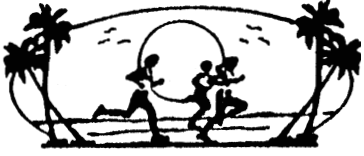


Hosted By



Gulf Coast Running Club

# THE CITY OF BILOXI

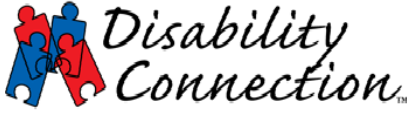
Invites you to the 28th Annual

## ARBOR DAY

### 5K / 1 MILE RUN/WALK/ROLL and 1/4 MILE CHALLENGE

SATURDAY, FEBRUARY 20, 2016

Lameuse Street & Highway 90  
Biloxi, Mississippi – \*Town Green



#### EARLY REGISTRATION

- \$15.00 for GCRC Members
- \$17.00 for Non-Members
- \$10.00 for all children (age 12 and under)

Postmarked by February 15, 2016. 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.

#### AWARDS

##### T-SHIRTS TO ALL ENTRANTS

Trophies go to the Top Three Overall Male and Females, 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, medals to all runners with disabilities and trophies to the first 3 boys and girls in the 1 mile race. Ages (10-12) & (9 & under). Trophies to the top 3 wheelchairs in the one mile.

#### STARTING TIME

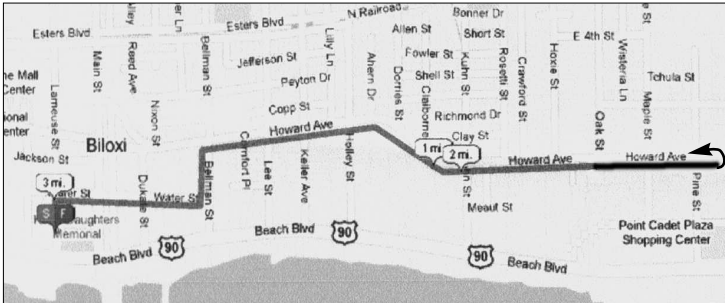
5-K – 9:00 A.M.

1 Mile & 1/4 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. \$20.00 for all on race day except children 12 & under in the 1 Mile.

#### USATF Certified Course - MS13016MS



#### DISABILITY CONNECTION

The Arbor Day Run/Walk/Roll is a charity event. Donations over the entry to Disability Connection, a 501 (c) (3) Nonprofit Corporation, are appreciated. Proceeds benefit programs that support individuals with disabilities including major inclusive events, a statewide resource center, and Disability Connection Community Playgrounds. The first is open at Bruce Ladner Memorial Park in Gulfport.

The race includes a 1/4 mile challenge. Participants who personally use walkers, manual or electric wheelchairs are encouraged to enter the race, and may be pushed by a volunteer. Volunteers do not need to register and pay the entry just to assist the runner unless they desire a race t-shirt. The first three wheelchairs placing in the 1 mile race receive a trophy, and medallions are given to all participants with physical challenges. The City of Biloxi provides a free tree to each runner.

#### FOR MORE INFORMATION CALL

Office@DisabilityConnection.org  
JANIE O'KEEFE - 228-604-4020

WWW.GULFCOASTRUNNINGCLUB.ORG  
LEONARD VERGUNST -228-380-7037

#### 2016 ARBOR DAY 5-K & 1 MILE HEALTH RUN/WALK/ROLL



Gulf Coast Running Club



##### CHECK ONE

- 5-K Run
- 5-K Racewalker
- 1 Mile Run/Walk
- 1/4 Mile Disability Run & Wheelchair

##### T-SHIRT SIZES

- Small
- Large
- Child's Medium
- XX Large
- Medium
- X-Large

Make checks payable to:

**Gulf Coast Running Club**  
P.O. Drawer 3569  
Gulfport, MS 39505  
(Checks are non-refundable)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Email \_\_\_\_\_

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., O'Keefe Educational Media, 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) \_\_\_\_\_