



31st **Annual**

FLASH 12K/6K Race

St. Marks, FL

Saturday, FEBRUARY 16, 2019 8:30 am



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

The FLASH 12K (7.46 miles) or 6K (3.73 miles) BOTH courses are USA TF Certified.

Name: _____ Male ___ Female ___

Which Event? (Circle One) 12K 6K Date of Birth: _____ Age on Race day: _____

Telephone: _____ E-mail: _____

Address: _____ City _____ State ___ Zip _____

\$20.00 ___ NO Shirt Option

\$23.00 ___ WITH Shirt. Size S, M, L, XL, XXL (Please ask for remaining sizes)

\$23.00 ___ Race Day (NO RACE DAY DISCOUNTS. SHIRTS ONLY IF AVAILABLE)

Additional amount enclosed for the RonStrong Foundation Fund \$ _____ (Optional, Tax Deductible)

Make checks payable to GWTC and mail to Keith Rowe, 2929 Bluefield Ln, Tallahassee, FL 32309.

Register online with no additional service fees: <https://www.eventbrite.com>

Gulf Winds Track Club Members may use the promo code online to receive an additional \$2 off on the “No shirt” and “With” shirt options prior to race day.

Email Race Director for the promo code or simply search for in on the EventBrite registration page.

I realize that running is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risks associated with running in GWTC activities. Knowing this and in consideration of you accepting my application, I, and anyone entitled to act on my behalf, waive and release the Race Director, GWTC, and any sponsoring partners from all claims and liabilities arising from participating in this event. I grant permission to use any photographs or other record of this event for legitimate purposes.

Signature of entrant required (parent or legal guardian if under 18)

Date Signed