

THE GULF COAST RUNNING CLUB INVITES YOU TO THE 41ST ANNUAL

# PASS TO THE BAY

## 10K & 1 Mile Christmas Run/Walk SATURDAY, DECEMBER 17, 2022

Highway 90 & Fleitas Avenue  
WAR MEMORIAL PARK  
PASS CHRISTIAN, MS  
(319 Scenic Dr.)



Gulf Coast Running Club



### STARTING TIME

9:00 A.M. 10K - Pass Christian  
10:30 A.M. 1 MILE - Bay St. Louis

### LONG SLEEVE T-SHIRTS

Beautiful Christmas designed shirts.  
Runners will receive shirts at the finish line.

### REGISTRATION

EARLY: Registration by mail must be postmarked by December 12.

LATE: 10K registration starting at 8 A.M. at War Memorial Park in Pass Christian.

Custom designed long sleeve T-shirts after race.

### POST RACE PARTY

Subway sandwiches, fruit, donuts, beer, cold drinks,  
Christmas music, and an extra free shirt.

### 10K AWARDS

First 3 Overall . . . . . Male & Female  
First Overall . . . . . Master Male & Female  
First Overall . . . . . Grand Master Male & Female  
First Overall . . . . . Seniors Male & Female

### ENTRY FEE

EARLY: \$20.00 for GCRC  
\$22.00 for Non-Members  
\$15.00 for children age 12 & under 1 M

RACE DAY: \$25.00 for all runners in 10K

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

### AWARDS - Top 3 in Each Age Group

**Male:** 12 & Under, 13-18, 19-24, 25-29, 30-34,  
35-39, 40-44, 45-49, 50-54, 54-59, 60-64,  
65-69, 70-79, 80 and Over

**Female:** 12 & Under, 13-18, 19-24, 25-29, 30-34,  
35-39, 40-44, 45-49, 50-54, 55-59, 60-64,  
65-69, 70 & Over

### COURSE

USATF Certified - MS22021MS

The 10K race is an accurately measured point-to-point course that begins on Second Street behind the War Memorial Park in Pass Christian and finishes at Subway in Bay St. Louis. The 1 Mile Health Run/Walk starts and finishes at Subway beginning at 10:30 a.m.

First Three Male and Female Race Walkers

1st, 2nd, 3rd, Child 12 & Under . . . . Male & Female  
in the 1 mile race. Age 10-12 and 9 & Under.

### TRANSPORTATION

Carpooling is the method of transportation back to the starting area, as many people also park at the finish by Subway, 297 Hwy 90 in Bay St. Louis.

### RACE RESULTS

For complete race results or for additional entry forms, go to [www.GULFCOASTRUNNINGCLUB.org](http://www.GULFCOASTRUNNINGCLUB.org)  
For more info 228-380-7037.

## THE 2022 PASS TO THE BAY 10K RUN & 1 MILE RUN/WALK



Gulf Coast Running Club

#### CHECK ONE

- 10-K Run       1 Mile Run/Walk  
 10-K Racewalker

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

#### G.C.R.C. MEMBER:

YES     NO

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.

Date \_\_\_\_\_

Signature (Parent or Guardian if under 18) \_\_\_\_\_