



# 36<sup>TH</sup> ANNUAL THE LAST GASP



3.1 MILE CROSS COUNTRY RACE

Saturday, December 21st, 2013

**FREE KIDS CROSS COUNTRY RUN AT 1:30 PM  
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 12/06/13

**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



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## THE LAST GASP ENTRY FORM

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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.

