THE HIBERNIA MARCHING SOCIETY

Of Mississippi Invites You To The 21st Annual

ST. PATRICK'S DAY 5K & 1 MILE HEALTH RUN/WALK & PARADE

HOSTED BY:

Gulf Coast Running Club

SATURDAY, MARCH 13, 2010
City Hall, Biloxi, Mississippi
Lameuse Street

HIBERNIA MARCHING SOCIETY

GENERAL INFORMATION

$10.00 for GCRC Members by March 8
$11.00 for Non-Members by March 8
$7.00 for all children (age 12 and under) in the 1 Mile Health Run/Walk. Late Registration: $12.00, March 13, 8:00 - 9:00 A.M.

STARTING TIME

5K 9:00 A.M. • 1 MILE 9:45 A.M.

REGISTRATION

Registration will begin at least 1 hour before race time. Walkers, Race Walkers and Wheelchair Participants are welcome.

REFRESHMENTS

Water on race course. Beer, Food, Drinks after the race.

AWARDS

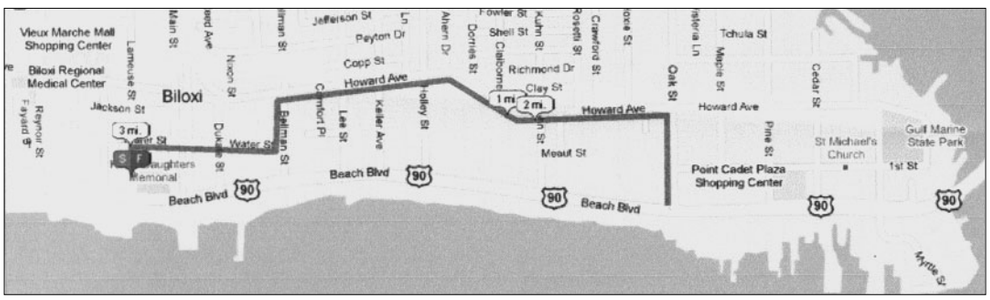
Trophies go to the First Overall Male and Female, First Overall Masters Male and Female, and First Overall Grand Masters Male and Female, First Seniors Male & Female, & to the top three (3) in the following age groups:
MALE: 12 & Under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.
FEMALE: 12 & Under 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Over.

★ Trophies to First Three Male & Female Race Walkers
★ Trophies to the First Three Wheelchair finishers
★ Trophies to 1st (3) boys and girls, under 12 - 1 mile, ages (10-12) and (9 & Under).

POST-RACE PARADE

Following the run there will be a parade starting at 2:00 p.m.

COURSE MAP



FOR MORE INFORMATION

WWW.GULFCOASTRUNNINGCLUB.ORG **LEONARD VERGUNST 228-380-7037**

2010 ST. PATRICK'S 5K & 1 MILE RUN/WALK

CHECK ONE
❑ 5-K Run ❑ 1 Mile Run/Walk
❑ 5-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 _____

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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.

RRCA ROAD RUNNERS CLUB OF AMERICA

G.C.R.C. MEMBER _____

YES ❑ NO ❑ DATE

Signature (Parent or Guardian if under 18)