



# THE CITY OF BILOXI

Invites you to the 34th Annual

## ARBOR DAY

### 5K / 1/2 MILE RUN/WALK/ROLL and DISABILITY CHALLENGE



SATURDAY, MARCH 5, 2022

POINT CADET PARK

121 Cadet Street, Biloxi, Mississippi



#### EARLY REGISTRATION

\$20.00 for GCRC Members

\$22.00 for Non-Members

\$15.00 for all children (age 12 and under)

Postmarked by February 28, 2022. 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)

#### STARTING TIME

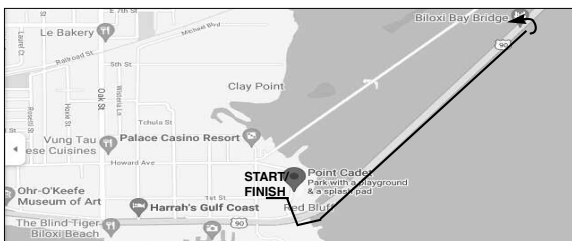
5-K – 9:00 A.M.

1/2 Mile – 9:45 A.M.

#### LATE REGISTRATION

Registration will begin at least 1 hour before race time at Point Cadet Park. \$25.00 for all on race day except children 12 & under in the 1/2 Mile.

#### USATF Certified Course



#### AWARDS

##### T-SHIRTS TO ALL ENTRANTS

Trophies go to the Top Three Overall Male and Females, 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 usual 5 year age divisions. Also trophies for the first three Male & Female Racewalkers, medals to all runners with disabilities and trophies to the first 3 boys and girls in the 1 mile race. Ages (10-12) & (9 & under).

#### DISABILITY CONNECTION

The Arbor Day Run/Walk/Roll is a charity event. Proceeds benefit the programs of Disability Connection, a 501-c-3 nonprofit corporation. Programs include the Gulf Coast Community Resource Guide, Heritage Tours, Employment Connection, the Art Ability Fair, the Community Resource Fair, "I Love My Playground Party", Read-Up, and the development of inclusive playgrounds including the Disability Connection Community Playground, Gulfport, and Little Children's Park, Ocean Springs.

The Race includes a 1/2 Mile challenge. Participants who personally use walkers, manual or electric wheelchairs, are encouraged to enter the race, and may be pushed by a volunteer. Volunteers do not need to register and pay the entry just to assist the runner unless they desire a race t-shirt. Medallions are given to all participants with disabilities.

#### FOR MORE INFORMATION CALL

[WWW.GULFCOASTRUNNINGCLUB.ORG](http://WWW.GULFCOASTRUNNINGCLUB.ORG)

[Office@DisabilityConnection.org](mailto:Office@DisabilityConnection.org)

LEONARD VERGUNST -228-380-7037

JANIE O'KEEFE - 228-604-4020

#### 2022 ARBOR DAY 5-K & 1/2 MILE HEALTH RUN/WALK/ROLL



Gulf Coast Running Club

- CHECK ONE
- 5-K Run       1/2 Mile Run/Walk
- 5-K Racewalker       1/2 Mile Disability Run

[www.raceroster.com](http://www.raceroster.com)

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

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., O'Keefe Educational Media, 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) \_\_\_\_\_