

The 37th annual

PALACE SALOON 5K



Gulf Winds Track Club race sponsored by the Palace Saloon • 16 April 2011 • Tallahassee, Florida

Time

Saturday, April 16, 2011. Race starts at 8:00 am EDT. Registration and packet pick-up is from 6:45 to 7:45 am at Tallahassee Community College.

Place and Course

Race starts at Tallahassee Community College, Appleyard Dr. at Pensacola St. Race finishes at the Palace Saloon at 1303 Jackson Bluff Rd.

Early Packet Pick-up and Registration

Come by the Palace Saloon, 1303 Jackson Bluff Rd, on Wednesday, April 13 from 5:30–7:30 pm and avoid the lines on race day.

Entry Fee

Early Registration (by or before April 13) \$12 includes shirt. \$7 no shirt option. Day of race \$20, includes shirt if available. \$15, no shirt option. *Make checks payable to Gulf Winds Track Club.*

Post-race Refreshments

Food, Gatorade, water, other beverages.

Awards

Overall/Master/five-deep in five-year age groups. Team awards to five fastest members of top two male teams and top two female teams.

Optional Team Competition

Teams must pre-register. Enter the team name in the entry form below. Teams will consist of at least five runners, with each team's score being the sum of the times of its fastest five finishers. All male, all female teams only. No charge for entering a team, but each team member must enter the race as an individual. Team captains must submit a roster by Friday, April 15, to teams@palacesaloon.com.

For More Information

Herb Wills hwills@gmail.com or, www.palacesaloon.com

Palace Saloon 5K Entry Form (please print clearly)—make checks payable to Gulf Winds Track Club

Mail entry with payment to: Palace Saloon 5K c/o Peg Griffin 856 North Forest Drive Tallahassee, FL 32303	On-line registration available at www.active.com	Take entry with payment (by or before 4/12/2011) to: Shaw's Athletics Market Square at 1415 Timberlane Rd
Name: _____ Age: _____ Birthdate: _____		
Sex (circle one): Male Female Phone: _____ E-Mail: _____		
Street: _____		
City: _____ State: _____ Zip: _____		
Shirt Size (circle one): S M L XL NONE Team (optional): _____		
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 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: _____