

ST. JOHN ELEMENTARY SCHOOL

Invites You to Their

EAGLE RUN

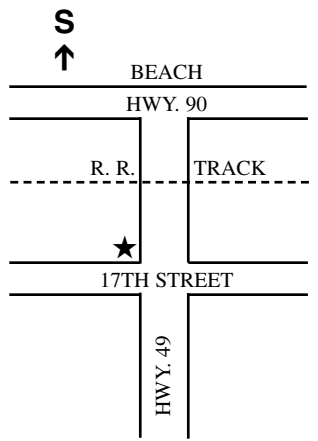
1 MILE KID'S RUN

AND

5-K RUN/WALK

SATURDAY • MARCH 20, 2010

ST. JOHN CATHOLIC CHURCH • 2414 17th STREET • GULFPORT, MS



★ ST. JOHN ELEMENTARY SCHOOL

Hosted By



Gulf Coast Running Club

GENERAL INFORMATION

- \$12.00 for GCRC Members (early)
- \$13.00 for Non-Members (early)
- \$10.00 for all children (age 12 and under)
- \$15.00 Race Day for 5K

STARTING TIME

9:00 A.M. 1-Mile Kid's Run
 9:30 A.M. 5-K Run/Walk

REGISTRATION

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

COURSE

Accurately measured, well marked flat course, out and back.

AWARDS

T-SHIRTS TO ALL ENTRANTS

Awards 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, and to the top three (3) in the following age groups: (5-K)

MALE:		FEMALE:	
12 & Under	40 - 44	12 & Under	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 +
	70 +		

1 Mile – 1st Overall Boy & Girl (12 and under) and to the top 5 in the following age groups:

6 & under	7-8	9-10	11-12
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FOR MORE INFORMATION

LEONARD VERGUNST, GCRC – 228-380-7037

ST. JOHN ELEMENTARY – 228-863-1606

www.gulfcoastrunningclub.org

THE 2010 ST. JOHN 1 MILE & 5-K RUN/WALK



Gulf Coast Running Club

CHECK ONE

- 5-K Run
- Mile Run
- 5-K Racewalker
- Wheelchair

T-SHIRT SIZES

- Small
- Medium
- Large
- X-Large
- Child Med.
- Child Large

CHECK ONE

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.

Make checks payable to:
 Gulf Coast Running Club
 P.O. Drawer 3569
 Gulfport, MS 39505

(Checks are non-refundable)

G.C.R.C. MEMBER:

- YES
- NO

Date _____

Signature (Parent or Guardian if under 18) _____

IF ST. JOHN ELEMENTARY STUDENT: Grade _____

Teacher's Name _____