

Hosted By



Gulf Coast Running Club

# OCEAN SPRINGS BRIDGE RUN



## 8K & 1/2 Mile Run/Walk

FORT MAUREPAS - OCEAN SPRINGS, MS

SEPTEMBER 12, 2020

### EARLY REGISTRATION

\$17.00 for GCRC Members

\$18.00 for Non-Members

\$10.00 for all children (age 12 and under)

Postmarked by September 7, 2020, early registrants will receive their T-shirts on race day.

### AWARDS

#### T-SHIRTS TO ALL 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 1/2 Mile (children), ages 10-12 & 9 & Under.

### STARTING TIME

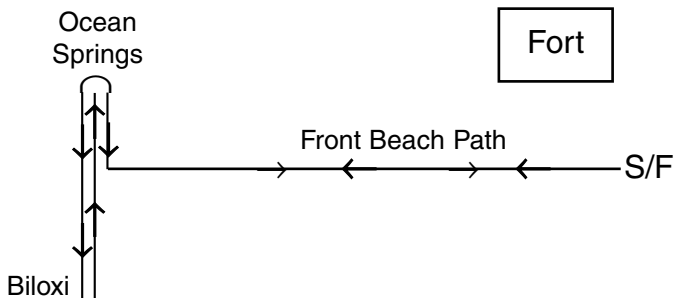
8K - 8:00 A.M.  
1/2 Mile - 9:00 A.M.

### 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		

### 8K COURSE - USATF CERTIFIED

OUT AND BACK COURSE FROM FT. MAUREPAS OVER THE OCEAN SPRINGS BRIDGE TO BILOXI AND BACK, FINISHING ON FRONT BEACH PATH. MS11030MS



### 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 completely at the end of the chute to be eligible for an award.

### RESULTS & INFO

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

### REFRESHMENTS

Water on the race course, food and drinks after the race.

### FOR MORE INFO CALL

LEONARD VERGUNST  
GCRC 228-380-7037

## 2020 OCEAN SPRINGS BRIDGE 8K & 1/2 MILE RUN/WALK



Gulf Coast Running Club

#### CHECK ONE

- 8K Run       1/2 Mile Run/Walk  
 8K 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.RACESROSTER.COM](http://WWW.RACESROSTER.COM)

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) \_\_\_\_\_

