

GULF WINDS TRACK CLUB presents  
**MILLER LANDING MADNESS**  
**8K/ 5K/ 3K CROSS COUNTRY RUN**

**When:** August 23, 2014  
**Where:** Gate B: Elinor Klapp Phipps Park (1.3 miles west on Miller Landing Road )  
**Time:** 8K/ 5K starts at **8:00** a.m., 3K starts at **9:00** a.m.  
**Entry Fees:** **No surcharge for online registration. Help this race become paperless!**  
**Online Registration available at: [www.eventbrite.com](http://www.eventbrite.com)**

**Early Registration:**

**Age 18 and under:** No fee. **Minimum** of 4 cans of food.  
**Over Age 18:** \$10.00 donation and **minimum** of 2 cans of food.  
**No T-shirt option:** \$8.00 donation and **minimum** of 2 cans of food.

**Day of Race Registration:**

**Age 18 and under:** \$5.00 donation and a **minimum** of 4 cans of food.  
**Over Age 18:** \$15.00 donation and a **minimum** of 2 cans of food.

\*All donated food items will go to **Second Harvest Food Bank.**

\*All monetary proceeds benefit the GWTC Chenoweth Fund.

**Mail entry to: Miller Landing Madness, 3674 Uncle Glover Road, Tallahassee FL 32312**

\* Please **do not** mail entries after August 16, 2014.

\* Make checks payable to **GWTC.**

\* If mailing entry, please bring your food items on race day.

\* **T-shirts are guaranteed for pre-registered runners only.**

\* **PACKET PICK-UP:** Register and/or pick up your packet **early** on

**Wednesday, August 20 at Capital City Runners**

1817 Thomasville Rd., from 4:00-7:00 p.m.

**Race Day Registration** begins at 6:30 a.m.

High school age and middle school age club teams may compete for **team awards** in the 5K and 3K races respectively. **Runners must enter team name when registering online.** Every participant will be required to fill out a waiver and have it signed.

For more information about the Chenoweth Fund or Gulf Winds Track Club, go to our website:

**[www.gulfwinds.org](http://www.gulfwinds.org)** For race information, contact Tom Perkins at (850) 894-2019 or Bill Lott at 656-1273.

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age on 8-23-14 \_\_\_\_\_

Address: \_\_\_\_\_ (City, Zip) \_\_\_\_\_

Phone No.: \_\_\_\_\_ E-mail address: \_\_\_\_\_

**Circle one:** Male Female **T-Shirt Size:** Youth Medium Adult S M L XL

**Which race?** (circle one) **8K 5K 3K**

High School age Club name (5K only) \_\_\_\_\_

Middle School age Club name (3K only) \_\_\_\_\_

**WAIVER:** In consideration of your acceptance of my entry as a participant in the 2014 Miller Landing Madness Races I, the undersigned, for myself, my heirs, executors, and assigns, waive 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 Miller Landing Madness, which may arise from my participation in the these races on August 23, 2014 or while traveling to or from the event. I hereby release 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 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. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from 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 (If under 18, must have a parent's signature) \_\_\_\_\_