Gulf Winds Track Club

"A Run Through the Jungle"

29th Annual Tallahassee Ultra Distance Classic 50K/50M
Saturday, December 12, 2009, 7:00 a.m.

Wakulla Springs State Park
(15 miles south of Tallahassee, FL on SR 267)

Registration Form

DEADLINE: November 30, 2009

Name: _____ **Age on 12/12/09:** _____ **Date of Birth:** _____

_____ **Male** _____ **Female** **Telephone:** _____ **E-mail:** _____

Address: _____ **City** _____ **State** _____ **Zip** _____

50K _____ **50 Mile** _____ **(check one)**

Shirt: _____ **XS (small if XS not available)**
_____**Small**
_____ **Medium**
_____ **Large**
_____ **XL**

Number of Ultras run: _____

Favorite aid station food/drink: _____

	With Shirt	**No Shirt**
Registration Fees:	_____ **$45.00**	_____**$35.00**
Post-event Booklet (individual participant pages, history, etc.):	_____ **+ 5.00**	_____ **+ 5.00**
GWTC member (subtract $2.00):	_____ **- 2.00**	_____ **- 2.00**
Total	**$**_____	**$**_____

Sign waiver below and mail with check ***payable to Gulf Winds Track Club*** to:

Peg Griffin
856 N. Forest Drive
Tallahassee, FL 32303

DEADLINE: November 30, 2009

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all Gulf Winds Track Club race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to Gulf Winds Track Club and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.

Signature (parent if under 18) _____ Date: _____