

Hosted By



Gulf Coast Running Club

THE CITY OF BILOXI

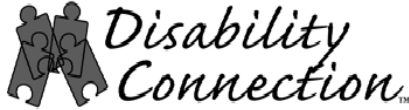
Invites you to the 31st Annual

ARBOR DAY

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

SATURDAY, FEBRUARY 23, 2019

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



EARLY REGISTRATION

- \$17.00 for GCRC Members
- \$18.00 for Non-Members
- \$10.00 for all children (age 12 and under)

Postmarked by February 18, 2019. 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.

www.racesonline.com

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 5 year 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.

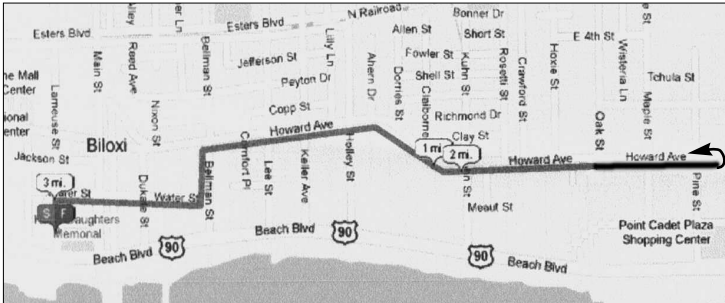
DISABILITY CONNECTION

The Arbor Day Run/Walk/Roll is a charity event. Proceeds benefit the programs of Disability Connection, a 501-c-3 nonprofit corporation. Programs include the Gulf Coast Community Resource Guide, Heritage Tours, Employment Connection, the Art Ability Fair, the Community Resource Fair, "I Love My Playground Party", Read-Up, and the development of inclusive playgrounds including the Disability Connection Community Playground, Gulfport, and Little Children's Park, Ocean Springs.

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



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. Medallions are given to all participants with disabilities. The event includes fun activities such as soccer, music, art activities, games, and snacks.

FOR MORE INFORMATION CALL

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

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

2019 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

www.racesonline.com

T-SHIRT SIZES

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

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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) _____