

7th Annual

The ~~3~~⁴ R's
Reduce.
Reuse.
Recycle.
RUN!



2017 Sustainable Tallahassee 5K Trash Dash

a Gulf Winds Track Club Grand Prix Race

**SATURDAY
OCTOBER 28, 2017**

Leon County Apalachee Regional Park

7550 Apalachee Parkway

8:00 AM Registration / Packet Pickup

9:00 AM 5K Trash Dash

Early Race Packet Pickup Thursday, October 26 at 4-7pm

Capital City Runners, 1817 Thomasville Road - Unit 510



Arrive at 8am race day to watch Women Junior College Cross Country Athletes compete in a Regional National Qualifier. Tallahassee Community College (TCC) will be one of six teams competing.



www.SustainableTallahassee.org • 850-597-9836

SUSTAINABLE TALLAHASSEE brings you the
2017 Sustainable Tallahassee 5K Trash Dash
a Gulf Winds Track Club Grand Prix race with chip timing
REGISTRATION FORM

Saturday, October 28, 2017

Apalachee Regional Park Cross Country Running Course, 7550 Apalachee Parkway

8:00 AM Registration and Check-in

9:00 AM 5K Trash Dash Race Begins

Awards:

Overall Male/Female

Overall Grand Masters (50+) Male/Female

2 Deep in 10-year age groups

12 and under

Registration:

- Adult registration.....\$15 with t-shirt / \$10 without t-shirt
 - Youth under 12.....free without t-shirt/\$10 with shirt
- Additional \$5 for registration on day of the race. Extra t-shirts available for \$10*

Mail Registration to:

Sustainable Tallahassee

P.O. Box 765, Tallahassee, FL 32302

Mail Registration Cutoff 10/27/17

OR

Register Online:

<http://bit.ly/2w7ZLIQ>

or Visit SustainableTallahassee.org

Name: _____

Age: ____ DOB: __/__/__ Male __ Female __

Phone #: _____

E-mail: _____

Address: _____

City/State/Zip: _____

Adult Shirt (circle choice): S M L XL No shirt

WAVIER: In consideration of your acceptance of my entry as a participant in the 2017 Sustainable Tallahassee 5K Trash Dash, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Sustainable Tallahassee and Leon County, FL, their officers and directors, members or representatives and all volunteers and others promoting or assisting in any way the promotion or organization of the Trash Dash race, which may arise from my participation in the these races on October 28, 2017 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment, owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and property trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advanced any extent those injuries and damages might be 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 or occurring in 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.

Signature: _____

Date: _____

(Parent or legal guardian if under the age of 18): _____

Date: _____