

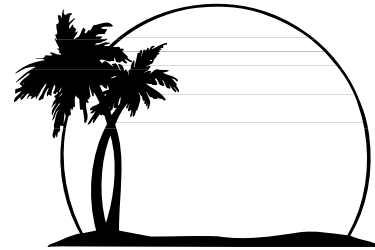
Hosted By



Gulf Coast Running Club



# 19th ANNUAL GULF COAST RUNNING CLUB DIAMONDHEAD 5K & 1 MILE RUN



## SATURDAY, AUGUST 21, 2010

7 a.m. Check-in, 8 a.m. Start for Both Races

*Start & Finish at the East Recreation Pool in Diamondhead. Picnic follows the races.  
For more information, call Leonard at 228-380-7037 or Susan Holcomb at 228-255-8690.*

### GENERAL INFORMATION

\$12.00 for GCRC Members by August 16  
\$13.00 for Non-Members by August 16  
\$7.00 for all children (age 12 and under) in the One Mile  
Late Registration - \$15.00, August 21,  
7:00-7:45 a.m. for all.

### COURSE

Hilly out and back challenge.  
Accurately measured; 2 miles from the Diamondhead  
entrance on Diamondhead Drive East starting at the East  
Rec. Pool Facility.

### REFRESHMENTS

Kentwood Springs water will be provided on the race  
course. Fruit and Gatorade will be available after the race.

### CLUB ANNUAL PICNIC

Following the awards enjoy various food & snack items.  
The pool will be open for swimming.

### DOOR PRIZES

Local merchant gift certificates and other prizes given in a  
random drawing.

### AWARDS

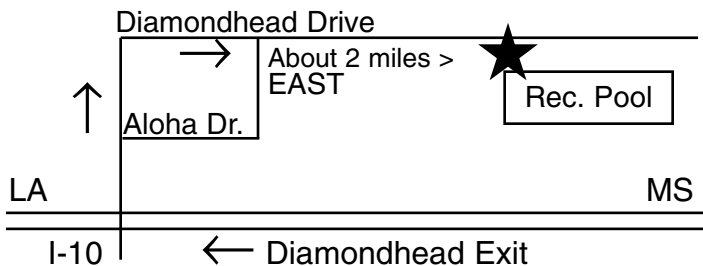
#### T-SHIRTS TO ALL RUNNERS

Trophies go to the First Overall Male and Female, First Overall  
Masters Male and Female, and First Overall Grand Masters  
Male and Female, Seniors Male and Female, and to the top  
three finishers in the following age divisions. Trophies to Top (3)  
Male & Female (10-12 & 9-U) in the 1 Mile. Also awards for the  
first three Male & Female Racewalkers.

### AGE DIVISIONS

MALE		FEMALE	
12 and under		12 and under	
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	35 - 39	60 & over
40 - 44	70 & over		

### MAP



For additional registration forms and race results, check our Web site:  
[WWW.GULFCOASTRUNNINGCLUB.ORG](http://WWW.GULFCOASTRUNNINGCLUB.ORG)

### 2010 DIAMONDHEAD 5-K RUN



Gulf Coast Running Club



CHECK ONE  
 5-K Run       1 Mile Run/Walk  
 5-K Racewalker       Wheelchair

T-SHIRT SIZES  
 Small     Medium  
 Large     X-Large  
 Child Medium

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.

G.C.R.C. MEMBER:  
 YES     NO

Date \_\_\_\_\_

Signature (Parent or Guardian if under 18) \_\_\_\_\_