



# The Gulf Coast Running Club & Bubba Gump Shrimp Co.



Invite you to the 30<sup>th</sup> Annual

## Run Forrest Run VALENTINE'S DAY

### 8K & 1/2 MILE HEALTH RUN/WALK

SATURDAY, FEBRUARY 12, 2022

Fort Maurepas, Ocean Springs, MS

Proceeds to support the Salvation Army KROC Center



#### EARLY REGISTRATION

\$20.00 for GCRC Members  
 \$22.00 for Non-Members  
 \$15.00 for all children (age 12 and under) in 1/2 Mile  
 Postmarked by February 7, 2021. 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.raceroster.com](http://www.raceroster.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.  
 \$25.00 for all on race day.



#### AGE DIVISIONS

MALE		FEMALE	
12 & U	45 - 49	12 & U	40 - 44
13 - 18	50 - 54	13 - 18	45 - 49
19 - 24	55 - 59	19 - 24	50 - 54
25 - 29	60 - 64	25 - 29	55 - 59
30 - 34	65 - 69	30 - 34	60 - 69
35 - 39	70 - 79	35 - 39	70 & O
40 - 44	80 & O		

#### STARTING TIME

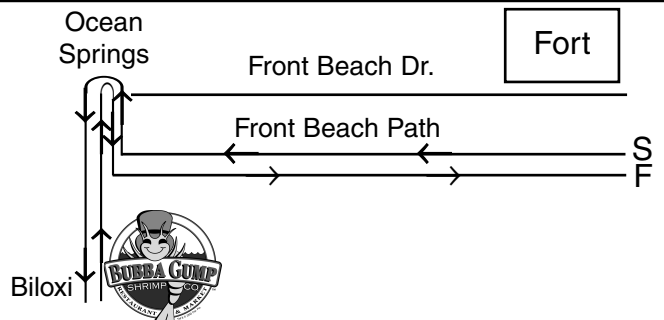


8-K – 9:00 A.M.  
 1/2 Mile – 10:00 A.M.



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

#### MAP



#### FOR MORE INFORMATION CALL

Additional registration forms & complete race results can be found at:  
[WWW.GULFCOASTRUNNINGCLUB.ORG](http://WWW.GULFCOASTRUNNINGCLUB.ORG)

LEONARD VERGUNST  
 228-380-7037

### 2022 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.raceroster.com](http://www.raceroster.com)

- T-SHIRT SIZES
- Small     Medium  
 Large     X-Large  
 Child's Medium

Make checks payable to:  
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 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) \_\_\_\_\_

