



The Gulf Coast Running Club & Bubba Gump Shrimp Co.



Invite you to the 27th Annual

Run Forrest Run VALENTINE'S DAY

8K & 1/2 MILE HEALTH RUN/WALK

SATURDAY, FEBRUARY 2, 2019

Fort Maurepas, Ocean Springs, MS

Proceeds to support the Salvation Army KROC Center



EARLY REGISTRATION

\$17.00 for GCRC Members

\$18.00 for Non-Members

\$10.00 for all children (age 12 and under) in 1/2 Mile

Postmarked by January 28, 2019. Make checks payable to:

GULF COAST RUNNING CLUB

P.O. Drawer 3569 · Gulfport, MS 39505

Be sure to include both check and registration form in your envelope.

www.racesonline.com

AWARDS

T-SHIRTS TO ALL ENTRANTS

Awards go to the Top 3 Overall Male and Females, First Overall Masters Male and Female, First Overall Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in the following age groups. Awards also for first three race walkers and the first 3 Boys & Girls in the 1 mile. Awards for: first through fifth for team competition, first through third for masters team (avg. age 40 & over), and first and second for grand master team (avg. age 50 & over). ONE MALE + ONE FEMALE = A TEAM

LATE REGISTRATION



Registration will begin at the Fort Maurepas at least 1 hour before race time.

\$20.00 for all on race day.



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 - up
40 - 44	70 - up		

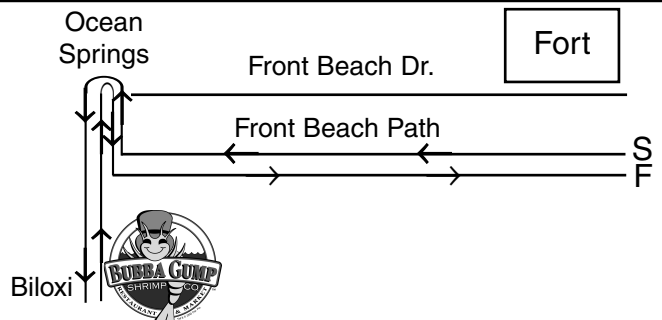
STARTING TIME



8-K – 9:00 A.M.
1/2 Mile – 10:00 A.M.



MAP



8K COURSE - TAC Certified MS11030MS

Out & back course from Ft. Maurepas over the Ocean Springs Bridge to Biloxi & back, finishing on Front Beach path.

FOR MORE INFORMATION CALL

Additional registration forms & complete race results can be found at:

WWW.GULFCOASTRUNNINGCLUB.ORG

LEONARD VERGUNST

228-380-7037

2019 RUN FORREST RUN VALENTINE'S DAY 8-K & 1/2 MILE RUN



Gulf Coast Running Club

CHECK ONE

- 8-K Run 1/2 Mile Run/Walk
 8-K Racewalker

www.racesonline.com

T-SHIRT SIZES

- Small Medium
 Large X-Large
 Child's 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) _____

