



Gulf Winds Summer Trail Series

The 4-race series will take place on the most scenic and challenging trails in Tallahassee. This will be a great off road running experience! Each race will start in an open area, but soon lead onto the trail.

Each course will offer a little bit of everything: rolling terrain, single track trails, multi-use trails, and technical sections with rocks, roots, and tight twisty turns.

Pre-register for the 4-race series at a discount—pay for three races and run the fourth FREE! Runners may also register for individual events. Check gulfwinds.org and our Facebook events page for updates.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Distance</u>
June 22	8:00 AM	Cadillac Trail	Tom Brown Park	5.5-Mile/1-Mile*
July 13	8:00 AM	Swamp Forest Trail	Phipps Park	4.5-Mile/1-Mile*
July 27	8:00 AM	Magnolia Trail	Tom Brown Park	3.5-Mile/1-Mile*
Aug 3	6:00 PM	Redbug Trail	Forestmeadows	4.5-Mile/1-Mile*

*1-mile kid's run for youth ages 12 and under begins 30 minutes prior to these events.

Race shirt: One shirt will be available for the 4-race series. Runners who pre-register for the 4-race series will receive a shirt with registration. Shirts may be purchased at each event while supplies last.

Awards: Awards will be given to the top male and female runners at each event and at the end of the series—Overall, Master (age 40), and Grandmaster (age 50).

Championship: A point system will determine the series champion. Your three best races count toward the series standings. 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. Series awards will be presented at the last race.

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, 2013. 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: Race day - 6:30 to 7:30 a.m. (*Redbug packet pick-up 4:30 to 5:30 p.m.). Check gulfwinds.org and our Facebook events page for pre-race packet pick-up information.

Additional Information: Bobby York at byorkjr@msn.com, (850) 443-6795, or visit gulfwinds.org

Gulf Winds Summer Trail Series

On-line registration available at: gulfwinds.org

First Name:	Last Name:	Age on July 1, 2013:
Sex (circle one): Male Female		Date of Birth:
Address:		
City:	State:	Zip Code:
Phone:	E-mail:	Shirt Size (circle one): S M L XL None

Pre-register for the 4-race series at a discount—pay for three races and run the fourth free! You may also register for individual events. Please note the registration fees and check the box(es) of the event(s) for which you are registering.

4-Race Trail Series	Before June 15	After June 15
Ages 13 and up	<input type="checkbox"/> \$45 includes shirt	<input type="checkbox"/> \$50 includes shirt
Ages 12 and under	<input type="checkbox"/> \$15 includes shirt	<input type="checkbox"/> \$20 includes shirt
Race 1 – Cadillac Trail	Before June 20	Late Registration
June 22 - 8:00 AM	<input type="checkbox"/> \$15.00 shirt	<input type="checkbox"/> \$18.00 shirt
1-Mile Run 7:30 AM	<input type="checkbox"/> \$12.00 no shirt	<input type="checkbox"/> \$15.00 no shirt
	<input type="checkbox"/> \$5.00 age 12 and under	<input type="checkbox"/> \$8.00 age 12 and under
Race 2 – Swamp Forest	Before July 11	Late Registration
July 13 - 8:00 AM	<input type="checkbox"/> \$15.00 shirt	<input type="checkbox"/> \$18.00 shirt
1-Mile Run 7:30 AM	<input type="checkbox"/> \$12.00 no shirt	<input type="checkbox"/> \$15.00 no shirt
	<input type="checkbox"/> \$5.00 age 12 and under	<input type="checkbox"/> \$8.00 age 12 and under
Race 3 – Magnolia Trail	Before July 25	Late Registration
July 27 - 8:00 AM	<input type="checkbox"/> \$15.00 shirt	<input type="checkbox"/> \$18.00 shirt
1-Mile Run 7:30 AM	<input type="checkbox"/> \$12.00 no shirt	<input type="checkbox"/> \$15.00 no shirt
	<input type="checkbox"/> \$5.00 age 12 and under	<input type="checkbox"/> \$8.00 age 12 and under
Race 4 – Redbug Trail	Before Aug. 1	Late Registration
Aug. 3 - 6:00 PM*	<input type="checkbox"/> \$15.00 shirt	<input type="checkbox"/> \$18.00 shirt
1-Mile Run 5:30 PM*	<input type="checkbox"/> \$12.00 no shirt	<input type="checkbox"/> \$15.00 no shirt
	<input type="checkbox"/> \$5.00 age 12 and under	<input type="checkbox"/> \$8.00 age 12 and under

Race day packet pick-up: 6:30 to 7:30 a.m. (*Redbug packet pick-up 4:30 to 5:30 p.m.)

Pre-race packet pick-up: Please check gulfwinds.org and our Facebook events page for updates.

Make checks payable to: GWTC

Mail entry form with payment to: GWTC Summer Trail Series, c/o Bobby York, 4432 Siesta Court, Tallahassee, FL 32309

No refunds: I understand that the entry fee is non-refundable and non-transferable. I also understand the event(s) will take place rain or shine, at the Race Director's discretion. Races may be postponed due to natural hazards uncontrollable by the Race Director. If a race is postponed, there are no refunds, and the entry fee will be forwarded to the rescheduled date.

Waiver: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials and sponsors of the 2013 Gulf Winds Summer Trail Series for injury or illness which may result directly or indirectly from my participation. I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, traffic, and the conditions of the trails, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete the run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all Gulf Winds Track Club race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver.

Signature (parent if under 18):	Date:
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Fun begins where the pavement ends!