



Race Date :

April 16, 2016

Time:

8:00 a.m. E.D.T.



Registration and Packet Pick-up is from 6:45 to 7:45 a.m. at Messer Park

Early Packet Pickup: The Palace Saloon Wednesday April 13 from 4 p.m. to 7 p.m.

Course: Race starts at Messer Park. Race finishes at the Palace Saloon, 1303 Jackson Bluff Road. Please be aware there will be traffic on the road.

Entry Fee: By 12:00 noon, April 13: \$18 (shirt); \$12 (no shirt); April 13, noon - April 15, midnight: \$20 (shirt); \$14 (no shirt); Gulf Winds Track Club members and students receive \$2 discount if registered by March 31st. Race Day: - \$30 includes shirt (if available); \$25, no shirt option. No discounts. No refunds. GWTC members who register for the shirt option by March 31 will have a choice between the standard design shirt and the special design shirt which will be displayed in The Fleet Foot publication.

Post-race Refreshments: Free Gatorade, water; other special beverages for those 21 or older

Optional Team Competition: For those who would like to participate on a team, a team will consist of at least five but no more than seven runners, with each team's score being the sum of the times of its fastest five finishers. All members of a Men's team must be male; all members of a Women's team must be female. There will be no extra charge for entering a team, but each team member must enter the race as an individual, paying the appropriate registration fee by April 10. Team captains must submit a roster of the team's members by noon on Friday April 15th to gwtc@nettally.com.

Awards: Special race pint glasses awards given to five-deep in five-year age groups; team awards to five fastest members of top two male teams and top two female teams. Capital City Runners is providing a cash purse of \$300: \$100 Cash Prize to Overall Winners, M/F; \$25 Cash Prize to Masters & GM Winner, M/F

Special service announcement: StarMetro buses will be free to GWTC Palace Saloon 5K participants all day on all routes. Just show your race bib and ride for free! Where will you go? Tweet us @PalaceSaloon5K and @GulfWindsTC and tell us! This race supports local community running and the South City Multi-Sport Club. Register by using the QR Code or visit palacesaloon.com for registration link.



For More Information: Mike Burns: michaelaburns@yahoo.com or www.PalaceSaloon.com