



Tallahassee, FL

# **Gulf Winds Track Club**

## **Beginner's Running Class**

**Please Join Us!**

**WHAT:** Beginner's running class. To prepare the beginning runner to complete a 5K (3.1 mile) race

**WHEN:** Wednesday Evening at 6:30pm  
September 3<sup>rd</sup> thru October 29<sup>th</sup>

**WHERE:** Mike Long Track (FSU Track)

**WHO:** Everyone is welcome! We will have groups for brand new runners, intermediate runners (can run 1 mile), and advanced runners (can run 2 miles)

**COST:** \$25.00 includes the class, individual membership to GWTC thru 2009 ([click here for application](#)), and a donation to the Chenoweth Fund

Wear running shoes and comfortable running attire.  
Bring your water bottle.

A Registration and waiver form is required and may be filled out on the first day. Runners under age 14 should be accompanied by an adult. All participants are responsible for their own safety. Each week course maps will be distributed and volunteers will be running with the groups.

The class will conclude with a graduation 5k. Participants are responsible for their own 5K race entry fee.

**Parking:** You may park in the FSU Parking Garage located at the corner of Stadium Drive & Spirit Way or the parking lot located across from the track on Spirit Way.

For more information contact Robin Borschel or TJ Cutchins at  
[coaches@edenrunconsulting.com](mailto:coaches@edenrunconsulting.com).



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## Beginning Running Group – 2008/09 Membership Application

As a member of the Beginning Running Group, you are entitled to a free individual membership in Gulf Winds Track Club for the remainder of calendar year 2008, and a full year in 2009. Please complete the form below and return it to Robin Borschel or T.J. Cutchins.

Name \_\_\_\_\_

Sex: Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Street \_\_\_\_\_ Apt# \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

***(Parent must sign for members less than 18 years of age)***

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with running and volunteering to work in club races, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gulf Winds Track Club, Inc, and all sponsors, their representatives and successors from all claims or liabilities or any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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