

## One Mile Walk/Run - February 11, 2012

### Location & Time:

- ◆ Tallahassee Community College behind the Lifetime Sports Complex. Loop course; TAC Certified.
- ◆ One Mile Walk/Run begins at 8:30 a.m.

## 5K Cookie Run - February 11, 2012

### Entry Fees:

- ◆ One Mile Registration: \$10 (Tank top option) (Same fee on Race Day)
- ◆ One Mile Registration: \$8 (No tank top option)

### Location & Time:

- ◆ Tallahassee Community College behind the Lifetime Sports Complex. Loop course; TAC Certified.
- ◆ 5K Run begins at 9 a.m.

### Entry Fees:

- ◆ 5K Pre-Registration by 1/31: \$15 (Tank top & cookies)
- ◆ 5K Pre-Registration by 1/31: \$12 (No tank top option)
- ◆ 5K Day of Event: \$18 (Tank top & cookies)
- ◆ 5K Day of Event: \$15 (No tank top option)

## Proceeds Benefit Girl Travel Program

Proceeds from the Run For The Cookies benefit the Girl Scout Council of the Florida Panhandle's (GSCFP) Travel Scholarship Program that assists girls in covering the costs associated with the educational experiences and adventures of Girl Scouting. In 2012, GSCFP has two unique educational experiences planned for 17 girls from the council—the 100th Anniversary Sing-a-Long in Washington DC and the Girls' World Forum in Chicago, IL. The girls will earn a portion of funds needed to cover their travel expenses through service in the community; however, they still need your support to make their educational travel experiences a reality.

## Registration/Package Pickup

### Early Packet Pick-Up Wednesday, February 8

- ◆ 3 to 7 p.m. at Capital City Runners  
1866 Thomasville Road  
Tallahassee, FL

Race day registration and packet pick-up begins at 7:30 a.m. at the race site.

## Divisions & Awards for 5K Run

- ◆ Overall Male and Female
- ◆ Overall Male and Female Masters
- ◆ First Place TCC Student and Faculty/Staff
- ◆ Male and Female Masters Clydesdale Division (male over 200 lbs; female over 150 lbs) ages 39 and under, 40 and over.
- ◆ Top 3 Males and Females in 5-year age groups.

## Divisions & Awards for One Mile Walk/Run

- ◆ Overall Male and Female
- ◆ First Girl Scout & First Boy Scout
- ◆ Top 3 Male and Female in age groups: 6 and Under, 7-8, 9-10, 11-12, 13-14, and 15-16.

**Special Girl Scout Award** to the troop with the most entrants.

**Special Collegiate Award** The fraternity or sorority with the most finishers receives a free weekend at Camp.

**Special School Award** The school team with the most finishers in the One Mile Walk/Run will receive a pizza party.

**Awards ceremony will be held in the TCC Lifetime Sports Complex following the final race. Girl Scout cookies will be presented as awards in the 5K age groups**

Mail entry to: Run for the Cookies 5K  
250 Pinewood Drive, Tallahassee, FL 32303  
Please do not mail registration after January 31, 2012

Or register online @ [Racelt.com](http://Racelt.com)

## RUN FOR THE COOKIES REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Circle one: M F Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Which race? (Circle one): 5K or 1 Mile Troop # or Team: \_\_\_\_\_

Which division? (Circle one): Open Clydesdale  
TCC Student TCC Faculty/Staff

\_\_\_Yes, I would like to participate in the Healthy Living Patch Program

Tank Size: (Please circle) Adult: S M L XL Child: Large (Sizes guaranteed for pre-registered only)

**Waiver:** In consideration of your acceptance of my entry as a participant in the 2012 *Run for the Cookies*, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release all claims for damages, death, personal injury, or loss of property against RRCA, Gulf Winds Track Club, the Girl Scout Council of the Florida Panhandle, and all volunteers and others promoting or assisting in any way the *Run for the Cookies*, which may result from my participation on Feb. 11, 2012, or while traveling to and from this event. 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, 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 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.

**Image Release:** I hereby consent: (i) that the photographs, audio/videotapes, electronic images and/or other works in which I appear or am depicted may be used by Girl Scouts of the USA, Girl Scout Council of the Florida Panhandle and their affiliates for outlets including but not limited to television, newspapers, Internet, council publications, recruitment materials, and ads without limitation; and (ii) to release all my rights to the aforementioned and allow it to become Girl Scouts' property so that they shall have the right to publish, reproduce, distribute and make other uses free of all claims and/or damages that I may incur.

(Parent or Legal Guardian must sign if under 18.)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please circle your cookie preference: (5K entrants only)

\*Cookie choice guaranteed for pre-registered runners only.\*

Thin Mints Do-Si-Dos Trefoil Savannah Smiles (Lemon)  
Samoas Dulce de Leche Tagalongs

Thank U Berry Munch

For more information, contact Tom or Jeanne at  
894-2019 or [okonj@tcc.fl.edu](mailto:okonj@tcc.fl.edu)