

Hosted By



Gulf Coast Running Club

OCEAN SPRINGS BRIDGE RUN



8K & 1/2 Mile Run/Walk

FORT MAUREPAS - OCEAN SPRINGS, MS

SEPTEMBER 14, 2019

EARLY REGISTRATION

\$17.00 for GCRC Members

\$18.00 for Non-Members

\$10.00 for all children (age 12 and under)

Postmarked by September 9, 2019, early registrants will receive their T-shirts on race day.

AWARDS

T-SHIRTS TO ALL ENTRANTS

Awards go to the first Overall Male and Female winners, Masters Male and Female, Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in each division of the race. Awards also for Top 3 Male and Female race walkers, and 1/2 Mile (children), ages 10-12 & 9 & Under.

STARTING TIME

8K - 8:00 A.M.
1/2 Mile - 9:00 A.M.

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		

LATE REGISTRATION

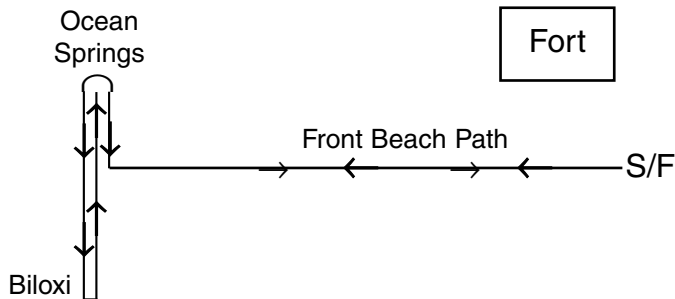
8:00 A.M. September 14, 2019 - \$20.00 for all participants. Late registrants may have to receive their t-shirt by mail at a later date.

START / FINISH

START TIME IS 8:00 AM. Runners should arrive by 7:30 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.

8K COURSE - USATF CERTIFIED

OUT AND BACK COURSE FROM FT. MAUREPAS OVER THE OCEAN SPRINGS BRIDGE TO BILOXI AND BACK, FINISHING ON FRONT BEACH PATH. MS11030MS



RESULTS & INFO

WWW.GULFCOASTRUNNINGCLUB.ORG

REFRESHMENTS

Water on the race course, food and drinks after the race.

FOR MORE INFO CALL

LEONARD VERGUNST
GCRC 228-380-7037

2019 OCEAN SPRINGS BRIDGE 8K & 1/2 MILE RUN/WALK



Gulf Coast Running Club

CHECK ONE

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

T-SHIRT SIZES

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

Make checks payable to:

Gulf Coast Running Club
P.O. Drawer 3569
Gulfport, MS 39505
(Checks are non-refundable)

REGISTER ONLINE AT WWW.RACESROSTER.COM

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) _____

