

Gulf Winds Track Club

TALLAHASSEE WOMEN'S DISTANCE FESTIVAL

5k and 1 mile run September 14, 2013

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.

A Gulf Winds Track Club Grand Prix Event!

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 sponsored by FCCU

1 Mile Awards: Top 10 girls and boys plus goodie bags to the first 35 finishers 14 and under.

For more information contact Lisa Unger at unger4122@comcast.net 850-544-4893 or visit www.gulfwinds.org

Entry Fees: 5K Early (postmarked by September 9, 2013; GWTC deduct \$2) with shirt \$15.00; No shirt \$10.00

5K Race Day with shirt \$20.00, no shirt \$15.00; 1 Mile Early \$8.00, Race Day \$10.00 *Groups rates-call for info*

PACKET PICK UP AT CAPITAL CITY RUNNER'S SEPTEMBER 12, 2013

Tallahassee Memorial Pediatric Services donation for door prize drawing opportunity!

<http://www.tmh.org/womenChildren.ctm>

Name _____ Female _____ Male _____ Age _____ (On Sept 14, 2013) D.O.B. _____

Mother/Daughter team name: _____

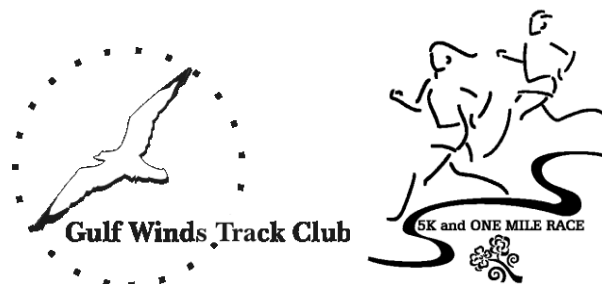
Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

5k- Total \$ _____ T-Shirt size -NO shirt- S M L XL 1 Mile - Total \$ _____
(5k runners select one)

****Make checks payable to Gulf Winds Track Club and mail with payment to: Women's Distance Festival c/o Lisa Unger, 4122 Wiggington Road, Tallahassee, FL 32303**

I know that running a road 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, and traffic and the conditions of the roads, 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 this 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. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen, known or unknown. The undersigned grants full permission to Gulf Winds Track Club and /or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.



SIGNATURE OF ENTRANT OR PARENT OR LEGAL GUARDIAN IF UNDER 18 YEARS OF AGE

DATE



The TMH Foundation Invites Your Support for
Tallahassee Memorial Pediatric Services

Tallahassee Memorial Pediatric Services is focused on providing superior care to children from newborn to adolescents in a 17-county region in North Florida and South Georgia. The Pediatric Unit has 23-beds with private rooms and offers a compassionate and friendly environment where children with a wide variety of conditions and those recovering from surgical procedures receive care. Kid’s Korner provides out-patient care and includes 4-beds with a specialized nursing staff. The Pediatric Intensive Care Unit has 10-beds and is the only hospital unit within a 100-mile radius equipped to care for critically ill children. Physicians who specialize in pediatric intensive care are on-site or on-call 24 hours a day.

The TMH Foundation, on behalf of Tallahassee Memorial Pediatric Services, is seeking both cash and non-cash contributions to benefit pediatric patients and their families. Prominent among current needs for the Pediatric Unit are new toys for the playroom, patient rooms and toy chest. For infection control purposes, all gift toys must be brand new. The designated toy chest in front of the nurse’s station is for patients to 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 toys and other items needed in Pediatric Services. Please make gift checks payable to The TMH Foundation with Pediatric Services in the memo section and return to 1331 East Sixth Avenue, Tallahassee, FL 32303. Also, a secure online donation 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 Pediatric Services as the gift designation in the space provided.

Gifts, other than cash, such as stocks, bonds and real estate are also welcome, along with contributions of tangible personal property. Please see the list below as examples of gift in kind items needed. Please contact Judi Taber, TMH Foundation Annual Fund Officer at 850.431.5904 if you have any questions.

Infant Items	Toddler and Preschool Items
Rattles - hand rattles, wrist rattles, booty rattles (plastic or vinyl)	Little Tykes, Mattel, Parker Brothers, or Hasbro music and light-up and interactive toys
Black and white baby books and baby flash cards	Talking books, I-Spy books and Pop-up books
Baby spoons and teething rings	Glitter wands
Baby mirrors (<i>Sassy Me In The Mirror</i>)	Small and Large balls
Foam puzzles	Lego and block sets (plastic)
Baby Einstein colors and shapes music mobiles	Toy trucks and cars
Onesies and infant socks	Music CD’s- Disney
Elementary School, Pre-teen and Teen Items	
Playing cards and Uno cards	PG and PG 13 pre-teen and teen movies
Activity books (crossword puzzles, Sudoku)	Pre-teen and teen books (new)
Yo Yo’s	Puzzles
Medial Play Kits	Arts and crafts supplies
Toy Chest Items - After each procedure, patients choose an item from the toy chest.	
Small stuffed animals	Barbie Dolls
Play jewelry	Action figures
Baby dolls	Play dough
Small puzzles	Bubbles
Matchbox cars	Small/medium Nerf balls and rubber balls