

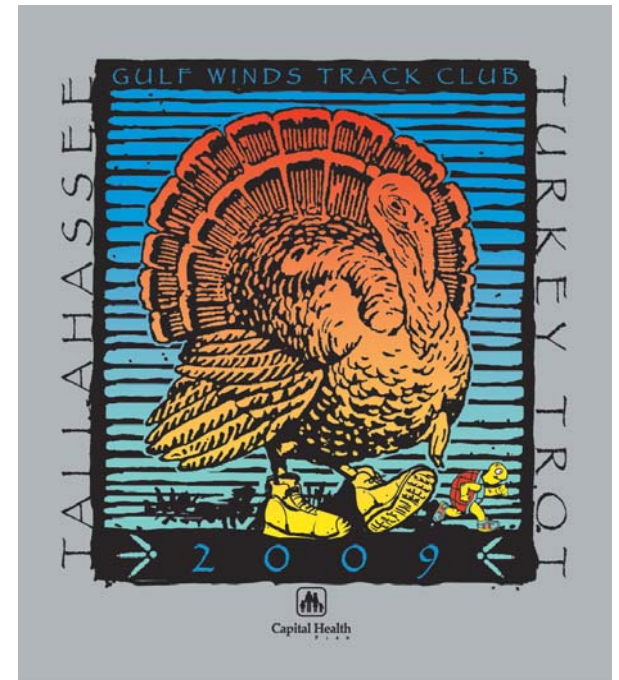
## 2009 TALLAHASSEE TURKEY TROT

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Sex (circle): M F  
 Age on Race Day \_\_\_\_\_ D.O.B. \_\_\_\_\_  
 Shirt Size (circle): YS YM YLS M L XL None  
 Phone Number \_\_\_\_\_  
 E-mail address \_\_\_\_\_  
 Race Entered: (circle one) 1M 5K 10K 15K  
 Amount Paid: \_\_\_\_\_  
 Turkey Trot Hero (\$25 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 2009 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 26, 2009 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, 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 26, 2009**  
**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://www.gulfwinds.org/turkeytrot)

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 Tallahassee, FL  
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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, and race day registration is at the State Capital Circle Office Complex, 2.5 miles south of Apalachee Parkway and Capital Circle. Visit our website for details about the courses.

## Location

The races start on Esplanade Way in the Capital Office Complex and travel through the picturesque streets of Southwood. It has become Tallahassee's Thanksgiving Day Community Tradition.



**Capital Health**  
PLAN

## GWTC & CHP Working Together

Turkey Trot is pleased to continue its partnership with Capital Health Plan as 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 – Great New Venue

It has become part of the tradition – The Turkey Trot Music Fest. This year we kick off our celebration on November 22, 2009, at 2:00 p.m. at Chez Pierre on Thomasville Rd. Come pick up your race packet, listen to great live music, bring contributions and pledges for Refuge House and The Shelter and get in the Turkey Trot spirit and assure you can collect your t-shirt.

## 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.

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

## Turkey Trot Hero

For a donation of \$25.00 to either the Shelter or Refuge House, you can become a Turkey Trot Hero. For each \$25 donation, you will help make a difference to a very good organization, and you will receive a gold star to display on your race bib that designates you a Turkey Trot Hero!

## Awards

Awards will be given to the top two finishers, male and female, for each race and the top master and grandmaster. Team Competition returns. 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](mailto:unger4122@comcast.net)) for more information.

## Finish Line & Results

It is "Chip Time." We are very pleased to announce that this year's race will use Timing Tags to electronically score the race and provide 5K and 10K splits for those running the longer races.

## Kent Vann Partners In Excellence Award

The middle school and elementary school with the most student runners or walkers (minimum of 20) will each receive a Kent Vann Partners In Excellence Award of \$300. Second place (minimum of 15) will receive \$200. A school must turn in a list of its participants at the finish line. The school that brings in the most items for the Community Sharing Program will also receive \$300, while second place will receive \$200.

## Registration

Make check payable to GWTC. GWTC members get \$2 discount (one discount per family) if registered by Nov. 22. Register on line at [www.gulfwinds.org/turkeytrot](http://www.gulfwinds.org/turkeytrot); by mail to David Yon, 301 S. Bronough St., Ste. 200, Tallahassee, FL 32301; at the Music Fest on Nov. 22; or at Governors Square Mall (11-7:30) Nov. 23-25. Pre-registered participants may pick up packets at the Music Fest (Nov. 22) or Governor's Square Mall (Nov. 23-25). **EARLY REGISTRATION AND PACKET PICK UP STRONGLY ENCOURAGED--HELP AVOID LONG LINES ON RACE DAY. Race day registration will start at 6:45 a.m. and will end at 7:30.**

<b>5K, 10K, 15K</b>	<b>W/shirt</b>	<b>No shirt</b>
<b>-Received by November 22</b>	\$12	\$8
<b>Family Discount (by Nov. 22):</b>		
• First 2 immediate family members	\$12 each	\$8 each
• Each additional family member	\$8	\$5
<b>-Received November 23-25</b>	\$15	\$12
<b>Family Discount (Nov. 23-25):</b>		
• First 2 immediate family members	\$15 each	\$12 each
• Each additional family member	\$10	\$8
<b>-Race Day – No Discounts</b>	\$20	\$15

<b>1-MILE TURKEY GOBBLER</b>	<b>W/shirt</b>	<b>No shirt</b>
Received by November 22	\$12	\$5
Received after November 22	\$15	\$10
<b>Turkey Trot Hero (Shelter or Refuge House)</b>	\$25	\$25

**For more information:** Call David or Mary Jean Yon at 668-2236 or 425-6671 or E-mail [david@radeylaw.com](mailto:david@radeylaw.com). Also check out the Gulf Winds Track Club web site at: <http://www.gulfwinds.org/turkeytrot>.

Special thanks to Fox 49 for its support

