



Presents

# The 35<sup>th</sup> Annual SPRINGTIME 10K Publix 5K Fun Run/Walk Target Copy 1 Miler

March 27, 2010

10K at 8:10 a.m.

5K at 8:10 a.m.

1-Miler at 7:45 a.m.

www.gulfwinds.org - jalexander98@comcast.net

Race Headquarters: (850)383-1361 - Team racing info: (850) 921-0035  
unger4122@comcast.net



**Capital Health**  
PLAN  
An Independent Licensee of the  
Blue Cross and Blue Shield Association

**Publix**  
WHERE SHOPPING IS A PLEASURE

## Entry Form (Please Print) | Save \$\$\$ and time: Pre-Register!

Name: \_\_\_\_\_ Age on 3/27/2010: \_\_\_\_\_ M / F (Circle One)

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Shirt Size (Check one): YM\_\_ YL\_\_ S\_\_ M\_\_ L\_\_ XL\_\_ 2XL\_\_

**10K/5K Registration (through March 26).....\$20**

Families of 3 or more registrants (per runner).....\$17

No T-shirt option.....\$15

10K/5K Raceday (no discounts).....\$25

**1-Miler Registration (through March 26).....\$17**

No T-shirt option.....\$12

1-Miler Raceday (no discounts).....\$20

**I want to help other runners meet their goals (Chenoweth Fund Donation):** \$ \_\_\_\_\_

GWTC Members subtract \$2 (pre-registered only and not using family discount)

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

**Sign waiver below & mail with check payable to GWTC to:** Judy Alexander • 3432 Robinhood Rd, Tallahassee FL 32312

**REGISTRATION also AVAILABLE AT:**

**[www.active.com/running/tallahassee-fl/springtime-10k-5k-and-1miler-35th-annual-2010](http://www.active.com/running/tallahassee-fl/springtime-10k-5k-and-1miler-35th-annual-2010)**

WAIVER: In consideration of your acceptance of my entry as a participant in the GWTC Springtime 10K, 5K, & 1-Miler, 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 Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The GWTC Springtime 10K, 5K & 1-Miler, which may arise from my participation in the these races on March 27, 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 of Entrant** (Parent or Legal Guardian if under 18 years old) \_\_\_\_\_ Date: \_\_\_\_\_

## The Races

The Springtime 10K/5K are USATF certified courses (FL96048DL & FL09040EBM) that begin with a 3/4 mile downhill stretch, cover rolling hills through the beautiful Myers Park neighborhood and finish flat and fast one half mile from the start area. The 1-Miler is mostly downhill, beginning and ending at the same locations as the SPRINGTIME 10K/5K courses. **10K is a GWTC Grand Prix event for adults. 5K and 1-Miler are GWTC Youth Grand Prix events.**

## Time & Place

**Saturday, March 27, 2010**

**SPRINGTIME 10K .....8:10 a.m.**

**Target Copy 1-Miler .....7:45 a.m.**

**Publix 5K Fun Run/Walk.....8:10 a.m.**

**Race day registration will begin at 6:45 a.m.**

Race day registration and the starting line for all events are located in front of the County Courthouse on Monroe Street in downtown Tallahassee.

## Awards

Each entrant is eligible for one Award. **Award must be claimed by Saturday, April 10, 2010.**

### 10K Awards:

First Place Overall Male & Female \$100

Second Place Overall Male & Female \$75

Third Place Overall Male & Female \$50

First Place Masters Male & Female \$50

First Place Grand-Masters Male & Female \$50

Awards 3-deep in **5-year age groups starting at 9 and under, 10-14, 15-19, through 80+ and Wheelchair Champion. Medals to all 10K finishers!**

### 5K Run/Walk Awards:

**1st Place Overall Male & Female Awards 3-deep in 10-year age groups starting at 9 & under, 10-19, 20-29 through 80+**

### 1- Miler Prizes:

**Age divisions 6 & under 7&8, 9&10 ,11&12, 13&14, 15&16**

**First place age division male & female :**

Do-It-All Gift Pack from Fun Station

**Second Place Age-Division Male &Female:**

Two Activities Pack from Fun Station

## Third Place Age-Division Male & Female:

Single Activity Pack from Fun Station

**All finishers age 16 and under will receive a finisher gift & a goody bag.**

## Post Race and Awards Ceremony

Join us after the race for food and drinks provided By Publix and Bagelheads, music by B.C. Kelly's Music Express (www.bckelly.com), light massage by CORE Institute and more. The Springtime Tallahassee parade prime viewing area and arts and crafts booths are just a short walk from the post race party. Make it a whole day of Springtime Tallahassee FUN!

## Team Competition

TWO categories of team competition will be scored cross-country style. Teams must consist of **at least 5 individual Springtime 10K/5K entrants** with unlimited entries allowed; the five fastest times on each team will count toward the team's score. The top three teams (lowest scores) in each category will be awarded gift certificates.

- Open Division - Five fastest men's or women's times score
- Business/Agency Division - Team members may include men and women **employed by the organization they represent.** Five fastest men's or women's times score.

**There is no additional fee to compete as a team and applications may be requested by calling (850) 921-0035 or unger4122@comcast.net. All team members' applications MUST include TEAM NAME and DIVISION in which team is eligible to compete. Each team roster MUST be completed and submitted NO LATER THAN NOON, Friday March 26, 2010. NO EXCEPTIONS!!**

## Packet Pickup

**PRE-REGISTER AND GET YOUR PACKET EARLY AT SHAW'S ATHLETICS, 1415 Timberlane Road (Corner of Timberland and Market Street), THURSDAY, MARCH 25, 12-8, OR FRIDAY MARCH 26, 12-6 or on race day starting at 6:45 a.m.**

## Additional Information

**Attention Wheelchair Athletes:** TPD & Race Directors have determined that due to the hilly nature of this course, ONLY hand cycles will be permitted in any of the races. Thank you for your understanding. **Partial proceeds benefit Treats for Teens & Boys and Girls Club of the Big Bend.**



**TARGET COPY  
OPEN 24 HOURS**

*Digital Printing  
and More!*

