



**Gulf Winds Track Club**

Tallahassee, FL

22<sup>nd</sup> Annual



# The FLASH 12K/6K

TALLAHASSEE, FLORIDA - TAC CERTIFIED 12K

Saturday, FEBRUARY 20, 2010 8:30 am, sharp, E.S.T.

J. LEWIS HALL PARK, WOODVILLE

A GWTC Grand Prix Event

In memory of Tim Simpkins

Pre-registration is strongly encouraged to reserve a t-shirt.  
Designer bags to the first 90 who pre-register.

Awards: Top Male/Female, Masters, Grandmasters Senior Grandmasters  
Top 3 in five-year age groups, age 9 and under for 6K, and 10 and up for 12K.

Proceeds go to the Chenoweth Fund

The Flash 12K (approx. 7.5 miles) or 6K (approx. 3.75 miles) (please circle one)  
February 20, 2010

Name: \_\_\_\_\_ Age on Race day: \_\_\_\_\_ Male \_\_\_ Female \_\_\_  
Date of Birth: \_\_\_\_\_  
Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Registration Fees: On or Before Feb. 16, 2010

With Shirt (before Feb. 16): \$12.00 \_\_\_\_\_ Shirt Size: Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_ XX-Large (add \$2) \_\_\_

After Feb.16 AND on Race day: \$15.00 \_\_\_\_\_ (No guarantee of a shirt)

No Shirt Option: \$10.00 \_\_\_\_\_

Gulf Winds Track Club Member? YES \_\_\_ (Deduct \$2.00). NO \_\_\_ Visit: [www.gulfwinds.org](http://www.gulfwinds.org) to join.

Additional amount enclosed for the Chenoweth fund \$ \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

Make checks payable to GWTC and mail to Mark Priddy, 3584 Stowe Trace, Tallahassee, FL 32309-3277.  
Email: [MarkPriddy@msn.com](mailto:MarkPriddy@msn.com)

I know that running in Gulf Winds Track Club (GWTC) activities/events is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in GWTC activities including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat/cold and/or humidity), other users of the St. Mark's Trail (cyclists, walkers, runners, skaters, horseback riders), traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the Race Directors, GWTC, Leon County Parks and Recreation, or any sponsoring agent, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the person/agents named in this waiver. I grant permission to all of the forgoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes.

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

date signed