

Gulf Winds Track Club presents

**The 34th ANNUAL
TALLAHASSEE WOMEN'S DISTANCE
FESTIVAL**

5K and 1 Mile

September 17, 2016

All races start and finish at Optimist Park, E. Indianhead Drive, Tallahassee, FL.
USATF Certified 5k: FL06045DL

5K Women start at 8:00 a.m. 5K Men start at 8:05 a.m. 1 Mile race begins at 9 a.m.

5K Awards: Top 5 Women and First Male, Female and Male Masters, Grand Masters, Great Grand Masters; 3 deep in 5-year age groups

PLUS SPECIAL MOTHER/DAUGHTER TEAM AWARD - Register your team online!

1 Mile Awards: Top 10 girls and Top 10 boys; treat bags to the first 25 finishers 14 and under.

Entry Fees:

****ON LINE REGISTRATION: [EVENTBRITE](#) - NO FEE!**

Early registration open through 9/13/16 * GWTC Members deduct \$2*

5K Early with shirt \$20.00 (T-Shirt sizes - Ladies: XS, S, M, L, XL; Mens: S, M, L, XL)

5K Early no shirt \$15.00

5K after 9/13/16 & Race Day with shirt \$25.00 (while supply lasts), no shirt \$20.00;

1 Mile Early \$10.00, Race Day \$12.00

Bring a new, unwrapped toy, or the receipt from your online contribution, for Tallahassee Memorial Pediatric Services and be entered to win a fabulous door prize!

The TMH Foundation, on behalf of Tallahassee Memorial Children's Center, is seeking contributions to benefit pediatric patients and their families. Prominent needs are new toys for the toy chest from which patients select a take-home toy or a toy to carry as they are transported to a procedure site in the hospital.

Cash donations are appreciated and can be used to replenish items needed in the Children's Center. Secure online donations can be made at www.tmhfoundation.org, click on Make a Donation and click on Secure Credit Card Donation. Select Other for Gift Designation and enter Children's Center as the gift designation in the space provided.

For more information contact Lisa Unger at unger4122@comcast.net 850-264-9615 or visit www.gulfwinds.org