

GULF COAST RUNNING CLUB  
invites you to the 16th annual

# RUN FOR RELIEF 5K

## & 1/2 MILE FUN RUN/WALK

SATURDAY • MARCH 9, 2019

AT RUN-N-TRI IN GULFPORT

9138 Carl Legett Rd, Gulfport

All event proceeds support our sailors, marines and their families  
through NMCRS Programs - [www.nmcrcsfunddrive.org](http://www.nmcrcsfunddrive.org)



### EARLY REGISTRATION

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

Postmarked by March 4, 2019, only early registrants will be guaranteed a T-shirt on race day.

[www.racesonline.com](http://www.racesonline.com)

### AWARDS

#### T-SHIRTS TO ALL ENTRANTS

Awards go to the top three Overall Male & Female winners, Masters Male & Female, Grand Masters Male & Female, Seniors Male & Female, and to the top three finishers in each division of both races. Awards also given to race walkers in 5K only.

### STARTING TIME

9:00 A.M.  
For Both Races

**Military Team Champions**  
*Fastest Three-Person Military Team  
Takes Home the Challenge Trophy!*  
(eligible for individual awards also)

### LATE REGISTRATION

8:00 A.M. March 9, 2019 - \$20.00 for all participants at Run-N-Tri.

### AGE DIVISIONS

MALE:		FEMALE:	
12 & U	40 - 44	12 & U	35 - 39
13 - 18	45 - 49	13 - 18	40 - 44
19 - 24	50 - 54	19 - 24	45 - 49
25 - 29	55 - 59	25 - 29	50 - 54
30 - 34	60 - 64	30 - 34	55 - 59
35 - 39	65 - 69		60 & O
	70 & O		

### COURSE

USATF Certified course. Well marked flat course, out and back. Starting at Run-N-Tri. Water on the course.

### POST RACE FOOD

Post race sandwiches at Run-N-Tri.

### START / FINISH

START TIME IS 9:00 AM for both races. Runners should arrive by 8:00 AM to receive numbers. All runners must pass through the chute and have their tab (attached to the race number) filled out completely at the end of the chute to be eligible for an award.

### RESULTS & INFO

[WWW.GULFCOASTRUNNINGCLUB.ORG](http://WWW.GULFCOASTRUNNINGCLUB.ORG)

### FOR MORE INFORMATION CALL

LEONARD VERGUNST  
GCRC  
228-380-7037

## 2019 RUN FOR RELIEF 5K & 1/2 MILE FUN RUN/WALK



Gulf Coast Running Club

CHECK ONE  
 5K Run     5K Military Team  
 5K Racewalker     1/2 Fun Run  
[www.racesonline.com](http://www.racesonline.com)

T-SHIRT SIZES  
 Small     Medium  
 Large     X-Large  
 Child Medium

Make checks payable to:  
NMCRS  
5301 Snead St  
Gulfport, MS 39501  
(Checks are non-refundable)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ Telephone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
Email \_\_\_\_\_ If Military Team: Command \_\_\_\_\_  
Teammates \_\_\_\_\_

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) \_\_\_\_\_

