

Gulf Winds Track Club

TALLAHASSEE WOMEN'S DISTANCE FESTIVAL

5k and 1 mile run September 17, 2011

This GWTC Grand Prix event is a collection site for new toy donations for the Pediatric Unit at TMH. Bring a new and unopened toy or minimum \$5.00 donation and be entered to win great door prizes! See reverse side for list of needs and find additional information at <http://www.tmh.org/womenChildren.ctm>.

All races start and finish at Optimist Park, E. Indianhead Drive, Tallahassee, FL. USATF Certified 5k: FL06045DL

5K Women start at 8:00 a.m. 5K Men start at 8:05 a.m. 1 Mile race begins at 9 a.m.

5K Awards: Top 5 Women and First Male, plus Female and Male Masters, Grand Masters, Great Grand Masters, and 3 deep in 5 year age groups.

1 Mile Awards: Top 10 girls and boys plus goodie bags to all finishers 14 and under.

For more information contact Lisa Unger at unger4122@comcast.net 850-544-4893 or visit www.gulfwinds.org

Entry Fees: 5K Early (postmarked by September 12, 2011; GWTC deduct \$2) with shirt \$15.00; No shirt \$10.00

5K Race Day with shirt \$18.00, no shirt \$10.00

1 Mile Early \$6.00 (GWTC deduct \$2), Race Day \$8.00

Name _____ Female ___ Male ___ Age ____ (On Sept 17, 2011) D.O.B. _____

Address _____ City _____ State ____ Zip _____

Phone _____ E-mail _____

5k- Total \$ _____ T-Shirt size -NO shirt- S M L XL 1 Mile - Total \$ _____
(5k runners select one)

****Make checks payable to Gulf Winds Track Club and mail with payment to: Women's Distance Festival c/o Lisa Unger, 4122 Wiggington Road, Tallahassee, FL 32303**

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, 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 OF ENTRANT OR PARENT OR LEGAL GUARDIAN IF UNDER 18 YEARS OF AGE

DATE

The TMH Foundation Invites Your Support for
Tallahassee Memorial Pediatric Services

Tallahassee Memorial Pediatric Services is focused on providing superior care to children from newborn to adolescents in a 16-county region in North Florida and South Georgia. The Pediatric Unit has 23-beds with private rooms and offers a compassionate and friendly environment where children with a wide variety of conditions and those recovering from surgical procedures receive care. The Pediatric Intensive Care Unit is the only hospital unit within a 100-mile radius equipped to care for critically ill children. Physicians who specialize in pediatric intensive care are on-site or on-call 24 hours a day.

The TMH Foundation, on behalf of Tallahassee Memorial Pediatric Services, is seeking both cash and non-cash contributions to benefit pediatric patients and their families. Prominent among current needs for the Pediatric Unit are new toys for the playroom, patient rooms and toy chest. For infection control purposes, all gift toys must be brand new. The designated toy chest in front of the nurse's station is for patients to select a take-home toy or a toy to carry as they are transported to a procedure site in the hospital.

Cash donations are appreciated and can be used to replenish toys and other items needed in Pediatric Services. Please make gift checks payable to The TMH Foundation with Pediatric Services in the memo section and return to 1331 East Sixth Avenue, Tallahassee, FL 32303. Also, a secure online donation can be made at www.tmhfoundation.org, click on Make a Donation and click on Secure Credit Card Donation. Select Other for Gift Designation and enter Pediatric Services as the gift designation in the space provided.

Gifts, other than cash, such as stocks, bonds and real estate are also welcome, along with contributions of tangible personal property. Please see the list below as examples of items needed. Please contact Judi Taber, TMH Foundation Annual Fund Officer at 850.431.5904 if you have any questions.

Elementary School Toys	Teen and Pre-Teen electronic items
Board Games (Guess Who? Guess Where?)	Wii Games (E-Rated Games)
View Master and slides	X-Box Unit & Game Boy Units (plus games for both)
Play dough and model majic	PG and PG 13 pre-teen and teen movies
Baby dolls and materials (crib, high chair, etc.)	Hand held Electronic Games (Pac-man, Connect Four)
Lego kits, planes, cars, action figures	CD Players, CD's soft music and lullabies
G-rated DVD movies for children	Teen Board Games and teen books on tape
Smaller Toys for Toy Chest	
Smaller dolls, accessories	Playing cards, Uno, Skipbo
Crayons, coloring & activity books	Color wonder sets, washable markers
Nerf items, plastic balls	Hand held electronic & travel games
Slinky, smaller toys	Bubbles, spill proof
Preschool, toddler/infant toys and other items needed	
Fisher Price music/sound toys, See-n-Say	Fisher Price Ocean Wonders Aquarium
Fisher Price Mobile Flutterbye Dreams Mobile	Fisher Price Baby Play Zone Kick and Whirl Carnival
Baby Einstein colors and shapes Music Mobile	Chicco night light soother or Chicco Music N Play Tale
Fisher Price Sesame Street Giggle Gang	Onesies, infant & toddler socks
Fisher Price Elmo Giggle Guitar	Toddler/Children's underwear (boys & girls)