



10 mile race is 2010 GWTC Grand Prix Event

**Tallahassee, FL • December 4, 2010**

**Time**

Saturday, December 4, 2010. Both races start at 8:00 a.m. E.D.T. Pre-race registration and packet pick-up starts at 6:45 a.m.

**Place and Course**

Races start and finish at Hawks Rise Elementary School—use Meridian Road Parking lot entrance.

**Entry Fee**

Early Registration (by or before December 1st) \$12.00, includes shirt. \$7.00, no shirt option. Day of Race \$15.00, includes shirt. \$10.00, no shirt option. *Make checks payable to Gulf Winds Track Club.*

**Post-race Refreshments**

Food, Gatorade, water.

**Awards**

Both 5 mile and 10 mile Overall/ Master/Grand Master two-deep in five-year age groups.

**For More Information**

Reid Vannoy [reidv@comcast.net](mailto:reidv@comcast.net)  
or, [www.gulfwinds.org](http://www.gulfwinds.org)

**GWTC 10/5 Mile Challenge Entry Form** (please print clearly)—make checks payable to Gulf Winds Track Club

Mail entry with payment to:  
Gulf Winds Track Club  
c/o Reid Vannoy  
6399 Belgrand Drive  
Tallahassee, FL 32312

On-line registration  
available at  
**Race it**

Take entry with payment  
(by or before 12/1/10) to:  
**Capital City Runners**  
1866 Thomasville Road, ph. 727-8011

Name: \_\_\_\_\_ Age (on 12/4/2010): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Male  Female  E-mail: \_\_\_\_\_

Select Race: 5 mile  10 mile  Shirt Size: S M L XL (circle one)

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. The 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.

Signature (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_