

2010 TALLAHASSEE TURKEY TROT

Name _____

Address _____

City _____

State ____ Zip _____ Sex (circle): M F

Age on Race Day _____ D.O.B. _____

Shirt (circle): YS YM YL S M L XL None

Phone Number _____

E-mail address _____

Keep me up-to-date about Turkey Trot

____ Yes ____ No

Race Entered: (circle one) 1M 5K 10K 15K

Amount Paid: _____

Turkey Trot Hero (\$35 donation):

____ Shelter ____ Refuge House ____ Split

Team Name: _____

If you are a student competing on a school team for a Kent Vann *Partners in Excellence Award* include:

Name of School _____

Grade: ____ Elementary ____ Middle ____

WAIVER: In consideration of your acceptance of my entry as a participant in the 2010 Tallahassee Turkey Trot, 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 any way the promotion or organization of The Turkey Trot races, which may arise from my participation in the these races on November 25, 2010 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, iPods, 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 _____

GULF WINDS TRACK CLUB
301 S. Bronough Street, Suite 200
Tallahassee, FL 32301



November 25, 2010
Capital Circle State Office Complex
Esplanade Way

Turkey Gobbler 1 Mile Run/Walk
8:00 a.m.
5K, 10K, and 15K Races
8:30 a.m.



GULF WINDS TRACK CLUB
Presented by
Capital Health Plan, Inc.

www.gulfwinds.org/turkeytrot

<http://bit.ly/TurkeyTrot2010>

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The Races - 1 mile, 5K, 10K & 15K

The Turkey Gobbler is a 1 mile fun run/walk that starts at 8:00 a.m. The main course begins at 8:30 a.m., when the 5K, 10K, and 15K races start. The races are USATF certified. Visit our website for maps and details about the courses. The 10K and 15K courses are redesigned to help with the flow of runners.

Location

The races start on Esplanade Way in the Capital Circle Office Complex and travel through picturesque SouthWood. Turkey Trot has become Tallahassee's Thanksgiving Day Community Tradition. Parking instructions are on the web.



GWTC & CHP Working Together

Turkey Trot is pleased to continue its partnership with Capital Health Plan, its presenting sponsor, to promote health and fitness in the community. Capital Health Plan gets the message out to Tallahassee that exercise means fitness and fitness means good health.

Music Fest – Another Great Outing

The Turkey Trot Music Fest is a great music party. Celebrate with us on Sunday, November 21, 2010, 2:00-5:30 p.m., at Chez Pierre at 1215 Thomasville Rd. Come pick up your race packet, listen to great live music, bring contributions and pledges for The Refuge House and The Shelter, get in the Turkey Trot spirit, and pick up your t-shirt early.

Community Life Line

Proceeds from the Turkey Trot races go to support a number of great causes in our Community: (1) The Refuge House; (2) The Shelter; (3) Kent Vann Partners in Excellence; and (4) Gulf Winds Track Club. Bring your contributions of cash, nonperishable food, clothes or toiletry items to the race, and we will get them delivered to someone who needs them. Help us fill the U-haul!

The Refuge House is a shelter for victims of domestic and sexual violence, including children, and serves eight North Florida counties. The Shelter provides accommodations and critical services for those in need.

Turkey Trot Hero

For a donation of \$35.00 to The Shelter or The Refuge House you can become a Turkey Trot Hero. For each \$35 donation, you will help make a difference to a very good organization, and you will receive a special gift commemorating the 35th running of the Tallahassee Turkey Trot, and a gold star to display on your race bib that designates you a Turkey Trot Hero!

Awards

Awards are given to the top two finishers, male and female, for each race, and the top master and grandmaster, male and female. Age and sex graded awards will be presented to the top two teams in the 5K, 10K and 15K. Teams must have at least one member of each sex with the top 4 runners scoring. Contact Tim Unger (unger4122@comcast.net) for more information.

Finish Line & Results

Chip Timing is back! We are pleased to announce all you do is PIN your race number on the front of your shirt or shorts and finish the race. The timing mats will do the rest. But you MUST wear your number and leave your chip on the number!

Kent Vann Partners In Excellence Award

The middle and elementary schools with the most student runners or walkers (minimum of 20) in the 5K or 1 mile will each receive a Kent Vann Partners In Excellence Award of \$300. Second place (minimum of 15) will receive \$200. A school must email a list of its finishers to david@radeylaw.com. The school that brings in the most items for the Community Sharing Program will also receive \$300, while second place will receive \$200.

Registration

All Runners receive a technical t-shirt with special 35th year logo. Adult sizes are long sleeve, youth sizes are short sleeve. Make check payable to GWTC. GWTC members get \$2 discount (one discount per family) if registered by Nov. 21.

Register on line at www.gulfwinds.org/turkeytrot; by mail to David Yon, 301 S. Bronough St., Ste. 200, Tallahassee, FL 32301; at the Music Fest on Nov. 21; or at Capital City Runners Store Nov. 22-24. Participants may pick up packets at the Music Fest (Nov. 21) or at Capital City Runners Store (Nov. 22-24 at 1866 Thomasville Road). **EARLY REGISTRATION AND PACKET PICK UP STRONGLY ENCOURAGED -- to ASSURE T-SHIRT AT PICK UP.** Race day registration will start at 6:45 a.m. and end at 7:30.

5K, 10K, 15K	W/shirt	No shirt
-RECEIVED BY NOVEMBER 21	\$13	\$8
<i>Family Discount (by Nov. 21):</i>		
• First 2 family members	\$13 each	\$8 each
• Each additional family member	\$9	\$5
-RECEIVED NOVEMBER 22-24	\$15	\$12
<i>Family Discount (Nov. 22-24):</i>		
• First 2 family members	\$15 each	\$12 each
• Each additional family member	\$10	\$8
-RACE DAY – NO DISCOUNTS	\$20	\$15
1-MILE TURKEY GOBBLER	W/shirt	No shirt
-RECEIVED BY NOVEMBER 21	\$12	\$5
<i>Family Discount (by Nov. 21):</i>		
• First 2 family members	\$12 each	\$5 each
• Each additional family member	\$8	\$5
-RECEIVED NOVEMBER 22-24	\$15	\$5
<i>Family Discount (Nov 22-24):</i>		
• First 2 family members	\$15 each	\$10 each
• Each additional family member	\$10	\$8
-RACE DAY – NO DISCOUNTS	\$20	\$10
Turkey Trot Hero (Shelter or Refuge House)	+\$35	+\$35

Additional information: Call David or Mary Jean Yon, 668-2236 or 425-6671, david@radeylaw.com. Also, www.gulfwinds.org/turkeytrot & Facebook.

Special thanks to Fox 49 for its support

