

THIS IS SOMETHING YOU DO NOT WANT TO MISS

THE CAPITAL CASCADES BRIDGE CROSSING ON THE REX CLEVELAND MAGIC! MILE

(The Fastest Mile Anywhere Around)

1 Mile Run Starts at 6:00; Register at [Eventbrite](https://www.eventbrite.com) (or www.gulfwinds.org)

When the calendar turns to November, Turkey Trot is not far behind. Since the opening of Cascades Park in 2014, Gulf Winds Track Club has looked for ways to build a partnership between Turkey Trot and Cascades Park. The first link was moving the Music Fest to the park the Sunday before Thanksgiving. And now we are introducing the Rex Cleveland Magic! Mile on November 2, 2016 at 6:00 p.m.

The Capital Cascades Bridge is an exciting new addition to the fantastic trail system and network of parks we have in Tallahassee, Leon County, and the Big Bend area. The Bridge will connect Cascades Park to FAMU Way, with its recently opened beautiful new Capital Cascades trail extension.

On November 2, 2016 a Turkey Trot Tune Up Mile known as the Rex Mile. This will be the in Tallahassee; one truly be proud of. walkers of all ages are but we are issuing a the Turkey Trot Youth in the Kent Vann Excellence Awards. from one of the highest Tallahassee and



walkers of all ages are invited to take the **Rex Cleveland Magic Mile** plunge downhill through Myers Park toward The Bridge and then across the newly minted Capital Cascades Crossing and onto the brand new trail at FAMU Way, finishing just before Railroad Square.

GWTC is planning with a Downhill Cleveland Magic! fastest mile course Gary Droze will Runners and invited to attend, special invitation to Striders competing Partners in The Mile will start points in Runners and

There will not be any race awards, but the first {150} runners to register and who also finish the race will receive a specially designed medal marking this special event. You must have a race number to receive your medal.

Did you ever want to run like an elite Kenyan or Ethiopian runner? You certainly might feel like you are do just that as you go screaming down this magical course. To register just go to Catch up on the latest by following the **Tallahassee Turkey Trot news**.

After the running is done, GWTC invites everyone to a fun social event at Proof Brewing Company. A little beer (for those over 21), a little food (for all). There will not be any race awards, but the first {150} registered runners who finish the race will receive a specially designed medal marking this special event. You must have a race number to participate.

Registration fee: Age 13 and over: \$8 or \$5 plus a food donation. Age 12 and younger \$3 or a food donations.

GWTC member Jude Dugas works with homeless veterans trying to get them back on their feet. He (and we) would love to take away canned goods, fruit, vegetables, etc. Pasta Sauce and pasta, rice, dry beans, peanut butter, crackers and other similar items. Hygiene items such as soap, shampoo, laundry detergent, tampons, deodorant and powders.

