



David Moynahan

5k Run Benefit for the Friends of Wakulla Springs State Park

Join the Friends for the annual 5K Run for the Friends. This is a sanctioned event in conjunction with GulfWinds Track Club. This unique run winds through a wilderness area of the State Park which is not open to the general public. Last year's crowd was over 200. This year, we have added a *Run and Ride* option for runners and their families.

- Date:** May 15, 2010
- Location:** Wakulla Springs State Park, Wakulla County
(22 miles south of Tallahassee)
- Distances & Race Times:** 1 mile Family Fun Run begins at 8:00 am
5k Run begins at 8:30 am

Special Event: "Run and Ride" Runners Guided Boat Tour.....11:00
Runners and their families are invited on a special guided boat tour for an additional \$6.00 per adult, \$3.00 for kids 4 to 12 (Children under 3 are free). Please "make your reservations" by paying for the *Run and Ride* with your registration fee.

- Fees:** Pre-registration ends May 12th
Pre-registered \$12; No shirt option \$7
 Day of race \$15; no shirt option \$10
Family Fun Run \$10, no shirt option \$5; children 5 and under free
- T-shirts:** 1 shirt \$15; 2 shirts \$25 (for the 5K Run)

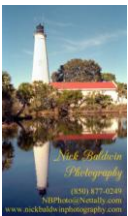


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Please see next page for registration form.



The Friends of Wakulla Springs would like to thank our sponsors. Without their support, we could not host the 5K Run that directly benefits Wakulla Springs. This year, the Friends of Wakulla Springs hope to raise enough money for the park to refurbish the four river boats, and the four glass bottom boats that were built by Edward Ball in the 1960's. To learn more about donating to the Friends, or to become a member, please visit <http://www.wakullasprings.org/projects.html>

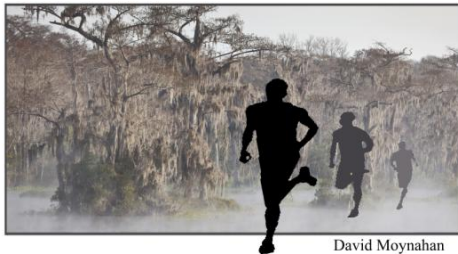
Drs. Carey and Jones



Wakulla.com

Air Con of Wakulla





5K Run for Wakulla Springs Official Entry Form

Day of race registration begins at 7:00 am at the bathhouse in the park.

Date: May 15, 2010

Location: Wakulla Springs State Park, Wakulla County
(22 miles south of Tallahassee)

Distances & 1 mile Family Fun Run begins at 8:00 am

Race Times: 5k Run begins at 8:30 am

Special Event: "Run and Ride" Runners Guided Boat Tour.....11:00

Name (first last) _____ **M** **F**

Address _____

City, state & zip _____

Phone _____ **Email** _____

Age group: (please circle) 70+ 65-69 60-64 55-59 50-54 45-49 40-44 35-39
30-34 25-29 20-24 15-19 10-14 9 and under

T-shirt size: small _____ medium _____ large _____ X-large _____

Boat Tour Yes No # of participants in your party _____ amount included _____

Total amount enclosed _____

Waiver: In consideration of your permission to participate in the Run for Wakulla Springs on behalf of myself, my heirs, executors and assignees, I hereby waive and release any and all rights and claims for damages which I may have against the organizers of the race, the park, as well as any other person connected with the run for any and all injuries that I may suffer while participating in the event. I know that running a road race is a potentially hazardous activity. I agree to abide by all decisions of the race officials relative to my ability to safely complete this run.

Signed _____ date _____

Parent or guardian should sign if runner is under 18 years of age.

For more information contact Cheryl Creel, 509-7103 or email cdavis2636@gmail.com.

Make checks payable to FRIENDS OF WAKULLA SPRINGS (5 K run), 550 Wakulla Park Dr., Wakulla Springs, FL 32327-0390. Or register online and pay with PayPal.

Visit wakullasprings.org for other information.