

The Wildlife Rehabilitation and Nature Preservation & The Gulf Coast Running Club

Hosted By



Gulf Coast Running Club

Invites You to the

18th Annual

OCEAN SPRINGS VALENTINE'S DAY

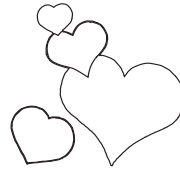
5K & 1 MILE HEALTH RUN/WALK

SATURDAY, FEBRUARY 13, 2010

Gulf Island National Seashore – Visitor's Center, Ocean Springs, MS



Pascagoula Refinery



EARLY REGISTRATION

\$12.00 for GCRC Members
\$13.00 for Non-Members
\$7.00 for all children (age 12 and under)

Postmarked by February 8, 2010. Make checks payable to:

GULF COAST RUNNING CLUB
P.O. Drawer 3569 • Gulfport, MS 39505

Be sure to include both check and registration form in your envelope.

LATE REGISTRATION

Registration will begin at the Visitor's Center at least 1 hour before race time. \$15.00 for all on race day.



8:00 - 8:55 for the 5-K
8:00 - 9:40 for the 1 Mile



STARTING TIME

5-K – 9:00 A.M.
1 Mile – 9:45 A.M.



COURSE

Accurately measured course starts at the Visitor's Center. The 5K race is out, over the park's first overpass & back.

AWARDS

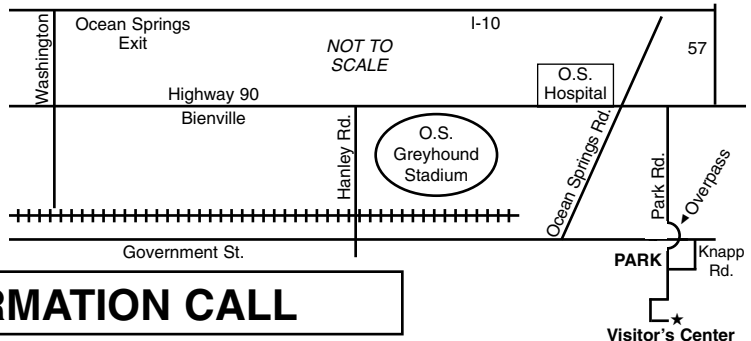
T-SHIRTS TO ALL ENTRANTS

Awards go to the First Overall Male and Female, First Overall Masters Male and Female, First Overall Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in the following age groups. Awards also for first three race walkers and the first 3 Boys & Girls in the 1 mile. Awards for: first through fifth for team competition, first through third for masters team (avg. age 40 & over), and first and second for grand master team (avg. age 50 & over). ONE MALE + ONE FEMALE = A TEAM

AGE DIVISIONS

MALE		FEMALE	
12 and under		12 and under	
13 - 18	45 - 49	13 - 18	40 - 44
19 - 24	50 - 54	19 - 24	45 - 49
25 - 29	55 - 59	25 - 29	50 - 54
30 - 34	60 - 64	30 - 34	55 - 59
35 - 39	65 - 69	35 - 39	60 - up
40 - 44	70 - up		

MAP



FOR MORE INFORMATION CALL

WRANPS
228-452-9453

Additional registration forms & complete race results can be found at:
WWW.GULFCOASTRUNNINGCLUB.ORG

LEONARD VERGUNST
228-380-7037

2010 VALENTINE'S DAY 5-K & 1 MILE HEALTH RUN/WALK



Gulf Coast Running Club

CHECK ONE

- 5-K Run 1 Mile Run/Walk
 5-K Racewalker 5-K 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) _____

