



**Friends of Wakulla Springs State Park
Presents
Grand Prix Run for Wakulla Springs 5K Trail Run
and 1 mile Fun Run**

5K is GWTC Grand Prix and 1 mile is GWTC Youth Grand Prix

This unique run winds through a wilderness area of the State Park which is not open to the general public.

**T-SHIRTS GUARANTEED ONLY FOR FIRST 300 REGISTRATIONS RECEIVED BY MAIL
OR VIA ONLINE REGISTRATION BY MAY 11.**

Date: Saturday, May 21, 2011

Location: Wakulla Springs State Park, Wakulla County (15 miles south of Tallahassee on SR 267)

Distances & 1 mile Family Fun Run begins at 8:00 am

Race Times: Grand Prix 5k Run begins at 8:30 am

Awards: 5K Awards: Overall, Masters & Grandmasters M/F and 3 deep in 5-yr age groups

Register: Online registration available at raceit.com and ends May 20th. Mailed pre-registrations must be postmarked no later than Monday, May 16. Packet pickup and race day registration opens at 7:00 a.m.

Special Event: "Run and Ride" Runners Guided Boat Tour.....10:30 (approximately)
Runners and their families are invited on a special guided boat tour for an additional \$6.00 per adult, \$3.00 for kids 4 to 12 (Children under 3 are free). Please "make your reservations" by paying for the Run and Ride with your registration fee.

Fees: Mailed Pre-registration ends May 16th
Pre-registered \$15 (includes T-shirt) Without a shirt \$10
Day of race \$20 (With T-shirt) Without a shirt option \$15
Family Fun Run \$10 (With a t-shirt) Without a shirt \$5; children 5 and under free



Drs Chichetti, Torgerson & Hartley





Run for Wakulla Springs 5K Trail Run and 1 mile Fun Run Official Entry Form

Day of race registration begins at 7:00 am at the bathhouse in the park.

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 (15 miles south of Tallahassee SR 267)

Distances & Race Times: 1 mile Family Fun Run begins at 8:00 am
Grand Prix 5k Run begins at 8:30 am
Special Event: "Run and Ride" Runners Guided Boat Tour.....10:30

Name: _____ **Age on 5/21/11:** _____ **Date of Birth:** _____
 _____ **Male** _____ **Female** **Telephone:** _____ **E-mail:** _____
Address: _____ **City** _____ **State** _____ **Zip** _____
 5K _____ 1 Mile _____ (check one)

Shirt: _____	Youth Small _____	Youth Medium _____	Youth Large _____	No Shirt _____
_____	Adult Small _____	Adult Medium _____	Adult Large _____	Adult XL _____

Pre-Registration Postmarked by May 16 (or online)

After May 16 or day of race

	5K		1 Mile		5K		1 Mile	
	With Shirt	No Shirt	With Shirt	No Shirt	With Shirt	No Shirt	With Shirt	No Shirt
	\$15	\$10	\$10	\$5	\$20	\$15	\$10	\$5
Registration Fee								
Run 'N' Ride								
Total Enclosed								

Boat Tour _____ Yes _____ No # of participants in your party _____

Waiver: In consideration of your permission to participate in the Run for Wakulla Springs on behalf of myself, my heirs, executors and assignees, I hereby waive and release any and all rights and claims for damages which I may have against the organizers of the race, the park, as well as any other person connected with the run for any and all injuries that I may suffer while participating in the event. I know that running a road race is a potentially hazardous activity. I agree to abide by all decisions of the race officials relative to my ability to safely complete this run.

Signed _____ date _____

Parent or guardian should sign if runner is under 18 years of age.

Emergency contact day of race Name _____ phone number _____

For more information contact Cheryl Creel, 509-7103 or email cdavis2636@gmail.com.
 Online registration available at Raceit.com continues until May 20th. Online or mailed pre-registrations must be postmarked no later than Monday, May 16. Mail to: **Friends of Wakulla Springs 550 Wakulla Springs Dr. Wakulla Springs, FL 32327** T-shirts guaranteed only for registrations received by May 11. After May 11, first come, first-served. Packet pickup and race day registration opens at 7:00 a.m. **Visit wakullasprings.org for other information.**