



**Gulf Winds Track Club**

Tallahassee, FL



**Capital Health**  
PLAN

# 37th Annual SPRINGTIME 10K

(a GWTC 2012 Grand Prix Event)

5K Run/Walk & 1-Miler

**Benefiting Boys and Girls Clubs of the Big Bend, & Gulf Winds Track Club**

Date: **Saturday, March 31, 2012**

Time: **10K/5K-8:10am** 1 mile-7:45am

Place: Leon County Court House; 301 South Monroe Street, Tallahassee, FL

**PACKET PICKUP (STRONGLY ENCOURAGED!): 3/26 at Shaw's Athletics, 11AM-6PM & 3/29, 3/30, Capital City Runners, 11AM-6PM GET A TEAM TOGETHER! www.springtime10k.com**

More Information: Judy Alexander, jalexander98@comcast.net

Name: \_\_\_\_\_ Age on 3/31/2012: \_\_\_\_\_ Phone: \_\_\_\_\_

DOB: \_\_\_\_\_ M / F (Circle One) Clydesdale (male over 190lbs) \_\_\_ Athena (female over 150lbs)\_\_\_

Email: \_\_\_\_\_ SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ **Tank Top Size (Check one):** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_ NONE \_\_\_\_\_

**Select your race distance at the 10K/5K split during the race!**

10K/5K Registration (through March 30).....\$22 \$ \_\_\_\_\_

Families of 3 or more registrants (per runner).....\$18 \$ \_\_\_\_\_

No T-shirt option.....\$17 \$ \_\_\_\_\_

10K/5K Raceday (no discounts).....\$25 \$ \_\_\_\_\_

1-Miler Registration (through March 30).....\$18 \$ \_\_\_\_\_

No T-shirt option.....\$13 \$ \_\_\_\_\_

1-Miler Raceday (no discounts).....\$20 \$ \_\_\_\_\_

**CHAI (LIFE) CHAMPION (\$18 or more) for Boys & Girls Clubs of the Big Bend:** \$ \_\_\_\_\_

I want to help other runners meet their goals (Chenoweth Fund Donation): \$ \_\_\_\_\_

GWTC Members subtract \$2 (pre-registered only and not using family discount) \$(\_\_\_\_\_)

Total Amount Enclosed: \$ \_\_\_\_\_

Sign waiver below & mail with **check payable to GWTC** to: Springtime 10K/5K/1M Race  
c/o Judy Alexander  
3432 Robinhood Rd  
Tallahassee, FL 32312

**ONLINE REGISTRATION @ ACTIVE.COM:** <http://tinyurl.com/2012-springtime10K5K1M>

WAIVER: In consideration of your acceptance of my entry as a participant in the GWTC Springtime 10K, 5K, & 1-Miler, 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 GWTC Springtime 10K, 5K & 1-Miler, which may arise from my participation in the these races on March 31, 2012, 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 of Entrant (Parent or Legal Guardian if under 18 years old) and Date