

22nd ANNUAL SUMMER BEACH RUN

DATE

August 7, 2010

TIME

8:00 a.m. – 5K
8:45 a.m. – 1 MILE

PLACE

Race starts at the War Memorial Park in Pass Christian. See map.

PARKING

Free parking is available around the park.

COURSE

Loop Course. Flat and Fast.

ELIGIBILITY

The race is open to runners, joggers, race walkers, walkers, wheelchair participants of all ages and abilities.

REGISTRATION

EARLY: Must be postmarked by Aug. 2, 2010

LATE: Available at race site from 7 a.m. to 7:45 a.m. Saturday morning.

ENTRY FEE

EARLY: \$12.00 GCRC Members

\$13.00 Non-Members

\$ 5.00 for Children under 12 (1 Mile)

LATE: \$15.00 for All Runners in 5K

\$ 7.00 for Children under 12 (1 Mile)

FINISH

All runners must pass through the chute, and have the finish tab (attached to the race number) filled out in entirety to be eligible for an award.

TANK TOPS

ALL PARTICIPANTS IN THE 5K & 1 MILE WILL RECEIVE A BEAUTIFULLY DESIGNED COMMEMORATIVE TANK TOP.

5K CASH AWARDS

\$150 1st Overall Male and Female
\$100 2nd Overall Male and Female
\$ 50 3rd Overall Male and Female

TROPHIES

First 3 Overall Male & Female
First Overall Master Male & Female
First Overall Grand Master Male & Female
First Overall Seniors Male & Female
First 3 Race Walkers Male & Female

TOP 3 - IN EACH AGE GROUP

MALE: 1-12, 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: 1-12, 13-18, 19-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59
60 & Over

1 MILE WARDS

TROPHIES

First 3 Overall age 12 - 10 Male & Female
First 3 Overall 9 & Under Male & Female



22nd ANNUAL SUMMER BEACH RUN - AUGUST 7, 2010

CHECK ONE

- Pre-Register GCRC Member - \$12.00 Late/Race Day Entry - \$15.00
 Pre-Register Non-Members - \$13.00 Under 12 in 1 Mile Run - \$7.00
 Pre-Register Under 12 in 1 Mile Run - \$5.00

Gulf Coast Running Club

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

CHECK ONE

- 5 K Run 5 K Race Walker
 1 Mile Run/Walk Wheelchair

T-SHIRT SIZES

- Small Medium Child Medium
 Large X-Large



G.C.R.C. MEMBER:

YES NO

NAME _____

ADDRESS _____ PHONE _____

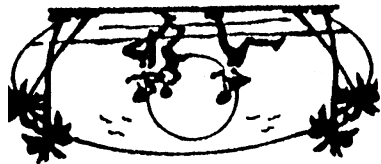
CITY _____ STATE _____ ZIP _____ SEX _____ AGE ON RACE DAY _____

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 the 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 photograph, motion pictures, recording or any other record of this event for any legitimate purpose.

Date _____

Signature (Parent or Guardian if under 18) _____

22nd Annual

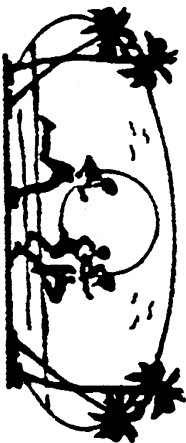


Gulf Coast Running Club
 P.O. Drawer 3569
 Gulfport, MS 39505

Pass Christian, Mississippi

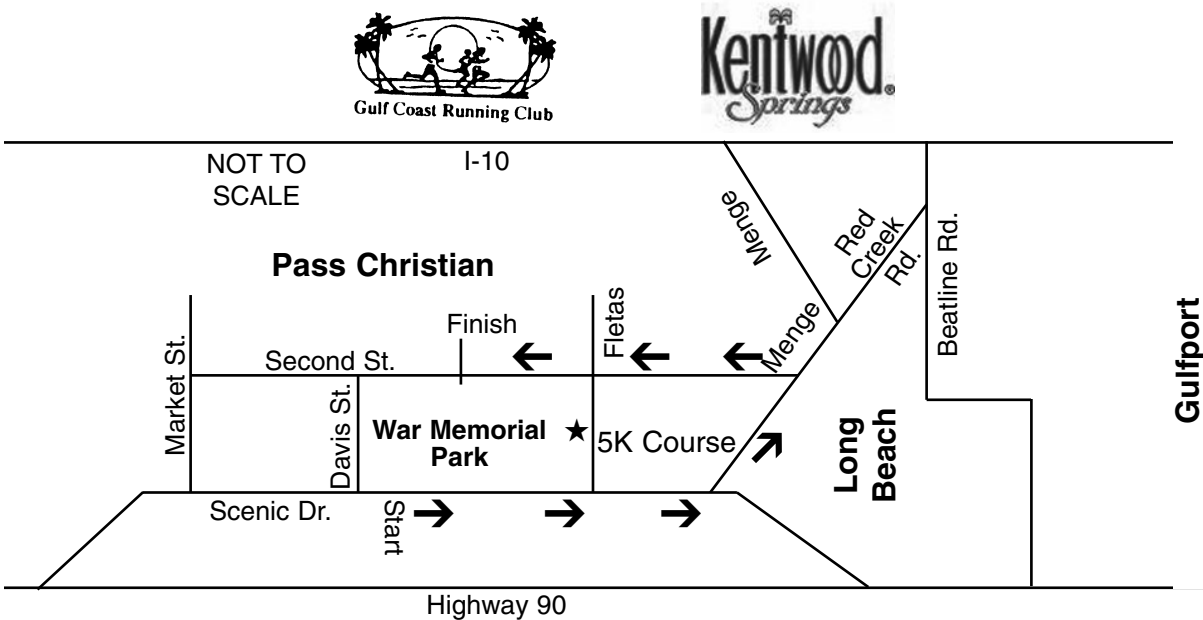
August 7, 2010

8:00 a.m. • Both Races
 Highway 90
 Pass Christian, MS
 War Memorial Park



Gulf Coast Running Club

For More Information Call
 Leonard (228) 380-7037



Announcing the 22nd Annual Summer Beach 5K Run - August 7, 2010. Details inside.
 For additional registration forms and race results, check our Web site:
www.gulfcoastrunningclub.org