



Gulf Winds Track Club
Presents

A Run Through the Jungle

30th Annual Tallahassee Ultra Distance Classic 50K/50M
Saturday, December 11, 2010, 7:00 a.m.

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

World/Course Records

50K	Janis Klecker	3:13:51	World/Course Record	1983
	Sandra Kiddy	3:32:34	Masters World/Course Record	1983
	Barney Klecker	2:51:53	Open Course Record	1982
	Fred Kiddy	3:21:13	Masters Course Record	1985
50 Mile	Frank Bozanich	5:14:40	Open Course Record	1982
	Nancy Drach	6:38:02	Open & Masters Course Record	1999
	Richard Schick	6:22:08	Masters Course Record	1993

Date: Saturday, December 11, 2010, 7:00 am (3:30 pm cutoff to start last lap)

Place: Wakulla Springs State Park, <http://www.floridastateparks.org/wakullasprings/>

Lodging: Rooms are available at the historic Wakulla Springs Lodge for \$105-\$125 per night. Reservations may be made by calling (850) 926-0700. Room rate guaranteed for reservations made by **November 19, 2010**. Mention TUDC room block when making reservations.

Awards: 50K and 50 Mile M/F Overall, Masters & Grandmasters; finisher awards for 50M and 50K finishers

Register: Deadline: November 28. **No race day registration.** Packet pickup race day beginning at 6:00 a.m.

Course: TAC certified 10K loop; flat, fast scenic asphalt park road

More info: Gary Griffin, runlong@nettally.com; www.tallahasseeultra.com

Name: _____ Age on 12/11/10: _____ 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

Expected Finish Time: _____

Favorite aid station food/drink: _____

Registration Fees: _____ With Shirt \$50.00 _____ No Shirt \$40.00 Amount enclosed:

Post-event Booklet (individual participant pages, history, etc.): _____ + 5.00 _____ + 5.00 \$ _____

GWTC member (subtract \$2.00): _____ - 2.00 _____ - 2.00

Sign waiver below and mail with check **payable to Gulf Winds Track Club** to: **GWTC, c/o Peg Griffin**
856 N. Forest Drive
Tallahassee, FL 32303

DEADLINE: November 28, 2010

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: _____