

The Gulf Winds Track Club Presents



Keynote Speaker
Carolyn Mather R.N., Ph.D.
 Columnist for the Running Journal
 & Running Coach

**Benefiting the American Lung
 Association of Florida**

USATF Certification: Marathon: FL10098EBM Half Marathon: FL09001EBM

Date: Sunday, February 6, 2011 **Time:** 7:30 am (1:30 pm cutoff) **Place:** FSU Mike Long Track

Top 5 Male/Female Overall Marathon: \$750 · \$500 · \$250 · \$150 · \$75

Top 3 Male/Female Masters* Marathon: \$300 · \$150 · \$75

Over All Time Bonus: \$1000 1st Male/Female to break: Male: 2:20:30, Female: 2:45:06

Master* Time Bonus: \$500 1st Male/Female to break: Male: 2:35:29, Female: 2:45:06

* Master = 40 yrs and older

Amenities: Chip timing, post-race food, finishing medals for full and half-marathon, overall and age group awards made by local artist Brian Bachman. All registrants will receive a dry release shirt in addition to a goodie bag.

More Info: <http://www.tallahasseemarathon.com>, tallahasseemarathon@gmail.com

Name: _____ **Age on 2/6/11:** _____ **Date of Birth:** _____

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

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

T-Shirt Size (if no T-Shirt Option, do not check) **XS (ladies only)** **Small** **Medium** **Large** **X-Large**
 If XXL or larger please note and include an additional \$3.

Enter Entry Fee Based on Table Below: \$

| | Prior to Dec 1, 2010 | On or before Feb 5, 2011 | Race Day |
|----------------------|-------------------------|-----------------------------|-------------|
| Marathon | \$60 | \$70 | \$85 |
| Half-Marathon | \$35 | \$40 | \$50 |

**Members of the Gulf Winds Track Club, 50 States Marathon Club, the 50 & DC Marathon Group, and Marathon Maniacs may deduct \$5 from the prices listed above. If you elect the No-T Shirt option – you may deduct \$5 from the above prices.*

Please sign the waiver below and mail with check **payable to Gulf Winds Track Club** to:
Tallahassee Marathon, 527 East Call Street, Tallahassee, FL 32301

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 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 Gulf Winds Track Club and Florida State University 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: _____