

# Prefontaine FOREST RUN



## 2010 Prefontaine Forest 5k Run GWTC Grand Prix Event

**When:** Saturday, September 25, 2010 8:30 am  
Gates will open at 7am.

**Where:** Silver Lake Recreation Area. Highway 20 west, 3.5 miles past Capital Circle, to Silver Lake Rd. Turn left on Silver Lake Road and go 3 miles south, to the Silver Lake Recreation Area.

**\*\*\*\*\* \$3/car gate fee. Percentage of the fee goes directly to the Park. Ranger CANNOT make change so BE PREPARED!!**

**Why:** Challenging off road race with race proceeds to benefit the St. Francis Wildlife Foundation and the Chenoweth Fund

**All registered runners receive a unique glass**

### Registration:

Registration send to:  
Prefontaine Run, 295 Narwhal Ct. Tallahassee, FL.32312  
Preregistration must be Received by September 23, 2010.

Race day registration: Gates will open at 7am, registration begins at 7:15am.  
For more information contact Jeff Nielsen, 459-8859.

**Cost:** \$10 Pre-register  
\$13 Day of Race



**Prefontaine Forest Run Entry & Waiver**  
**\*\*\*\*\*Please fill out COMPLETELY and LEGIBLY\*\*\*\*\***

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ GWTC member \_\_\_\_\_

Make checks payable to Gulf Winds Track Club

Fee: Pre-register \$10 \_\_\_\_\_ GWTC members \$8 \_\_\_\_\_

(Must be received by 9/23)

Late Registration \$13 \_\_\_\_\_

Additional Donation to St. Francis \$ \_\_\_\_\_ or Chenoweth \$ \_\_\_\_\_

**WAIVER:** In consideration of your acceptance of my entry as a participant in the Prefontaine Forest 5k Run, I, 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 RRCA, Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers, the USDA Forest Service, and others promoting or assisting in anyway the promotion or organization of The Prefontaine Forest 5k Run, which may arise from my participation in the these races on September 25, 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 cross-country 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: \_\_\_\_\_

Parent's signature: \_\_\_\_\_ (if under 18 years of age)