

Hosted By

THE OCEAN SPRINGS FAMILY YMCA GOVERNMENT ST.

Invites You to the 22nd Annual



Gulf Coast Running Club

10K WINTER CLASSIC

AND

1 MILE HEALTH RUN/WALK

SATURDAY • JANUARY 23, 2010



EARLY REGISTRATION

\$12.00 for GCRC & YMCA Members

\$13.00 for Non-Members

\$7.00 for all children (age 12 and under)

Postmarked by January 18, 2010, only early registrants will be guaranteed a T-shirt on race day.

STARTING TIME

9:00 A.M.

For Both Races

LATE REGISTRATION

8:00 A.M. January 23, 2010 - \$15.00 for all participants. Late registrants may have to order their T-shirts and pick them up from the YMCA at a later date.

COURSE

Accurately measured, well marked flat course, out and back. Starting south down Pine St. (next to the YMCA), then east on East Beach Blvd., into Gulf Islands Seashore Park & back.

REFRESHMENTS

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

AWARDS

T-SHIRTS TO ALL ENTRANTS

Awards go to the first Overall Male & Female winners, Masters Male & Female, Grand Masters Male & Female, Seniors Male & Female, and to the top three finishers in each division of the race. Awards also given to race walkers, wheelchairs, and children in the One Mile Fun Run (Age 10-12 & 9-under).

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		

START / FINISH

START TIME IS 9:00 AM for both races. Runners should arrive by 8:00 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

FOR MORE INFORMATION CALL

MEMBER SERVICES
YMCA
228-875-5050

LEONARD VERGUNST
GCRC
228-380-7037

2010 YMCA WINTER CLASSIC 10-K & 1 MILE HEALTH RUN/WALK



Gulf Coast Running Club

CHECK ONE

- 10-K Run Mile Run/Walk
 10-K Racewalker Wheelchair

T-SHIRT SIZES

- Small Medium
 Large X-Large

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

Name _____
Address _____ Telephone _____
City _____ State _____ Zip _____ Sex _____ Age on Race Day _____

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.

YMCA MEMBER:
 YES NO

G.C.R.C. MEMBER:
 YES NO

Date _____

Signature (Parent or Guardian if under 18) _____

