

# 15<sup>TH</sup> ANNUAL RUN FOR RELIEF 5K



## (NEW) 1/2 MILE FUN RUN/WALK

### MARCH 10 2018 AT 9:00AM

### AT RUN-N-TRI IN GULFPORT

9138 CARL LEGETT RD, GULFPORT



PRE-REGISTRATION FEE - BY MAIL OR ONLINE: [WWW.RACESONLINE.COM](http://WWW.RACESONLINE.COM)

\$16.00 GCRC MEMBER / \$17.00 NON-MEMBERS

\$10.00 ALL CHILDREN 12/UNDER FOR 1/2 MILE FUN RUN

RACE DAY REGISTRATION FEE: \$20

(COTTON T-SHIRT SIZE GUARANTEED FOR ALL PRE-REGISTERED RUNNERS)

### FASTEST THREE PERSON MILITARY TEAM TAKES HOME THE CHALLENGE TROPHY!

#### AWARDS:

MILITARY TEAM CHAMPIONS

(ELIGIBLE FOR INDIVIDUAL AWARDS ALSO)

OVERALL MALE/FEMALE

MASTERS MALE/FEMALE

GRANDMASTERS MALE/FEMALE

SENIOR MALE/FEMALE

OVERALL MALE/FEMALE RACEWALKER

USUAL AGE GROUP AWARDS

1/2 MILE FUN RUN (10 - 12, 9 AND UNDER)

Timing provided by: Gulf Coast Running Club

USAT Certified Course MS12011MS

[alice.huffman@nmcrs.org](mailto:alice.huffman@nmcrs.org) for more info



- WATER ON THE COURSE
- REFRESHMENTS FOR RUNNERS FOLLOWING THE RACE

ALL EVENT PROCEEDS SUPPORT OUR SAILORS, MARINES AND THEIR FAMILIES THROUGH NMCRS PROGRAMS - [WWW.NMCRSFUNDDRIVE.ORG](http://WWW.NMCRSFUNDDRIVE.ORG)

Mail checks payable to:

NMCRS, 5301 Snead St, Gulfport MS 39501

Register online at: [www.racesonline.com](http://www.racesonline.com)

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ SEX: M \_\_\_ F \_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

5K Run \_\_\_\_\_ 5K Run - MILITARY TEAM: \_\_\_\_\_ 5K Racewalker \_\_\_\_\_ 1/2 Mile Fun Run/Walk \_\_\_\_\_

Command \_\_\_\_\_ Military Teammates \_\_\_\_\_

T-Shirt Size (circle one): CM (children's medium) \_\_\_ Adult S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

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 the 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 Substance Abuse Task Force 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 photograph, motion pictures, recording or any other record of this event for any legitimate purpose.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_