Tallahassee, FL

Gulf Winds Track Club

Tannenbaum Trail 6K

December 17, 2011

When: **Saturday, December 17 at 9am EST**

Place: **Apalachee Regional Park, one of the finest cross country courses in the Southeast**
7550 Apalachee Parkway, behind the soccer fields

Fee: Before 12/17: $8 (GWTC Member subtract $2) Race Day: $10 (Everyone)

Awards: Top Overall Male/Female, First in 5 year age groups, 9 and under, 10-14...70 and over
Light weight black gloves to all registered runners

Course: Cross country on a variety of surfaces: dirt, grass and oyster shell

More Info: Brian Corbin, brirun@comcast.net, 850-383-1361
Herb Wills, hwills@gmail.com

Name: _____Age on 12/17/11:___DOB:_____

M / F (Circle one) Phone: _____

Email:_____

Address: _____ City _____ State ___ ZIP _____

Registration Fee	$_____
GWTC Members (subtract $2)	$_____
Donation to help improve the cross country course	$_____
Total Amount Enclosed:	**$** _____

Sign waiver below & mail with **check payable to GWTC** to: Brian Corbin
3432 Robinhood Rd
Tallahassee, FL 32312

REGISTRATION also AVAILABLE AT http://tinyurl.com/TannenbaumTrail6K

WAIVER: In consideration of your acceptance of my entry as a participant in the Tannenbaum Trail, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release 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 Tannenbaum Trail, which may arise from my participation in the race on December 17, 2011 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by 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 sufficiently 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 and am voluntarily assuming the risk of such injuries and damages. 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_____ **Date**_____

Signature of parent or legal guardian if under 18 years of age.