



**Gulf Winds Track Club
Presents**

A Run Through the Jungle

**30th Annual Tallahassee Ultra Distance Classic 50K/50M
Saturday, December 11, 2010, 7:00 a.m.**

**Wakulla Springs State Park
(15 miles south of Tallahassee, FL on SR 267)**

- Date:** Saturday, December 11, 2010, 7:00 am (3:30 pm cutoff to start last lap)
- Place:** Wakulla Springs State Park, <http://www.floridastateparks.org/wakullasprings/>
- Lodging:** Rooms are available at the historic Wakulla Springs Lodge for \$105-\$125 per night. Call (850) 926-0700. Room rate guaranteed for reservations made by **November 19, 2010**. Mention TUDC room block when making reservations.
- Awards:** 50K and 50 Mile M/F Overall, Masters & Grandmasters; finisher awards for 50M and 50K finishers
- Register:** Deadline: November 28. **No race day registration.** Packet pickup race day beginning at 6:00 a.m.
- Course:** TAC certified 10K loop; flat, fast scenic asphalt park road
- More info:** Gary Griffin, runlong@nettally.com; www.tallahasseeultra.com

Name: _____ **Age on 12/11/10:** _____ **Date of Birth:** _____

_____ **Male** _____ **Female** **Telephone:** _____ **E-mail:** _____

Address: _____ **City** _____ **State** _____ **Zip** _____

50K _____ **50 Mile** _____ (check one) **Shirt:** _____ **XS** (small if XS not available)
 _____ **Small** _____ **Medium**
 _____ **Large** _____ **XL**

Expected Finish Time: _____

Favorite aid station food/drink: _____

	Postmarked by October 15		Postmarked after October 15	
	With Shirt	No Shirt	With Shirt	No Shirt
Registration Fee	\$45.00	\$35.00	\$50.00	\$40.00
Post-race booklet	\$5.00	\$5.00	\$5.00	\$5.00
GWTC Member	-\$2.00	-\$2.00	-\$2.00	-\$2.00
Total Enclosed	\$ _____	\$ _____	\$ _____	\$ _____

Sign waiver below and mail with check **payable to Gulf Winds Track Club** to: **GWTC, c/o Peg Griffin**
856 N. Forest Drive
Tallahassee, FL 32303

DEADLINE: November 28, 2010

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.

Signature (parent if under 18) _____ Date: _____