



Tallahassee, FL
Gulf Winds Track Club

23nd Annual



The FLASH 12K/6K

St. Marks, Florida

Saturday, FEBRUARY 19, 2011 8:30 am, E.S.T.

In memory of Tim Simpkins - Gulf Winds Track Club's original Superhero

The 12K is a GWTC Grand Prix Event

Start / Finish / Awards Ceremony will be Riverside at the San Marcos de Apalache Historic State Park, St. Marks FL

Runners and Family Members Granted **FREE Admission** to the Fort and all Park Facilities!

Race will be run on the Beautiful and Newly Renovated St. Marks Trail

12K Awards: **Male/Female Overall, Masters, Grandmasters**

Top Male and Female in five year age groups, ages 9 and under, 10 and up

6K Awards: **Male/Female Overall**

Top Male/Female in five year age groups, ages 9 and below, 10 and up

Proceeds go to the **Chenoweth Fund**, which helps local runners achieve athletic excellence.

Pre-registration is strongly encouraged to reserve the coveted Flash long-sleeve t-shirt.

On-line registration available at [Raceit](#)

The Flash 12K (7.44 miles) or 6K (3.72 miles)

Name: _____ Male _____ Female _____

Which Event? 12K _____ 6K _____ Date of Birth: _____ Age on Race day: _____

Telephone: _____ E-mail: _____

Address: _____ City _____ State _____ Zip _____

Registration Fees: On or Before Feb. 14, 2011. NO RACE DAY DISCOUNTS

\$10.00 _____ No Shirt Option

\$13.00 _____ with Shirt. Shirt Size: Small ___ Medium ___ Large ___ X-Large ___ XX-Large (add \$2) ___

\$15.00 _____ Race day (No guarantee of a shirt)

Additional amount enclosed for the Chenoweth fund \$ _____ (Optional)

Total Amount Enclosed: \$ _____

Make checks payable to GWTC and mail to Mark Priddy, 3584 Stowe Trace, Tallahassee, FL 32309-3277.

Email: MarkPriddy@msn.com

Gulf Winds Track Club Members in good standing may deduct \$2.00 from each entry.

I know that running in Gulf Winds Track Club (GWTC) activities/events is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in GWTC activities including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat/cold and/or humidity), other users of the St. Mark's Trail (cyclists, walkers, runners, skaters, horseback riders), traffic, and the condition of the road, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the Race Directors, GWTC, any sponsoring agent, or their representatives from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the persons named in this waiver. I grant permission to all of the forgoing to use any photographs or other record of this event for legitimate purposes.

Signature of entrant required (parent or legal guardian if under 18) _____ date signed _____