



The Gulf Coast Running Club

Invites You To Participate In The

LAST CHANCE TO RUN OR WALK

(10K, 5K, 1 Mile)

Saturday, December 27, 2008 • Woolmarket, MS



GENERAL INFORMATION

\$10.00 for all runners - \$5.00 for children age 12 & under
Free registration for all participants who join the Gulf Coast Running Club and pay their dues on race day. (New members only).

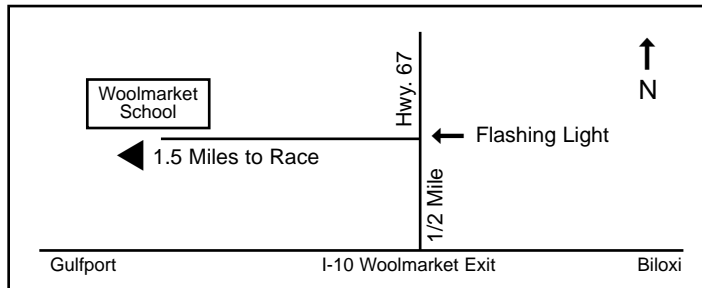
There will be no pre-registration for this race.

STARTING TIME

9:00 A.M. for all races

REGISTRATION

Registration will begin at least 1 hour before race time. Walkers, Race Walkers and Wheelchair participants are welcome.



FINISH

All runners must pass through chutes, receive finish numbers, and present same at finish board to receive awards. Race results and times will be posted immediately after the race. In order to be fair to everyone, a 90 Minute Time Limit will be imposed. Select the box below to insure that you can be back in by 10:30 a.m. Anyone still out on the course after 10:30 a.m. may not be eligible for any awards.

As your name is called, come forward and choose one award and one T-shirt from the selection on display. No duplication of awards.

FOR MORE INFORMATION CALL

Denise Longino 228-392-4722 or
Leonard Vergunst 228-380-7037
www.gulfcoastrunningclub.org

REFRESHMENTS

Water on the race course. Food and drinks after the race.

COURSE

Accurately measured. Hilly course.

LAST CHANCE TO RUN OR WALK FOR 2008

T-Shirts And Awards Will Be Given Out Until Supplies Are Exhausted.

CHECK ONE

- 10 K Run
- 5K Run/Walk
- 1 Mile Run/Walk



Gulf Coast Running Club

Make checks payable to:
GULF COAST RUNNING CLUB on Race Day.

(Checks are non-refundable.)

Name _____

Address _____ Telephone _____

City _____ State _____ Zip _____ Sex _____ Age on Race Day _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Gulf Coast Running Club, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

G.C.R.C. MEMBER:

- YES
- NO

Date _____

Signature (Parent or Guardian if under 18) _____

