



Race proceeds
will benefit



35th Annual Palace Saloon 5k

Tallahassee, FL

April 11, 2009

Time

Saturday, April 11, 2009. Race starts at 8:00 a.m. E.D.T. Pre-race registration and packet pick-up starts at 6:45 a.m.

Place and Course

Race starts at Messer Fields, Jackson Bluff Rd. and Dupree St. Race finishes at Palace Saloon on Jackson Bluff Rd. USATF #FL99027DL

Early Packet Pick-up and Registration

Come by the Palace Saloon on Wednesday, April 8 from 6–8:00 p.m. and avoid the race-day line.

Entry Fee

Early Registration (by or before April 8th) \$12.00, includes shirt. \$7.00, no shirt option. Day of Race \$15.00, includes shirt. \$10.00, no shirt option. *Make checks payable to Gulf Winds Track Club*

Post-race Refreshments

Food, Gatorade, water, other beverages.

Awards

Overall/Master/four-deep in five-year age groups. Team awards to five fastest members of top two male teams and top two female teams.

Optional Team Competition

Teams must pre-register. Enter the team name and team captain in the entry form below. Teams will consist of at least five runners, with each team's score being the sum of the times of its fastest five finishers. All male, all female teams only. No charge for entering a team, but each team member must enter the race as an individual.

For More Information

Reid Vannoy reidv@comcast.net
850-591-7891

Herb Wills hwills@gmail.com

or, www.gulfwinds.org

Palace Saloon 5K Entry Form (please print clearly)

Mail entry with payment to:
Palace Saloon 5k c/o Reid Vannoy
6399 Belgrand Drive
Tallahassee, FL 32312

On-line registration
available at
www.active.com

Take entry with payment
(by or before 4/8/09) to:
Shaw's Athletics
Market Square at 1415 Timberlane Road

Name:

Age (on 4/11/2009):

Date of Birth:

Male Female

Phone:

E-mail:

Address:

City:

State:

Shirt Size: S M L XL (circle one)

Team Name (Optional):

Team Captain(Optional):

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 or unforeseen, 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 (parent if under 18)

Date