

Hosted By

The 1699 Historical Society's 10th. Annual

5K Race of Discovery

In Conjunction with
"Lighten Up Ocean Springs"
and the "Healthy Kids R Fit 4 Life"



Reenactment of the
Landing of D'Iberville - 4pm

Kids 1 Mile Fun Run/

YMCA Healthy Kids Day/Healthy Kids R Fit 4 Life

with the Blossman/Miss. Gulf Coast YMCA and the Biloxi/Ocean Springs Junior Auxiliary



Gulf Coast Running Club



Saturday, April 25, 2020
Fort Maurepas Park, Ocean Springs, MS

EARLY REGISTRATION

\$17.00 for GCRC Members

\$18.00 for Non-Members

Postmarked by April 20, 2020, early registrants will receive their T-shirts on race day.

Free for all children (age 12 and under) in 1-mile run
www.raceroster.com

AWARDS

T-SHIRTS TO ALL 5K ENTRANTS

Awards go to the first Overall Male and Female winners, Masters Male and Female, Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in each division of the race. Awards also for Top 3 Male and Female race walkers, and one mile (children), ages 10-12, 7-9 and 6 and under.

STARTING TIME

5K - 8:00 A.M.
1 Mile - 8:45 A.M.

AGE DIVISIONS

MALE:		FEMALE:	
12 & U	45 - 49	12 & U	40 - 44
13 - 18	50 - 54	13 - 18	45 - 49
19 - 24	55 - 59	19 - 24	50 - 54
25 - 29	60 - 64	25 - 29	55 - 59
30 - 34	65 - 69	30 - 34	60 - 69
35 - 39	70 - 79	35 - 39	70 & O
40 - 44	80 & O		

LATE REGISTRATION

7:00 A.M. April 25, 2020 - \$20.00 for all participants. Late registrants may have to receive their t-shirt by mail at a later date.

START / FINISH

START TIME IS 8:00 AM. Runners should arrive by 7:30 AM to receive numbers. All runners must pass through the chute and have their tab (attached to the race number) filled out at the end of the chute to be eligible for an award.

LOCATION / ROUTES

5k Location/Route: Race starts and ends at Fort Maurepas Park on Front Beach Dr.; route includes a challenging uphill section to the top of the Ocean Springs / Biloxi Bridge, followed by a downhill run back down the bridge, and a final stretch run along the beach on beautiful Front Beach Drive path.

Kids 1 Mile Fun Run: Starts on Front Beach Dr. path in front of Fort Maurepas; continues west on Front Beach for 1/2 mile before turning around and proceeding back to the finish line at Fort Maurepas. Kids activities after the race

RESULTS & INFO

WWW.GULFCOASTRUNNINGCLUB.ORG

WWW.MGCYMCA.ORG

WWW.MSSENIOROLYM.ORG

MS SENIOR OLYMPICS 10K RUN & 5K POWERWALK

All Senior Olympic participants who wish to be eligible for additional Senior Olympic age awards and seniors shirts must also register online at:

www.msseniolorolym.org

*Powerwalk: Strict racewalking rules not applied.

REFRESHMENTS

Water on the race course, food and drinks after the race. Shed BBQ post race with adult beverages

FOR MORE INFO CALL

LEONARD VERGUNST
GCRC 228-380-7037

JOEY CONWILL
YMCA 228-875-5050

1699 RACE OF DISCOVERY 5K AND KIDS 1 MILE RUN

CHECK ONE

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

T-SHIRT SIZES

- Small Medium
 Large X-Large
 Child's Med.

Make checks payable to:
Gulf Coast Running Club
P.O. Drawer 3569
Gulfport, MS 39505
(Checks are non-refundable)

REGISTER ONLINE AT WWW.RACEROSTER.COM



Gulf Coast Running Club

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.

G.C.R.C. MEMBER:

YES NO

Date _____

Signature (Parent or Guardian if under 18) _____