



24th Annual

FLASH 12K/6K

St. Marks, Florida

Start/ Finish / Awards Ceremony will be Riverside at the San Marcos de Apalache Historic State Park

Saturday, FEBRUARY 18, 2012 8:30 am

The 12K is a GWTC Grand Prix Event

12K Awards:

Male/Female Overall, Masters. Age group winner awards (M/F) age 9 and under, then age 10 and above in 5 yr. increments.

6K Medals: Male/Female Overall; Age Group Awards (M/F) age 9 and under, 10 and above in 5 yr. increments.

Proceeds go to the Chenoweth Endowment Fund which promotes running and fitness in the big Bend area.

EARLY pre-registration is strongly encouraged to reserve the coveted Flash long-sleeve shirt!

The Flash 12K (7.44 miles) or 6K (3.72 miles)

Name: _____ Male _____ Female _____
Which Event? 12K _____ 6K _____ Date of Birth: _____ Age on Race day: _____
Telephone: _____ E-mail: _____
Address: _____ City _____ State _____ Zip _____

Registration Fees: (must be received on or before Friday Feb. 11, 2012...late registrants are not guaranteed a shirt)

\$10.00 _____ No Shirt Option

\$14.00 _____ with Shirt. Shirt Size: _____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large

\$18.00 _____ Race day (No RACE DAY DISCOUNTS)

Additional amount enclosed for the Chenoweth fund \$ _____ (Optional)

Total Amount Enclosed: \$ _____

Make checks payable to GWTC and mail to Mark Priddy, 3584 Stowe Trace, Tallahassee, FL 32309-3277.

Email: MarkPriddy@msn.com

Gulf Winds Track Club Members in good standing may deduct \$2.00 from each entry.

I know that running in Gulf Winds Track Club (GWTC) activities/events is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in GWTC activities including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat/cold and/or humidity), other users of the St. Mark's Trail (cyclists, walkers, skaters, horseback riders, wild boars, black bears), local street traffic, and the condition of the road, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the Race Directors, GWTC, any sponsoring agent, or their representatives from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the persons named in this waiver. I grant permission to all of the forgoing to use any photographs or other record of this event for legitimate purposes.

Signature of entrant required (parent or legal guardian if under 18)

date signed