

GULF WINDS TRACK CLUB presents
MILLER LANDING MADNESS
8K/ 5K/ 3K CROSS COUNTRY RUN

When: August 27, 2011
Where: Elinor Klapp Phipps Park (1.3 miles west on Miller Landing Road)
Time: 8K/ 5K starts at **8:00** a.m., 3K starts at **9:00** a.m.
Entry Fees: **Age 18 and under:** Minimum of 4 cans of food.
Over Age 18: \$10.00 donation and **minimum** of 2 cans of food.
No T-shirt option: \$8.00 donation and **minimum** of 2 cans of food.
*All donated food items will go to **Second Harvest Food Bank.**
*All monetary proceeds benefit the GWTC Chenoweth Fund.
Mail entry to: **Miller Landing Madness**, 3674 Uncle Glover Road, Tallahassee FL 32312
* Please **do not** mail entries after August 20, 2011.
* Make checks payable to **GWTC**
* If mailing entry, please bring your food items on race day.
* **T-shirts are guaranteed for pre-registered runners only.**
*Online race registration is available at: **Raceit.com**
PACKET PICK-UP: Register and/or pick up your packet **early** on Wednesday, August 24 at
MoMo's Pizza, 1410 Market Street, from 4:00-7:00 p.m.
Race Day Registration begins at 6:30 A.M.

High school age and middle school age club teams may compete for **team awards**. The meet will be scored in a standard cross country format for teams. Coaches will be required to collect team cards and turn in results to the scorer's table. Scoring forms will be supplied to coaches on race day. Every participant will be required to fill out a waiver and have it signed.

For more information about the Chenoweth Fund or Gulf Winds Track Club, go to our website:
www.gulfwinds.org For race information, contact Tom Perkins at (850) 894-2019 or Bill Lott at 656-1273.

Name: _____ D.O.B. _____ Age on 8-27-11 _____
Address: _____ (City, Zip) _____
Phone No.: _____ E-Mail address: _____

Circle one: Male Female **T-Shirt Size:** Ch Large Adult S M L XL
Which race? (circle one) 8K 5K 3K ***Only the 8K is a GWTC Grand Prix***
High School age Club name (5K only) _____
Middle School age Club name (3K only) _____

WAIVER: In consideration of your acceptance of my entry as a participant in the 2011 Miller Landing Madness Races I, the undersigned, for myself, my heirs, executors, and assigns, waive any and all claims for damages, for death, personal injury or loss of property against Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of the Miller Landing Madness, which may arise from my participation in the these races on August 27, 2011 or while traveling to or from the event. I hereby release the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

Signature (If under 18, must have parent's signature) _____