BENEFIT THE FACULTY & FRIENDS CLUB SCHOLARSHIP FUND

NAME: _____ PHONE: _____

STREET: _____ EMAIL: _____

CITY: _____ STATE: _____ ZIP: _____

SEX: M / F AGE ON RACE DAY _____ SHIRT: Y / N (Size: S M L XL)

CATEGORY: Check One Open Educator Student Faculty Club
Check One 5K Run Fun Walk

WAIVER: In consideration of your acceptance of my entry as a participant in the 2010 Bowlegs 5K Run for Scholarship, 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 and the Faculty & Friends Club of FSU, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of Bowlegs 5K, which may arise from my participation in the these races on January 9, 2010 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 _____