

MISSISSIPPI COAST MARATHON

- ALSO HALF MARATHON • 5 K**
• HALF MARATHON & 5 K RACEWALK
• MARATHON WHEELCHAIR

DATE Thanksgiving Weekend
 Saturday, November 29, 2008

TIME 8 a.m. start for all races

THE COURSE – The Stennis Space Center offers runners a beautiful, picturesque 26.2 mile run around the perimeter of the Space Center. Run on paved roads, through the lovely wooded areas where wildlife sightings are frequent. The course is flat, fast, and PR friendly, with usual temperatures in the upper 50's at the start and lower 70's by the finish.

Course services include Stennis Running Club aid stations approximately every 2 miles. (Kentwood Springs Water, Gatorade, bananas, and hard candy). Mile markers & directional signs plainly visible. Medical staff supplied by AMR. Communications at each aid station.

This event is sanctioned by both Road Runners Club of America and U.S.A.T.F. The course is TAC certified and is a Boston Marathon Qualifier. *No walkers in the marathon, please.* (6 hour time limit) (18 years of age minimum)

SHIRTS – Colorful long-sleeved tee shirts as pictured on the front of this form, to all participants.

REGISTRATION – Complete entry form and mail by November 23, 2008. Make checks payable to GCRC. Pick up race packets Friday, November 28 at the Mississippi Welcome Center from 5-8 p.m. or the Stennis Cypress House Saturday morning, from 6:30 to 7:45 a.m. Day of race registration also available until 7:45 a.m.

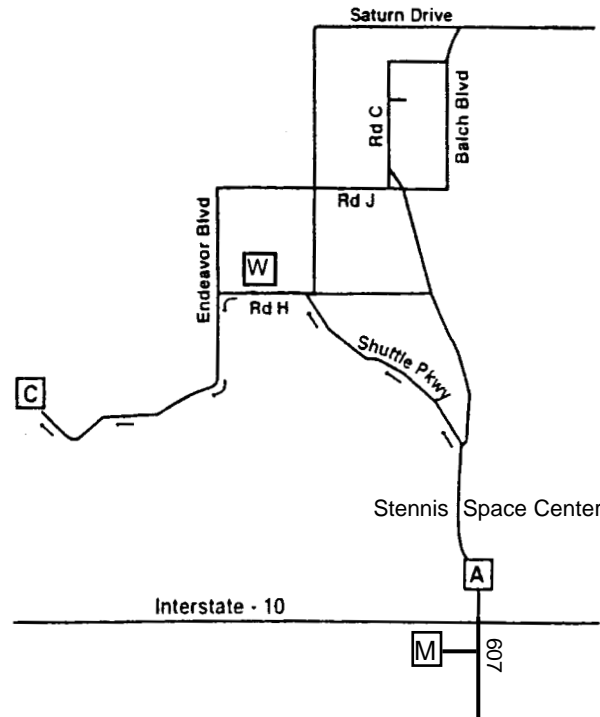
FEES: MARATHON (18 years of age min.)
 \$28 GCRC Members-mail
 • • •
 \$30 Pre-entry thru Nov. 23
 \$35 Late Nov. 24 Race day (6 Hour Time Limit)

5K RACE
 \$12 GCRC Members-mail
 • • •
 \$13 Pre-entry thru. Nov. 23
 \$15 Late Nov. 24 Race day
 \$10 Children under 13

HALF MARATHON
 \$18 GCRC Members-mail
 • • •
 \$20 Pre-entry thru Nov. 23
 \$25 Late Nov. 24 Race day

INFORMATION
 Race Director (Leonard)
 (228) 380-7037
 or
 Stennis Wellness Center
 (228) 688-3950

PRE-RACE PACKET PICK UP/REGISTRATION available from 5-8 p.m. Friday, November 28 at the Mississippi Welcome Center (Hancock County) located on the corner of I-10 and Hwy. 607.



MS - MISSISSIPPI WELCOME CENTER
 W - WELLNESS CENTER
 A - MAIN GATE - Then follow signs.
 C - CYPRESS HOUSE - SATURDAY MORNING
TRAVEL - Nearest airport is Gulfport, MS (30 minute drive to Stennis)

AWARDS –
 • Custom plaques: Overall, Master, & Grandmaster winners in all (3) races (male & female)
 • Wheelchair Marathon: Custom plaques to top three finishers.
 • Handsome, custom designed medallion to all marathon finishers.

AGE GROUP AWARDS – All races will be awarded male & female three deep. Over 18 for marathon.

- | | |
|------------------|-------------|
| 12 years & under | 45-49 years |
| 13-18 years | 50-54 years |
| 19-24 years | 55-59 years |
| 25-29 years | 60 & over F |
| 30-34 years | 60-64 M |
| 35-39 years | 65-69 M |
| | 70 & Over M |

ALSO, the 1st (3) race walkers in the Half Marathon and 5K. (Male & Female)

AWARDS PRESENTATION immediately after each individual race: 5K - 8:45, Half Marathon 10:30, Marathon - 1 p.m.

RACE RESULTS - The complete race results for all three races will be posted on our website within 24 hours.

www.gulfcoastrunningclub.org

POST RACE REFRESHMENT: All participants will be served delicious chicken and sausage jambalaya along with cold beer, soft drinks, sports drink and fruit.

ACCOMMODATIONS -

Coast Inn (Waveland)	228-467-8334
Comfort Inn (Diamondhead)	228-586-0210
Diamondhead Resort Hotel	228-255-1300
Hollywood Casino (Bay St. Louis)	228-467-9257
Hampton Inn (Slidell)	985-726-9777
Days Inn (Slidell)	985-641-3450
La Quinta (Slidell)	985-643-9770
Best Value Inn & Suites (Slidell)	985-726-5100
Best Western Slidell Inn	985-781-5655
Holiday Inn Hotel/Suites (Slidell)	985-639-0890
Comfort Inn (Slidell)	985-641-4147
Motel 6 (Slidell)	985-649-7925
Guest Lodge Motel (Slidell)	985-641-2153

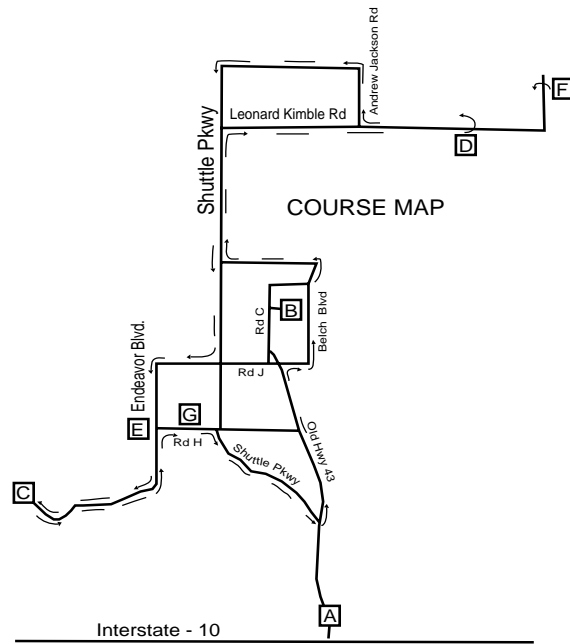
*All hotels listed are within 15 miles of the race site.

Race Number					
MISSISSIPPI COAST MARATHON Saturday, November 29, 2008	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., the Stennis Space Center, 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.				
CHECK RACE	Mail with check to: Gulf Coast Running Club P. O. Drawer 3569 Gulfport, MS 39505				
Marathon	<input type="checkbox"/>	Half-Marathon	<input type="checkbox"/>	Half Marathon Race Walk	<input type="checkbox"/>
5K	<input type="checkbox"/>	5K Race Walk	<input type="checkbox"/>	Wheelchair (marathon)	<input type="checkbox"/>
(Check Distance)					
Last Name	First Name		Sex (Circle) M F		
Race Day Age	Phone		Zip Code		
Mailing Address			State		
City	Signature _____ (Parent or Guardian if under 18)				
Date: _____					
Shirts: SMALL MEDIUM LARGE X-LARGE X X-LARGE Circle One					
ENTRY MUST BE SIGNED					



Gulf Coast Running Club

John C. Stennis Space Center

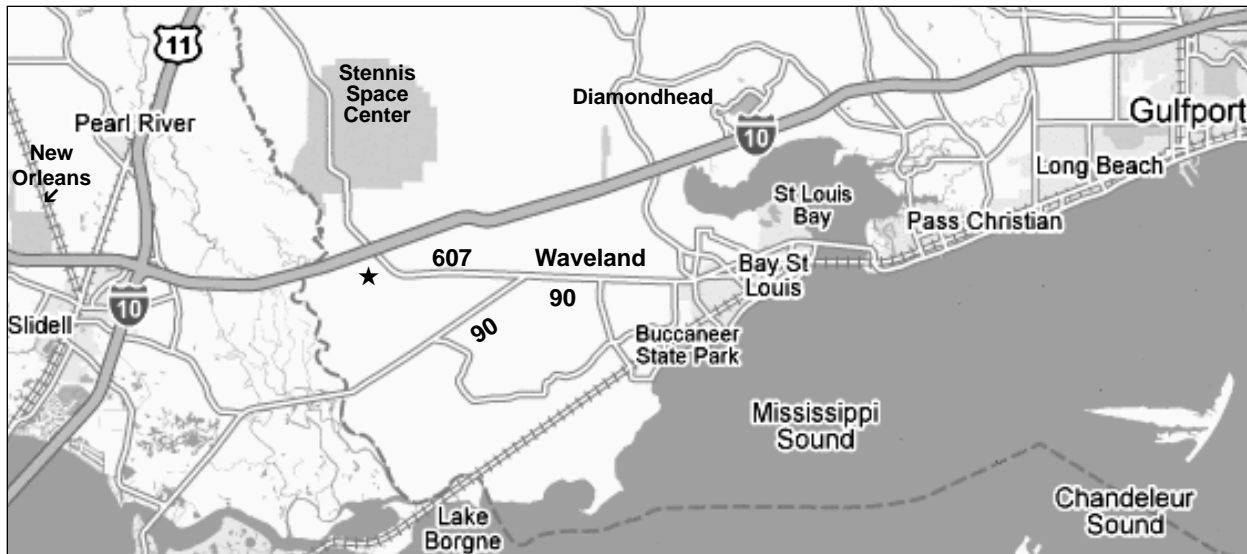


Non-Profit
Organization
U.S. Postage
PAID
Gulfport, MS
Permit No. 142



★ Mississippi Welcome Center (Hancock County)
Friday evening package pickup site

- | | |
|--------------------------------------------------------------------|-------------------------------------------------------------|
| A) MAIN GATE
(2 miles N of I-10) | E) MARATHON
(Turn left)
1/2 MARATHON
(Go straight) |
| B) STENNIS CAFETERIA | F) 2ND TURNAROUND
(Marathon) |
| C) CYPRESS HOUSE
(Start/Finish & Saturday
Late Registration) | G) WELLNESS CENTER
(Showers After Race) |
| D) 1ST TURNAROUND
(Both Marathon & 1/2 Marathon) | |



Gulf Coast Running Club
P.O. Drawer 3569
Gulfport, Mississippi 39505

18th Annual Mississippi Gulf Coast Marathon

STENNIS SPACE CENTER

November 29, 2008

www.GulfCoastRunningClub.org