



AUGUST 10, 2019
7:45 A.M. 1 Mile Grand Prix Track Race
At the Maclay School Track, 3737 N Meridian Rd

Mile Relay after last heat
9:15 A.M. Awards

REGISTRATION AND FEES:

On-Line with RunSignUp: \$17.00 through 5 pm on 8/09/19. Paper & Race Day: \$20.00
School Club Teams with 5+ runners are \$5 each

Sign up on-line at: [RunSignUp](#)

Paper Application:

Name: _____

Age on 8/10/19: _____ Date of Birth: _____ Gender: circle one: F M

Estimated 1mile time: _____

WAIVER: In consideration of your acceptance of my entry as a participant in the 2019 Breakfast on the Track, 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 Breakfast on the Track races, which may arise from my participation in the these races on August 10, 2019, 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

Signature of parent /legal guardian if under 18 years of age.

Paper registration by mail to 2007 Middlewood Dr., Tallahassee Fl. 32312-2452 with checks payable to GWTC.
Race Directors: Felton, Bonnie & Jamie Wright. BonnieDWright@gmail.com