



# 5K+ Trail Run & 10K and 1 mile Fun Walk

10k is GWTC Grand Prix!

## Tails & Trails

Walkers & Families Especially Welcome!



**Date:**

May 1st, 2010



**Time:**

8:30 AM, Registration starts at 7:30 AM

**Place:**

Tallahassee Animal Service Center  
1125 Easterwood Drive, next to Tom Brown Park  
**PACKET PICK UP Friday 5:00-7:00 PM.**



**Fee:**

\$12.00 TECH T-shirt if received by April 29  
\$15.00 TECH T-shirt race day  
\$8.00 No t-shirt option  
Please make checks payable to A.S.F.



**Parking:**

Please enter Tom Brown Park from Conner Blvd.



**Information:**

For more information visit [www.TallyASF.org](http://www.TallyASF.org)  
or register online at [active.com](http://active.com)



We request that participants leave their pets at home in order to highlight our Shelter's furry friends. A fundraising event benefiting the Animal Shelter Foundation, Inc., the non-profit supporting the Animal Service Center at Tom Brown Park



Please detach and mail to: Tails & Trails, Peg Griffin, 856 North Forest Drive, Tallahassee, FL 32303, peggriff@nettally.com

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ DOB: \_\_\_\_\_

T-Shirt size: S M L XL Age: \_\_\_\_\_ Gender: M F Race: 1 mile Fun Walk 5K+ 10K  
Youth: S M L Race switches by advance notice only

Amount enclosed: \$12.00 \$15.00 \$8.00 I can't make it but I would like to donate \$ \_\_\_\_\_  
 \$25 - Join the Animal Shelter Foundation and help save lives



Signature of entrant, or parent or legal guardian if under 18 years old



I hereby release the Gulf Winds Track Club, ASF, Tallahassee Animal Service Center, and any other persons involved, from any and all damages or injuries incurred out of participation in the 2010 ASF 5K, 10K Run and 1 mile Fun Walk, and further state that I have trained for and am physically competent to run 5K, 10k or walk 1 mile.  
Contact: Kate MacFall (850-508-1001)