

# FLASH 12k/6k Race

**St. Marks, Florida**

Start/ Finish / Awards Ceremony will be at the St. Marks Pavilion next to the San Marcos de Apalache Historic State Park

**Saturday, FEBRUARY 21, 2015 8:30 am**

**The Certified 12K course (FL11133EBM) is mostly flat and very fast**

12K/6K Awards:

Overall Male/Female, Masters Male/Female. Age group awards, (3 deep, M/F) age 9 and under, age 10 and above in 5 yr. increments.

Proceeds go to the Chenoweth Endowment Fund which promotes youth running and fitness in the Big Bend region.

**The Flash 12K (7.46 miles) or 6K (3.73 miles)**

**Registration Fees— NO PROCESSING FEES TO REGISTER ONLINE**

**\$10.00** \_\_\_ No Shirt Option

**\$15.00** \_\_\_ with Shirt. Circle one Women's Small, Medium, Large, XL, XXL  
Men's Small, Medium, Large, XL, XXL

*Gulf Winds Track Club Members in good standing may deduct \$2.00 from each entry above.*

**\$48.00** \_\_\_ Family Rate (4 or more members in immediate family. Includes shirt)

**\$20.00** \_\_\_ Race Day (SHIRTS ONLY IF AVAILABLE)

Packet/Shirt Pickup and Late Registration: Capital City Runners , Friday, Feb. 20., 3 - 6 p.m.

Mail in Registration:

Name: \_\_\_\_\_ Male \_\_\_ Female \_\_\_  
Which Event? 12K \_\_\_ 6K \_\_\_ Date of Birth: \_\_\_\_\_ Age on Race day: \_\_\_\_\_  
Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

**Make checks payable to GWTC and mail to Mark Priddy, 3584 Stowe Trace, Tallahassee, FL 32309-**

Email: [MarkPriddy@msn.com](mailto:MarkPriddy@msn.com)

I know that running in Gulf Winds Track Club (GWTC) activities/events is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in GWTC activities including, but not limited to, falls, contact with other participants, the effects of weather, bicycles and walkers on the St. Mark's Trail, local street traffic, and the condition of the road, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the Race Directors, GWTC, any sponsoring agent, or their representatives from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs or other record of this event for legitimate purposes.

Signature and Date: \_\_\_\_\_



**ONLINE REGISTRATION BONUS!**

Register through EventBrite online and incur **NO PROCESSING FEES!**

Save on envelopes, stamps, and online processing fees

Register Here:

EventBrite.com  
Search: **FLASH 12K/6 Race**

