Hosted By

Gulf Coast Running Club

THE CITY OF BILOXI

Invites You to the

22ND ANNUAL

ARBOR DAY

5K & 1 MILE HEALTH RUN/WALK/ROLL

SATURDAY, FEBRUARY 20, 2010

Lameuse Street & Highway 90

Biloxi, Mississippi – *Town Green

Disability Connection

EARLY REGISTRATION

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

Postmarked by February 15, 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.

STARTING TIME

5-K – 9:00 A.M.
1 Mile – 9:45 A.M.

LATE REGISTRATION

Registration will begin at least 1 hour before race time at the corner of Lameuse Street and Highway 90. $15.00 for all on race day except children 12 & under in the 1 Mile.

AWARDS

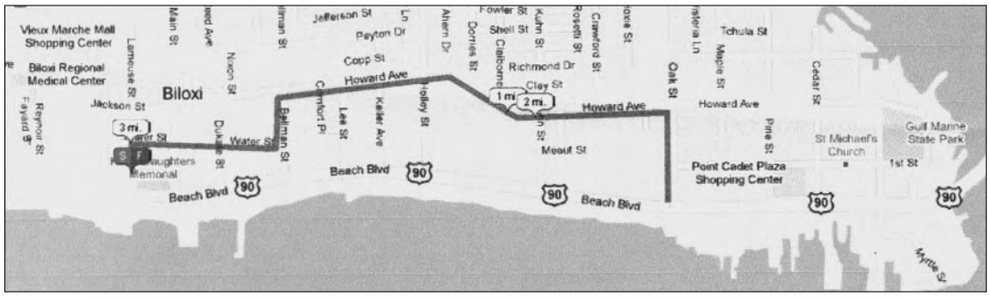
T-SHIRTS TO ALL ENTRANTS

Trophies go to the First Overall Male and Female, First Overall Masters Male and Female, and First Overall Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in the usual age divisions. Also trophies for the first three Male & Female Racewalkers, trophies to all wheelchair participants and trophies to the first 3 boys and girls in the 1 mile race. Ages (10-12) & (9 & under).

DISABILITY CONNECTION

"The Arbor Day Run/Walk/Roll is a charity event. We would appreciate any donation over and above the entry fee. Proceeds benefit the development of *Disability Connection*-an Internet Resource Center & Directory for People with Disabilities in South Mississippi."

COURSE MAP



FOR MORE INFORMATION CALL

JANIE O'KEEFE
228-669-7897

WWW.GULFCOASTRUNNINGCLUB.ORG

LEONARD VERGUNST
228-380-7037

2010 ARBOR DAY 5-K & 1 MILE HEALTH RUN/WALK/ROLL

Gulf Coast Running Club

CHECK ONE

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