



THE SALMONOLE RUN

Saturday, October 2, 2010

DATE & TIME: Saturday, October 2, 2010
 Race starts at 8:00 am, EST.
 Pre-race registration starts at 7:00 am

COURSE: A scenic tour of Florida State University, starting and finishing at the Integration statue



EARLY REGISTRATION: \$12 Includes t-shirt (no t-shirt option \$8)

RACE DAY REGISTRATION: \$15 Includes t-shirt (no t-shirt option \$10)

AWARDS: First Male/Female, 3 deep in 5 year age groups, additional prizes to be announced.

DIRECTIONS: The race starts at the Integration Statue located on the southwest corner of the Union on the campus of Florida State University, just south of Tennessee street and Woodward avenue.

ADDITIONAL

INFORMATION: Amanda Tazaz: tazaz@ocean.fsu.edu
 or visit the website at <http://ocean.fsu.edu/thalassic>
 Electronic registration is available at Active.com

Make checks payable to: Thalassic Society

MAIL ENTRY FORM WITH PAYMENT:

Florida State University
 Oceanography
 Thalassic Society
 PO Box 3064320
 Tallahassee, FL 32306

****Can food will be collected for a local food bank, all donations will receive a ticket for raffle**

NAME:		
AGE ON 10/2/2010:	DATE OF BIRTH:	MALE:___ FEMALE: ___
PHONE #:	EMAIL:	SHIRTS
ADDRESS:		Size: S___ M___ L___ XL___
CITY/ST:	ZIP:	No Shirt ___

This is in consideration of my participation in **The Salmonole Run** sponsored by The Thalassic Society on *second day of October 2010*. I understand that there may be risks involved with my participation in **The Salmonole Run**. I knowingly accept all risks and agree to relieve The Thalassic Society, Florida State University, and its Board of Trustees including their employees, agents, representatives, assigns, and successors of any responsibility, liability, or cost for any accident or injury of any nature to me arising from my participation, including assuming any costs as a result of such accident or injury in connection with the activities associated with my participation. I waive any and all claims I may have in the future, including claims of negligence and gross negligence as a result of my participation and give up and forever release my right to file any lawsuit against The Thalassic Society, FSU, and its Board of Trustees involving any accident or injury to me resulting from my participation in any activity associated with **The Salmonole Run**. I further understand that FSU does not provide any insurance coverage for such program and I authorize medical treatment for myself, **at my expense**, if the need arises. I am relying wholly upon my own judgment and knowledge of the circumstances involved in my participation in The Salmonole Run. I have had an opportunity to read the above consent and waiver release, and I fully understand it and execute it of my own free will and choice.

Signature (parent if under 18):

Date: