

GULF COAST RUNNING CLUB

invites you to the 5th annual

Bay - Waveland Beach 10 Miler

AND

5K Run/Walk

SATURDAY • FEBRUARY 16, 2019

South Beach Blvd. & Washington Street



EARLY REGISTRATION

\$17.00 for GCRC Members (both races)
\$18.00 for Non-Members (both races)
\$10.00 for all children (age 12 and under in 5K)

Postmarked by February 11, 2019, only early registrants will be guaranteed a T-shirt on race day.

www.racesonline.com

STARTING TIME

9:00 A.M.
For Both Races

LATE REGISTRATION

8:00 A.M. February 16, 2019 - \$20.00 for all participants at the Washington Street Pier Pavilion.

COURSE

USATF Certified course for both races. Well marked flat course, out and back. Starting west on the Bay St. Louis Beach path 5 miles into Waveland and back.

POST RACE FOOD

Post race sandwiches at the Washington Street Pier Pavilion.

AWARDS

T-SHIRTS TO ALL ENTRANTS

Awards go to the top three Overall Male & Female winners, Masters Male & Female, Grand Masters Male & Female, Seniors Male & Female, and to the top three finishers in each division of both races. Awards also given to race walkers in 5K only.

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

LEONARD VERGUNST
GCRC
228-380-7037

2019 BAY - WAVELAND BEACH 10 MILER & 5K RUN/WALK



Gulf Coast Running Club

CHECK ONE

- 10 Mile Run 5K Run
 5K Racewalker

www.racesonline.com

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 _____ Date of Birth _____
Address _____ Telephone _____
City _____ State _____ Zip _____ Sex _____ Age on Race Day _____
Email _____

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) _____

