



2016 Gulf Winds Summer Trail Series

This 4-race series takes place on the most scenic and challenging trails in Tallahassee. This is a great off-road running experience!

Each race starts in an open area, but quickly turns onto the trail. Each course offers something a little different, from rolling terrain, single track trails, multi-use trails, and technical sections with rocks, roots, and tight twisty turns. Most of all, each promises to be challenging and fun!

Registration opens April 1 on Eventbrite.com and is limited to 150 runners. Single event registration will be determined the week before each race if spaces are available, contact the race directors for more information. Check gulfwinds.org and our Facebook page for updates.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Distance</u>
May 21	8:00 AM	Magnolia Trail	Tom Brown Park	~3.0 Mile
June 4	8:00 AM	Oak Hammock - Swamp Forest Trail	Phipps Park	~5.0 Mile
July 9	8:00 AM	Red Bug Trail	Forestmeadows Park	~4.0 Mile
July 30	6:00 PM	Cadillac Trail	Tom Brown Park	~5.5 Mile

Race shirt: One race ready shirt for the 4-race series. Runners who pre-register for the series will receive a shirt with registration. Additional shirts may be purchased at each event while supplies last. Shirts are not guaranteed for late registration or single event registration.

Awards: Series championship awards will be presented at the last race. A point system will determine the series champion. If there is a tie at the end of the series, the winner will be determined by the fastest overall time at the last run. Your best three races count towards the series standings.

Points awarded at the finish of each event:

1 st place - 20 Points	4 th place - 10 Points	7 th place - 4 Points
2 nd place - 15 Points	5 th place - 8 Points	8 th place - 2 Points
3 rd place - 12 Points	6 th place - 6 Points	9 th place & Up - 1 Point

Race Age: Your race age will be your age as of July 1, 2015. That will keep you in the same age category for the entire series.

Water Stations: Water stations will be set up approximately halfway through each course. Runners are encouraged to carry a water bottle at each event for hydration.

Packet Pick-up: Friday, May 20th at Trail & Ski from 4:00 PM to 7:00 PM. Race day check in 6:30 to 7:30 AM for the morning events and 4:30 to 5:30 PM for the July 30th event.

Additional Information: Check our Facebook event page for more information or contact us at the email address below.

Race Director: Jim & Kristin Halley (GulfWindsTrails@gmail.com)