



21st RUN FOR THE COOKIES



5K Run and One Mile Run/Walk



Saturday, February 9, 2013
Tallahassee Community College
444 Appleyard Drive
Tallahassee, FL 32304



A Gulf Winds Event
Benefiting the
Girl Scouts of the
Florida Panhandle



Girl Scout Council of the
Florida Panhandle
250 Pinewood Drive
Tallahassee, FL 32303

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One Mile Walk/Run

Location & Time:

- ◆ Tallahassee Community College behind the Lifetime Sports Complex. Loop course; TAC Certified.
- ◆ One Mile Walk/Run begins at 8:30 a.m.

Entry Fees:

- ◆ One Mile Registration: \$10 (T-shirt option) (Same fee on Race Day)
- ◆ One Mile Registration: \$8 (No T-shirt option)

5K Cookie Run

Location & Time:

- ◆ Tallahassee Community College behind the Lifetime Sports Complex. Loop course; TAC Certified.
- ◆ 5K Run begins at 9 a.m.

Entry Fees:

- ◆ 5K Pre-Registration by 1/31: \$15 (T-shirt & cookies)
- ◆ 5K Pre-Registration by 1/31: \$12 (No T-shirt option)
- ◆ 5K Day of Event: \$18 (T-shirt & cookies)
- ◆ 5K Day of Event: \$15 (No T-shirt option)

Proceeds Support Girl Travel Program

Proceeds from the Run For The Cookies help to underwrite the Girl Scout Council of the Florida Panhandle's (GSCFP) destination travel program. This program assists girls in covering the costs associated with the educational experiences and adventures of Girl Scouting. The girls will earn a portion of the funds needed to cover their travel expenses through service in the community; however, they still need your support to make their educational travel experiences a reality.



Registration/Packet Pick-up

Early Packet Pick-Up Wednesday, February 6

- ◆ 3 to 7 p.m. at Capital City Runners
1866 Thomasville Road
Tallahassee, FL



Race day registration/packet pick-up Saturday, February 9

- ◆ Begins at 7:30 a.m. at the race site.

Divisions & Awards for 5K Run

- ◆ Overall Male and Female
- ◆ Overall Male and Female Masters
- ◆ First Place TCC Student and Faculty/Staff
- ◆ Male and Female Masters Clydesdale Division (male over 200 lbs., female over 150 lbs.) ages 39 and under, 40 and over.
- ◆ Top 3 Males and Females in 5-year age groups.

Divisions & Awards for One Mile Walk/Run

- ◆ Overall Male and Female
- ◆ First Girl Scout & First Boy Scout
- ◆ Top 3 Males and Females in age groups: 6 and Under, 7-8, 9-10, 11-12, 13-14, and 15-16.

Special Awards

Special Girl Scout Award to the troop with the most entrants.
Special Collegiate Award The fraternity or sorority with the most finishers receives a free weekend at Camp.
Special School Award The school team with the most finishers in the One Mile Run/Walk will receive a pizza party.

*Awards ceremony will be held in the TCC
 Lifetime Sports Complex following the final race.
 Girl Scout cookies will be presented
 as awards in the 5K age groups*

Make check payable to: Girl Scouts of the Florida Panhandle
Mail entry form to: Run for the Cookies
 250 Pinewood Drive
 Tallahassee, FL 32303

Please do not mail registration after January 31, 2013
 Or register online at www.raceit.com

Run for the Cookies Registration

Name: _____ Address: _____ City: _____ State: _____ Zip: _____
 Circle one: M F Phone Number: _____ Age on Race Day: _____ Which race? (Circle one): 5K or 1 Mile Troop # or Team: _____
 Date of Birth: _____ Adult: S M L XL (Sizes guaranteed for pre-registered only)
 T-shirt Size: (Please circle) Child: Medium Adult: _____ Email: _____

Waiver: In consideration of my acceptance of my entry as a participant in the 2013 Run for the Cookies, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release all claims for damages, death, personal injury, or loss of property against RRCA, Gulf Winds Track Club, the Girl Scout Council of the Florida Panhandle, and all volunteers and others promoting or assisting in any way the Run for the Cookies, which may result from my participation on February 9, 2013, or while traveling to and from this event. My participation is voluntary and done at my own risk. I understand that running a road race is potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties. I am releasing RRCA, Gulf Winds Track Club, the Girl Scout Council of the Florida Panhandle, if I suffer injuries and damages, and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

Image Release: I hereby consent: (i) that the photographs, audio/vidiotapes, electronic images and/or other works in which I appear or am depicted may be used by Girl Scouts of the USA, Girl Scout Council of the Florida Panhandle and their affiliates for outlets including but not limited to television, newspapers, internet, council publications, recruitment materials, and ads without limitation; and (ii) to release all my rights to the aforementioned and allow it to become Girl Scouts' property so that they shall have the right to publish, reproduce, distribute and make other uses free of all claims and/or damages that I may incur.

(Parent or Legal Guardian must sign if under 18.)

Signature: _____ Date: _____
 Please circle your cookie preference: (5K entrants only) *Cookie choice guaranteed for pre-registered runners only.*
 Thin Mints Do-Si-Dos Trefoil Savannah Smiles (Lemon) Samoas Dulce de Leche Tagalongs Thank U Berry Munch
 For more information, contact Tom or Jeanne at 894-2019 or okonj@tcc.fl.edu