

Gulf Winds Track Club

# TALLAHASSEE WOMEN'S DISTANCE FESTIVAL

## 5k and 1 mile run September 18, 2010

This GWTC Grand Prix event is a collection site for new toy donations for the Pediatric Unit at TMH. A portion of the proceeds and all gift-in-kind donations will benefit the Tallahassee Memorial Pediatric Unit to help hospitalized children and their families. See reverse side for list of needs and find additional information at <http://www.tmh.org/womenChildren.ctm>.

All races start and finish at Optimist Park, E. Indianhead Drive, Tallahassee, FL. USATF Certified 5k: FL06045DL

5K Women start at 8:00 a.m.

5K Men start at 8:05 a.m.

1 Mile race begins at 9 a.m.

**5K Awards:** Top 5 Women and First Male, plus Female and Male Masters, Grand Masters, Great Grand Masters, and 3 deep in 5 year age groups.

**1 Mile Awards:** Top 10 girls and boys plus goodie bags to all finishers 14 and under.

For more information contact Lisa Unger at [unger4122@comcast.net](mailto:unger4122@comcast.net) 850-544-4893 or visit [www.gulfwinds.org](http://www.gulfwinds.org)

**Entry Fees:** 5K Early (postmarked by September 13, 2010; GWTC deduct \$2) with shirt \$15.00; No shirt \$10.00

5K Race Day with shirt \$18.00, no shirt \$10.00

1 Mile Early \$6.00 (GWTC deduct \$2), Race Day \$8.00

Name \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_ Age \_\_\_\_\_ (On Sept 18, 2010) D.O.B. \_\_\_\_\_

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

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

5k- Total \$ \_\_\_\_\_ T-Shirt size -NO shirt- S M L XL      1 Mile - Total \$ \_\_\_\_\_  
( 5k runners select one )

**\*\*Make checks payable to Gulf Winds Track Club and mail with payment to: Women's Distance Festival c/o Lisa Unger, 4122 Wiggington Road, Tallahassee, FL 32303**

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, 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 OF ENTRANT OR PARENT OR LEGAL GUARDIAN IF UNDER 18 YEARS OF AGE

\_\_\_\_\_  
DATE

**The TMH Foundation Invites Your Support for the  
Tallahassee Memorial Pediatric Unit**

The Tallahassee Memorial Pediatric Unit serves a 16-county region in North Florida and South Georgia. The 23-bed unit with private rooms provides a cheerful environment where children with a wide variety of conditions and those recovering from surgical procedures receive care. The Pediatric Intensive Care Unit is the only hospital unit within a 100 miles radius equipped to care for critically ill children. Physicians who specialize in pediatric intensive care are on-site or on-call 24 hours a day.

The TMH Foundation, on behalf of the Tallahassee Memorial Pediatric Unit, is seeking both cash and non-cash contributions to benefit pediatric patients and their families. Prominent among the Pediatric Unit's current needs are new toys for the playroom, patient rooms and toy chest.

Tallahassee Memorial Pediatric Unit patients between the ages of six months and six years old enjoy playing with toys that have music or other sound expressions. For infection control purposes, all gift toys must be brand new. There is also a designated toy chest in front of the nurse's station for patients to select a take-home toy or a toy to carry as they are transported to a procedure site in the hospital.

Cash donations are appreciated and can be used to replenish toys and other items needed in the Pediatric Unit. Please make gift checks payable to The TMH Foundation with Pediatric Unit in the memo section and return to 1331 East Sixth Avenue, Tallahassee, FL 32303. Also, a secure online donation can be made at [www.tmhfoundation.org](http://www.tmhfoundation.org), click on Make a Donation and click on Secure Credit Card Donation. Select Other for Gift Designation and enter Pediatric Unit as the gift designation in the space provided.

Gift-in-kind donations are also appreciated and the list below will provide examples of items needed. Please contact Judi Taber, TMH Foundation Annual Fund Officer at 850.431.5904 if you have any questions.

<b>Preschool &amp; Elementary School Toys</b>	
<b>Fisher Price Music or Sound toys</b>	<b>Medical play kits</b>
<b>Little Tykes, Mattel, Parker Brothers, or Hasbro Music or sound preschool toys</b>	<b>See-n-Say, Shape sorter, color wonder sets. Board games appropriate for children</b>
<b>Play dough and play dough toys</b>	<b>Children's DVD movies, Music CD's</b>
<b>Baby dolls (plastic),</b>	<b>Lego kits, Bionicles</b>
<b>Alphabet, number toys</b>	<b>Action figures</b>
<b>Planes, cars, trucks</b>	<b>play animals</b>
<b>Smaller Toys for Toy Chest</b>	
<b>Smaller dolls, accessories</b>	<b>Playing cards, Uno, Skipbo</b>
<b>Crayons, coloring &amp; activity books</b>	<b>Color wonder sets, washable markers</b>
<b>Nerf items, plastic balls</b>	<b>Hand held electronic &amp; travel games</b>
<b>Slinky, smaller toys</b>	<b>Bubbles, spill proof</b>
<b>Other items needed</b>	
<b>Sippy cups</b>	<b>Teething ring and infant toys</b>
<b>4 Baby gyms</b>	<b>Onesies</b>
<b>10 Mobiles (plastic)</b>	<b>Children's underwear (boys and girls)</b>
<b>2 Infant seats/motion</b>	<b>Infant and toddler socks</b>