

Palace Saloon 5K



**Palace
Saloon 5K**

April 14, 2007

Date: Saturday, April 14, 2007
Time: Race starts at 8:00 a.m. E.D.T. Pre-race Registration, Team Roster submission, and Packet Pick-up start at 6:45 a.m.

Place and Course: Race starts at Messer Fields. Race finishes at Palace Saloon on Jackson Bluff Road.

Entry Fee: Early Registration (by or before April 13th) - \$12.00, includes shirt. \$7.00, no shirt option.

Day of Race - \$15.00, includes shirt. \$10.00, no shirt option.

Make checks payable to Gulf Winds Track Club

Gatorade, water, and other beverages, bagels and fruit

Post-race Refreshments:

Team Competition:

A team will consist of at least five but no more than seven runners, with each team's score being the sum of the times of its fastest five finishers. All members of a Men's team must be male; all members of a Women's team must be female. There will be no extra charge for entering a team, but each team member must enter the race as an individual, paying the appropriate registration fee. Each team must submit a roster of its members at pre-race registration on race morning where appropriate forms will be available.

Awards: Overall/Master/three-deep in five-year age groups. Team awards to five fastest members of top two male teams and top two female teams.

For More Information:

Reid Vannoy: reidv@comcast.net or 850-591-7891

or Herb Wills: hwills@gmail.com

or visit the Gulf Winds Web site at www.gulfwinds.org

Palace Saloon 5K Entry Form (please print clearly)

Mail entry with payment to: Palace Saloon 5k c/o Reid Vannoy 6399 Belgrand Drive Tallahassee, FL 32312	On-line registration available at active.com	Take entry with payment (by or before 4/11/07) to: Shaw's Athletics Market Square at 1415 Timberlane Road
Name:	Age (on 4/14/2007):	Date of Birth:
Male <input type="checkbox"/> Female <input type="checkbox"/>	Phone:	E-mail:
Address:		
City:	State:	Zip Code:
Shirt Size: S M L XL (circle one)		
<p>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 or unforeseen, 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.</p>		
Signature (parent if under 18)	Date	

