

# Red Shoe Run Registration

## Date / Time.....

Saturday, April 19, 2014  
 1 mile starts at 8:00 a.m.  
 5K and 10K start at 8:30 a.m.  
 Race day registration starts at 7:00 a.m.

## Course.....

SouthWood - Capital Office Complex

## Registration

### Early By 4/14/14 ....

10K / 5K: \$20 w/ tech t-shirt (\$15 no shirt)  
 1 mile: \$15 w/ tech t-shirt (\$10 no shirt)

### Late - 4/16 - 4/19/14....

10K / 5K: \$30 w/tech t-shirt (\$25 no shirt)  
 1 mile: \$25 includes tech t-shirt  
 (\$20 no shirt) - t-shirt not guaranteed if you  
 register on race day

### On-Line.....

[www.RMHCTallahassee.org/RedShoe](http://www.RMHCTallahassee.org/RedShoe)

### Early Packet Pick Up .....

4/16 - 4/18, 4-7 pm at  
 Ronald McDonald House,  
 712 East 7th Avenue • 850-222-0056

### Awards .....

Overall male and female finishers in each  
 race. Awards are two deep according to age  
 group. Every runner receives a medal and  
 souvenir gift bag.

### Other.....

GWTC members receive \$2 discount on  
 advance registration.  
 Post-race party and entertainment.



Tallahassee, Florida

Please join us for the **Third Annual Red Shoe Run** benefitting the **Ronald McDonald House Charities® of Tallahassee**. Enjoy a morning springtime run in beautiful SouthWood. Start/finish at the Capital Office Complex on Esplanade Way between Merchants Row and Shumard Oaks Blvd.

For more information, visit us on:  
[www.RMHCTallahassee.org/RedShoe](http://www.RMHCTallahassee.org/RedShoe)

MAIL-IN ENTRY WITH PAYMENT MADE OUT TO:

Ronald McDonald House  
 c/o Glenn Burhans, Race Director  
 712 East 7th Avenue • Tallahassee, FL 32303

### Platinum Sponsor



### Gold Sponsors



Name: \_\_\_\_\_ 10K: \_\_\_\_\_ 5K: \_\_\_\_\_ 1 MI: \_\_\_\_\_

Age on 4/19/2014: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male:  Female:

Phone #: \_\_\_\_\_ Shirt Size: \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ AS

Address: \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL

City, State: \_\_\_\_\_ ~OR~ \_\_\_\_\_ No Shirt

Race Team/ School Race Team: \_\_\_\_\_

Cash /Check  Visa  MasterCard  Amex  Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

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 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 Ronald McDonald House Charities of Tallahassee, Inc. and 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, (forfeiter or unforeseen, known or unknown. The undersigned grants full permission to Ronald McDonald House Charities of Tallahassee, Inc. 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 (Parent/Guardian if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Referred by Ronald McDonald House Board Member: \_\_\_\_\_