



# 33<sup>RD</sup> ANNUAL THE LAST GASP



**3.1 MILE CROSS COUNTRY RACE  
FREE 1 MILE KIDS FUN RUN – 1:30 P.M.  
SUN., DEC. 27, 2009 - 2:00 P.M.  
AT JACKSONVILLE UNIVERSITY**

**ENTRIES:** Early registration \$15 (JTC Members \$13) race day \$20 for all. Mail your entry to: The Last Gasp, 439 Osprey Key, Atlantic Beach, FL 32233. Make checks payable to: JTC Running. Entries accepted at the starting line (baseball stadium) on race day between 12:30 and 1:45 PM.

**COURSE:** The course consists of two laps over grass, dirt, hills and golf course. Spikes may be worn.

**AWARDS:** Trophies to first open and master male and female. Special awards to top 10 men, and top 5 women finishers overall. Awards to top 3 in each of the following age groups: 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

**TEAM COMPETITION:** 5 to run (max), 4 to score. Usual cross-country scoring. All team members must be registered individually. Awards to overall teams in 2 categories; men's open, women's open. Team registration day of race.

**SWEAT SHIRTS:** A High Quality, Colorful, Sweat-shirt will be given to the first 80 registrants. Shirts are guaranteed on race day if registration has been received by 12/20/2009.

**POST RACE PARTY:** A party will be held in conjunction with the awards presentation from 3:30 until 6:30 p.m. at The Scoreboard Sports Bar & Grill at 6051 Merrill Road.



Herb Taskett, Race Director - for further information call: 372-0509



## THE LAST GASP ENTRY FORM

Name \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed is \$ \_\_\_\_\_, JTC Member Number \_\_\_\_\_ Shirt size; **M L XL**

Do you want us to send you a membership description and an application to the JTC Running Club?  Yes  No  
In case of unforeseen circumstances, the race may be postponed or cancelled at the race director's discretion. No entry fees will be refunded.

**WAIVER (please read carefully):** in consideration of the acceptance of this entry. I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act in my behalf, release and discharge the JTC RUNNING CLUB, JACKSONVILLE UNIVERSITY, plus sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of the road race named in the above entry from any and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in, or traveling to or from this event. I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely compete in the run.

I assume all risk associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), conditions of the course, all such risk being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

\_\_\_\_\_  
SIGNATURE (SIGNATURE OF PARENT OR GUARDIAN, IF UNDER 18)

\_\_\_\_\_  
DATE