



Gulf Coast Running Club

18th Annual Chevron



WOMEN'S NETWORK Pascagoula Refinery CHARITY 5K & 1 MILE RUN/WALK

PASCAGOULA, MS • JUNE 10, 2023

Proceeds to benefit Community Care Network (Sue's Home)

EARLY REGISTRATION

\$20.00 for GCRC Members

\$22.00 for Non-Members

\$15.00 for all children (age 12 and under)

Postmarked by June 5, 2023, early registrants rate.

www.raceroster.com

STARTING TIME

5K - 8:00 A.M. • 1 Mile - 8:45 A.M.

LATE REGISTRATION

7:00 A.M. June 10, 2023 - \$25.00 for all participants. Late registrants may have to receive their t-shirt by mail at a later date.

REFRESHMENTS

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

RESULTS & INFO

WWW.GULFCOASTRUNNINGCLUB.ORG

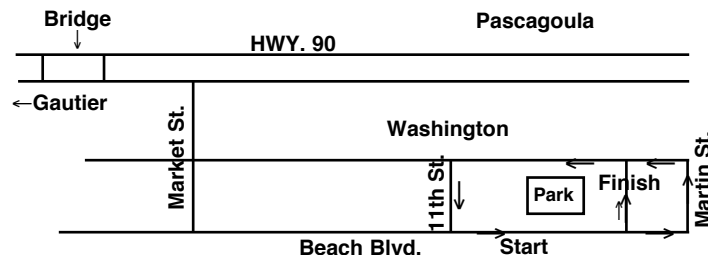
AWARDS

T-SHIRTS guaranteed to all pre-registered 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, wheelchairs, and 1 Mile (children), ages 10-12 and 9 & Under. 5-year age divisions in the 5K.

COURSE

USATF - MS22012MS. Accurately measured, well marked flat loop course. Starting at the Pascagoula Beach Park on Beach Blvd.



FOR MORE INFORMATION CALL

LEONARD VERGUNST • GCRC • 228-380-7037

2023 Chevron WOMEN'S NETWORK CHARITY 5K & 1 MILE RUN/WALK



Gulf Coast Running Club



Pascagoula Refinery

CHECK ONE

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

www.raceroster.com

T-SHIRT SIZES

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

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 _____

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) _____