

GULF WINDS TRACK CLUB presents  
**MILLER LANDING MADNESS**

**8K/5K/3K CROSS COUNTRY RUN**

*8K and 3K are GWTC Grand Prix events*

**When:** August 20, 2016  
**Where:** Gate B, Elinor Klapp-Phipps Park (1.3 miles west on Miller Landing Road )  
**Time:** 8K/5K start 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).

**Prior to Race Day:** 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:** Age 18 and Under: \$5.00 donation and minimum of 4 cans of food.  
Over Age 18: \$15.00 donation and minimum of 2 cans of food.  
No T-shirt option: \$10.00 donation and minimum of 2 cans of food.

\*All donated food items will go to the **Second Harvest Food Bank**. Help us collect 2,000 pounds of food items this year! All monetary proceeds benefit the GWTC Chenoweth Fund.

**Mail entry to:** Miller Landing Madness, 3674 Uncle Glover Road, Tallahassee, FL 32312-1036

- \* Please **do not** mail entries after August 13, 2016.
- \* 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 and drop off food items **early on Wednesday, August 17, 2016, at Capital City Runners** 1817 Thomasville Road (near Whole Foods), from 4:00 p.m. to 7:00 p.m.
- \* **Race Day Registration and Packet Pick-Up** 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. **Team members must enter team name when registering.** Each 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, visit [www.gulfwinds.org](http://www.gulfwinds.org). For race information, contact Tom Perkins at (850) 894-2019 or Bill Lott at 656-1273.

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Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age on 8-20-16 \_\_\_\_\_  
Address: \_\_\_\_\_ (City, Zip) \_\_\_\_\_  
Phone No.: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
Gender (circle one): Male Female **Race (circle one): 8K 5K 3K**  
T-Shirt Size (circle one): Youth Medium Adult S M L XL No T-Shirt  
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 2016 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 any way the promotion or organization of the Miller Landing Madness, which may arise from my participation in the these races on August 20, 2016, 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 \_\_\_\_\_  
(Parent or Legal Guardian if under 18 years old)

Date \_\_\_\_\_