

# The 9th annual **Tannenbaum Trail 6K**



Tallahassee, FL

## **Gulf Winds Track Club**

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A Gulf Winds Track Club cross-country race • 21 December 2019 • Tallahassee, Florida

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### Time

Saturday, 21 December 2019 at 9:00 AM ET. Registration and packet pick-up is from 7:45 to 8:45 AM at Apalachee Regional Park.

### Place and Course

Apalachee Regional Park Championship Cross-Country Course, 7550 Apalachee Parkway (US 27), Tallahassee, Florida. The 6K course is twice around a loop that includes grass, dirt, crushed oyster shell, and other natural surfaces. ARXC is the home course for Florida State University Seminole cross-country, and has been the site of the FHSAA High School State Cross-Country Finals, the Atlantic Coast Conference Cross-Country Championship, the NCAA-D1 South Region Cross-Country Championship, and the USATF National Cross-Country Championship.

### Entry Fee

Early registration (received by 12/19) is \$12 (Gulf Winds Track Club members subtract \$2). Race day registration is \$15 for everyone.

### Awards

Top overall male and female. First place in age groups (8 and under, 9–10, 11–12, 13–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70 and over). Running gloves to first 200 registered runners.

### 2018 Winners

Charlie Kline (18:03), Shelly Allen (22:29)

### **Tannenbaum Trail 6K Entry Form (please print clearly)—make checks payable to Gulf Winds Track Club**

Mail entry with payment to:  
Tannenbaum Trail 6K c/o Herb Wills  
3475 Daylily Lane  
Tallahassee, FL 32308

On-line registration  
available at  
**RunSignUp.com**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Sex (circle one):    Male    Female    Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

WAIVER: In consideration of your acceptance of my entry as a participant in the Tannenbaum Trail, 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 Tannenbaum Trail, which may arise from my participation in the race on December 16, 2017 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 (parent if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

