

Run for the Cookies Registration

Name: _____ Circle one: Male Female

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone Number: _____

Date of Birth: _____ Age on Race Day: _____ Which race? (Circle one): 5K or 1 Mile

Girl Scout/Boy Scout Troop # _____ Sorority/Fraternity/School Team Name: _____

TCC Student: (Please circle) Yes or No TCC Faculty/Staff: (Please circle) Yes or No

T-shirt Size: (Please circle) Child: Medium Adult: S M L XL (Sizes guaranteed for pre-registered only)

Support one girl becoming a Girl Scout by donating an additional \$15 or two girls by donating \$30 and become a *Run for the Cookies Booster.*

Please sign the waiver /image release on the reverse side .

Race Subtotal: _____ Booster Donation: _____ Total _____

Make check payable to: Girl Scouts of the Florida Panhandle

Mail entry form before January 31, 2014 to: Run for the Cookies, 250 Pinewood Drive, Tallahassee, FL 32303

Tallahassee FL
Permit No 85
PAID

Girl Scouts of the Florida Panhandle
250 Pinewood Drive
Tallahassee, FL 32303



21st RUN FOR THE COOKIES



5K Run and One Mile Run/Walk



Saturday, February 8, 2014
Tallahassee Community College
444 Appleyard Drive
Tallahassee, FL 32304



A Gulf Winds Grand Prix Event
Benefiting the
Girl Scouts of the
Florida Panhandle



One Mile Walk/Run

Location & Time:

- ◆ Tallahassee Community College behind the Lifetime Sports Complex. Loop course; TAC Certified.
- ◆ One Mile Walk/Run begins at 8:30 a.m.

Entry Fees:

- ◆ One Mile Pre-Registration by 1/31: \$10 (T-shirt option)
- ◆ One Mile Pre-Registration by 1/31: \$8 (No T-shirt)
- ◆ One Mile Day of Event: \$12 (T-shirt option)
- ◆ One Mile Day of Event: \$10 (No T-shirt option)

5K Cookie Run

Location & Time:

- ◆ Tallahassee Community College behind the Lifetime Sports Complex. Loop course; TAC Certified.
- ◆ 5K Run begins at 9 a.m.

Entry Fees:

- ◆ 5K Pre-Registration by 1/31: \$15 (T-shirt & cookies)
- ◆ 5K Pre-Registration by 1/31: \$12 (No T-shirt option)
- ◆ 5K Day of Event: \$18 (T-shirt & cookies)
- ◆ 5K Day of Event: \$15 (No T-shirt option)

Proceeds Support Girl Travel Program

Proceeds from the Run For The Cookies help to underwrite the Girl Scout Council of the Florida Panhandle's (GSCFP) destination travel program. This program assists girls in covering the costs associated with the educational experiences and adventures of Girl Scouting. The girls will earn a portion of the funds needed to cover their travel expenses through service in the community; however, they still need your support to make their educational travel experiences a reality.



Registration/Packet Pick-up

Early Packet Pick-Up Wednesday, February 5

- ◆ 3 to 7 p.m. at Capital City Runners
1817 Thomasville Road
Tallahassee, FL



Race day registration/packet pick-up Saturday, February 8

- ◆ Begins at 7:30 a.m. at the race site.

Divisions & Awards for 5K Run

- ◆ Overall Male and Female
- ◆ Overall Male and Female Masters
- ◆ First Place TCC Student and Faculty/Staff
- ◆ Top 3 Males and Females in 5-year age groups, beginning with 15 years old.
- ◆ **Special Collegiate Award** The fraternity or sorority with the most finishers receives a free weekend at Camp.

Divisions & Awards for One Mile Walk/Run

- ◆ Overall Male and Female
- ◆ First Girl Scout & First Boy Scout
- ◆ Top 3 Males and Females in age groups: 6 and Under, 7-8, 9-10, 11-12, 13-14, and 15-16.

Special Girl Scout Award to the troop with the most Girl Scout finishers receive a free weekend at camp.

Special School Award school team with the most finishers will receive a pizza party.

**Awards ceremony will be held in the TCC
Lifetime Sports Complex following the final race.
Girl Scout cookies will be presented
as awards in the 5K age groups**

Make check payable to: Girl Scouts of the Florida Panhandle
Mail entry form to: Run for the Cookies
250 Pinewood Drive
Tallahassee, FL 32303

Or register online at www.raceit.com

Please do not mail registration after January 31, 2014

Sponsorship Opportunities are available.

Platinum Title Sponsor—\$2,500
Gold Sponsor—\$1,000
Silver Sponsor—\$500
Bronze Sponsor—\$300

Visit www.gscfp.org for more information.

Run for the Cookies Registration

Waiver: In consideration of your acceptance of my entry as a participant in the 2014 Run for the Cookies, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release all claims for damages, death, personal injury, or loss of property against RRCA, Gulf Winds Track Club, the Girl Scout Council of the Florida Panhandle, and all volunteers and others promoting or assisting in any way the Run for the Cookies, which may result from my participation on February 8, 2014, or while traveling to and from this event. 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 RRCA, Gulf Winds Track Club, the Girl Scout Council of the Florida Panhandle, if I suffer injuries and damages, 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 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: _____

Date: _____

(Parent or Legal Guardian must sign if under 18.)

Please circle your cookie preference: (5K entrants only) *Cookie choice guaranteed for pre-registered runners only.*

Thin Mints Do-Si-Dos Trefoil Savannah Smiles (Lemon) Samoas Dulce de Leche Tagalongs Thank U Berry Munch

Waiver and Image Release

Brochure Printed Courtesy of

