

GULF WINDS TRACK CLUB presents
MILLER LANDING MADNESS
8K/ 5K/ 3K CROSS COUNTRY RUN

When: August 29, 2009
Where: Elinor Klapp Phipps Park (1.3 miles west on Miller Landing Road)
Time: 8K/ 5K starts at 8:00 a.m., 3K starts at 9:00 a.m.
Entry Fees: **Age 18 and under:** Minimum of 4 cans of food.
Over Age 18: \$10.00 donation and **minimum** of 2 cans of food.
No T-shirt option: \$8.00 donation and **minimum** of 2 cans of food.
*All donated food items will go to Second Harvest Food Bank for distribution.

Mail entry to: **Miller Landing Madness**, 3674 Uncle Glover Road, Tallahassee FL 32312

*Please **do not** mail entries after August 22, 2009.

* If mailing entry, please bring your food items on race day.

PACKET PICK UP: Register and/or pick up your packet **early** at **MoMo's Pizza**,
1410 Market Street, from 4:00-7:00 p.m. on Thursday, August 27.
Race Day Registration begins at 6:30 A.M.

All three races will be run on trails. Ruppshirts is providing the t-shirts for all runners under 18.

High school age and middle school age club teams may compete for **team awards**. The meet will be scored in a standard cross country format for teams. Coaches will be required to collect team cards and turn in results to the scorer's table. Scoring forms will be supplied to coaches on race day. Every participant will be required to fill out a waiver and have it signed.

All monetary proceeds for this event will be donated to the GWTC Chenoweth Fund. For more information about the Chenoweth Fund or Gulf Winds Track Club, go to our website: www.gulfwinds.org

Name: _____ Age on 8-29-2009 _____ Circle one: M F
Address: _____ (City, Zip) _____
Phone Number: _____ E-Mail address: _____

Which race? (circle one) 8K 5K 3K **T-Shirt Size:** Ch Large Adult S M L XL

High School age Club name (5K only) _____

Middle School age Club name (3K only) _____

WAIVER: In consideration of your acceptance of my entry as a participant in the 2009 Miller Landing Madness Races 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 anyway the promotion or organization of the Miller Landing Madness, which may arise from my participation in the these races on August 29, 2009 or while traveling to or from the event. I am hereby releasing or 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, 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 (If under 18, must have parent's signature) _____

For more information, contact Mike Sims (514-3424) or Tom Perkins (894-2019).