

# THE HIBERNIA MARCHING SOCIETY

Of Mississippi Invites You To The 30th Annual

## ST. PATRICK'S DAY 5K & 1 MILE HEALTH RUN/WALK & PARADE

HOSTED BY:



Gulf Coast Running Club

**SATURDAY, MARCH 16, 2019**  
City Hall, Biloxi, Mississippi  
Lameuse Street



### GENERAL INFORMATION

\$17.00 for GCRC Members by March 11  
\$18.00 for Non-Members by March 11  
\$10.00 for all children (age 12 and under) in the 1 Mile Health Run/Walk. Late Registration: \$20.00, March 16, 8:00 - 9:30 A.M.  
www.racesonline.com

### STARTING TIMES

1 MILE 9:00 A.M. (See adult prize money)  
5K 9:30 A.M.

### REGISTRATION

Registration will begin at least 1 hour before race time. Pay one entry fee for both races.

### REFRESHMENTS

Water on race course. Beer, Food, Drinks after the race.

### AWARDS

Trophies go to the Top 3 Overall Male and Female, First Overall Masters Male and Female, and First Overall Grand Masters Male and Female, First Seniors Male & Female, & to the top three (3) in the following age groups:  
MALE: 12 & Under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.  
FEMALE: 12 & Under 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Over.

★ Trophies to First Three Male & Female Race Walkers

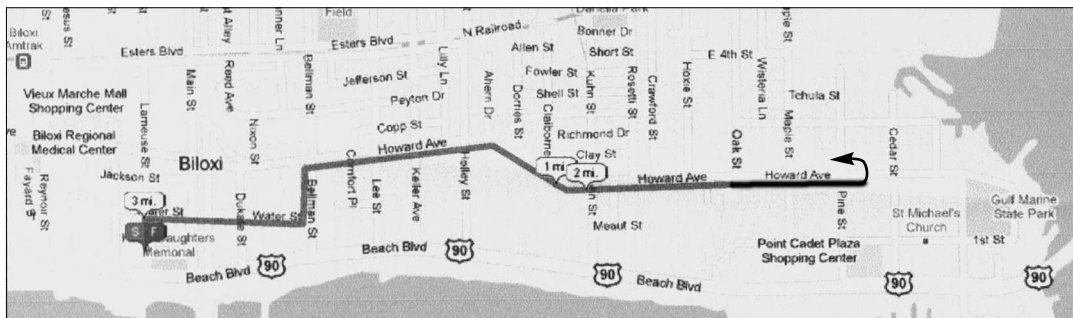
★ Trophies to 1st (3) boys and girls, under 12 - 1 mile, ages (10-12) and (7-9) and (6 & Under).

★ Adult Prize Money (1 Mile) - 1st - \$75.00, 2nd - \$50.00, 3rd - \$25.00 for Male & Female

### POST-RACE PARADE

Following the run there will be a parade starting at 2:00 p.m.

### 5K COURSE MAP - OUT & BACK



USATF Certifications: 5K - MS13017MS & 1 Mile - MS11032MS

### FOR MORE INFORMATION

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

LEONARD VERGUNST 228-380-7037

### 2019 ST. PATRICK'S 5K & 1 MILE RUN/WALK

#### CHECK ONE

- 5-K Run       1 Mile Run/Walk  
 5-K Racewalker       Wheelchair

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

#### T-SHIRT SIZES

- Child       Large  
 Small       X Large  
 Medium       XX 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 \_\_\_\_\_

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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

Signature (Parent or Guardian if under 18)

Date