

GTM Reserve 4th Annual 5K/10K Trail Run

Saturday, April 13, 2013 at 9:00 AM

Benefitting Research and Conservation at the Guana-Tolomato-Matanzas National Estuarine Research Reserve



Meet at the trailhead in the Guana-Tolomato-Matanzas National Estuarine Research Reserve just off of State Road A1A in South Ponte Vedra to enjoy a beautiful outdoors and trail experience at the GTM Reserve 5K

and 10K trail run/walk. All proceeds from this event are used to support ongoing research, conservation and stewardship at the GTM Reserve. Your participation, support and enjoyment are appreciated. Come out and enjoy this jewel of a natural resource, one of the best-kept secrets around!

General Directions: From Jacksonville Beach at Butler Blvd, follow SR A1A south for approximately 18 miles to the GTMNERR entrance. From St. Augustine, go to Vilano Beach and follow SR A1A north for approximately 9 miles. **Note:** Gate Food Store is approximately 400m south of the reserve entrance on A1A.

Trail information: http://www.gtmnerr.org/GTM_Research_Reserve_Trail_Map.pdf
Trailhead Address: Guana River, 505 Guana River Road, Ponte Vedra Beach, FL 32082
Online Registration: http://www.active.com/event_detail.cfm?event_id=2086330

Events will be run on the trails at the GTM Reserve using the Shell Bluff Road (yellow), Timucuan (purple), and South Point Loop (red) trails. This is subject to change with weather conditions.

Fee up to 4/6/13: \$25 5K or 10K **Fee after 4/6/13:** \$30 5K or 10K
Student 5K or 10K: \$15 (present valid ID at the race)

Fee includes a gorgeous cotton tee-shirt! Entries limited to 100

GTM Reserve entry fee: \$3 per car – toll machine at entry to reserve (or park at the education center at no charge and walk the 400 yards to the trail head)

For information: Karen Ford (904) 377-9823 or email pvhsapes@gmail.com

Make checks payable to: Friends of the GTM Reserve. Mail to: 505 Guana River Road, Ponte Vedra Beach, FL 32082. Day of event sign-up (if space exists) – 7:30-8:30 A.M. at the trailhead.

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Name: _____ **Age on race day:** _____

5K _____ **10K** _____ (check one) **Sex:** _____ **T-Shirt Size:** S M L XL (circle one)

Address: _____

Phone: _____ **Email:** _____

I know that running a trail race is a potentially hazardous activity which could cause injury or death. By my signature, I certify that I am medically able and properly trained to participate in this event. I will abide by the decisions of race officials relative to any aspect of my participation, including such decisions as may deny or suspend my participation. I assume all risks associated with participation in this event including those of injury or illness. In consideration of the Friends of the GTM Reserve's acceptance of this entry, I, for myself and for anyone entitled to act on my behalf, do waive and release the Friends of the GTM Reserve, the Florida Department of Environmental Protection, all race officials and sponsors, as well as their representatives and successors, from all claims or liabilities of any kind arising from my participation in this event.

Signature _____ **Date:** _____