



The Gulf Coast Running Club

Invites You To Participate In The

LAST CHANCE TO RUN OR WALK

(15K, 5K, 1 Mile)

Saturday, December 29, 2018 • Woolmarket, MS



GENERAL INFORMATION

\$15.00 for all runners - \$10.00 for children age 12 & under
Free registration for all participants who join the Gulf Coast Running Club and pay their dues on race day. (New members only).

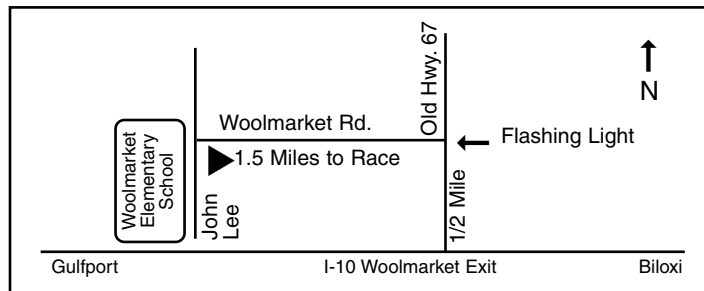
There will be no pre-registration for this race.

STARTING TIME

9:00 A.M. for all races

REGISTRATION

Registration will begin at least 1 hour before race time at Woolmarket Elementary School on the corner of Woolmarket Rd. and John Lee Rd.



FINISH

All runners must pass through chutes, receive finish numbers, and present same at finish board to receive awards. Race results and times will be posted immediately after the race.

5K & 1 Mile Awards / Shirts - 9:45

15K Awards / Shirts - 10:30

As your name is called, come forward and choose one award and two T-shirts from the selection on display (or until supplies are gone).

FOR MORE INFORMATION CALL

Leonard Vergunst 228-380-7037

www.gulfcoastrunningclub.org

REFRESHMENTS

Water on the race course. Food and drinks after the race.

COURSE

15K USATF Certified - MS11040MS

5K USATF Certified - MS11041MS

LAST CHANCE TO RUN OR WALK FOR 2018

T-Shirts And Awards Will Be Given Out Until Supplies Are Exhausted.

CHECK ONE

- 15 K Run
- 5K Run/Walk
- 1 Mile Run/Walk



Gulf Coast Running Club

Make checks payable to:
GULF COAST RUNNING CLUB on Race Day.

(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., 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.

Date _____ Signature (Parent or Guardian if under 18) _____



G.C.R.C. MEMBER:

- YES NO