



Tallahassee, FL

# Gulf Winds Track Club

## THE PINE RUN AT TALL TIMBERS 20K

- Date/Time: Saturday, October 9, 2010, 7:30 a.m. or first light (absolute 3 Hour Cutoff)
- Place: Tall Timbers Research Station, Henry Beadel Drive off CR 12, n. Leon County
- Awards: Top 5 Male/Female; Top Male/Female Masters; Top Male/Female Grandmasters
- Course: Undulating course, all on grassy trails and double track jeep roads, no pavement, through beautiful piney uplands and Lake Iamonia bottomland. Aid stations (fluids only) at approximately 3, 6 and 9 miles. Pre race, post race snacks.
- Packet Pickup: Race day only, 6:30 a.m. – 7:15 a.m.
- Amenities: Post race picnic, music by Bill McGuire; free pine seedling compliments of Tall Timbers
- More Information: Gordon Cherr, [scam22@aol.com](mailto:scam22@aol.com), 850-556-5957

**Pine Run at Tall Timbers 20K  
October 9, 2010  
Registration Form**

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

<b>Registration Fees:</b>	<b><u>On or Before 10/2/10</u></b>	<b><u>After 10/2/10</u></b>	<b><u>Shirt Size</u></b>
With Shirt:	\$18.00 _____	\$20.00 _____	_____ Small
No Shirt:	\$13.00 _____	\$15.00 _____	_____ Medium
GWTC Member:	Subtract \$2.00 _____	No discount	_____ Large
			_____ XL
Amount Enclosed:	\$ _____		_____ None

**Make checks payable to GWTC and mail to: Gordon Cherr, 3043 Feeney Ct., Tallahassee, FL 32309.**

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. This 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. **NO DOGS ARE ALLOWED ON THE PROPERTY. ANYONE BRINGING DOGS ONTO THE PROPERTY WILL BE ASKED TO LEAVE AND RACE FEES WILL NOT BE REFUNDED.** I have read and understand everything written above and I voluntarily sign this agreement.

Signature (parent/guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_