



Hosted By

Gulf Coast Running Club

Chevron WOMEN'S NETWORK CHARITY 5K & 1 MILE RUN/WALK PASCAGOULA, MS JUNE 13, 2009



Pascagoula Refinery

EARLY REGISTRATION

\$12.00 for GCRC Members

\$13.00 for Non-Members

\$5.00 for all children (age 12 and under)

Postmarked by June 8, 2009, early registrants will receive their T-shirts on race day.

STARTING TIME

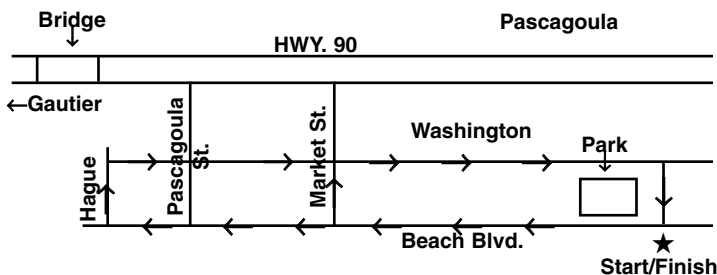
5K - 8:00 A.M.
1 Mile - 8:45 A.M.

LATE REGISTRATION

8:00 A.M. June 13, 2009 - \$15.00 for all participants. Late registrants may have to receive their t-shirt by mail at a later date.

COURSE

Accurately measured, well marked flat loop course. Starting at the Pascagoula Beach Park on Beach Blvd.



AWARDS

T-SHIRTS TO ALL ENTRANTS

Awards go to the first Overall Male and Female winners, Masters Male and Female, Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in each division of the race. Awards also for Top 3 Male and Female race walkers, wheelchairs, and 1 Mile (children), ages 10-12 and 9 & Under.

AGE DIVISIONS

MALE:

12 & U	40 - 44
13 - 18	45 - 49
19 - 24	50 - 54
25 - 29	55 - 59
30 - 34	60 - 64
35 - 39	65 - 69
	70 & O

FEMALE:

12 & U	35 - 39
13 - 18	40 - 44
19 - 24	45 - 49
25 - 29	50 - 54
30 - 34	55 - 59
	60 & O

START / FINISH

START TIME IS 8:00 AM. Runners should arrive by 7:30 AM to receive numbers. All runners must pass through the chute and have their tab (attached to the race number) filled out completely at the end of the chute to be eligible for an award.

RESULTS & INFO

WWW.GULFCOASTRUNNINGCLUB.ORG

REFRESHMENTS

Water on the race course, food and drinks after the race.

STEFANIE BOND
Chevron
228-938-4760

FOR MORE INFORMATION CALL

LEONARD VERGUNST
GCRC
228-875-6855

2009 Chevron WOMEN'S NETWORK CHARITY 5K & 1 MILE RUN/WALK



Gulf Coast Running Club



Pascagoula Refinery

- CHECK ONE
- 5K Run 1 Mile Run/Walk
- 5K Racewalker Wheelchair

- T-SHIRT SIZES
- Small Medium
- Large X-Large

Make checks payable to:
Gulf Coast Running Club
P.O. Drawer 3569
Gulfport, MS 39505
(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) _____