



# The Gulf Coast Running Club

Invites You To Participate In The

## LAST CHANCE TO RUN

(15K, 5K, 1 Mile)

Saturday, December 31, 2022 • Woolmarket, MS  
12513 John Lee Rd.



### GENERAL INFORMATION

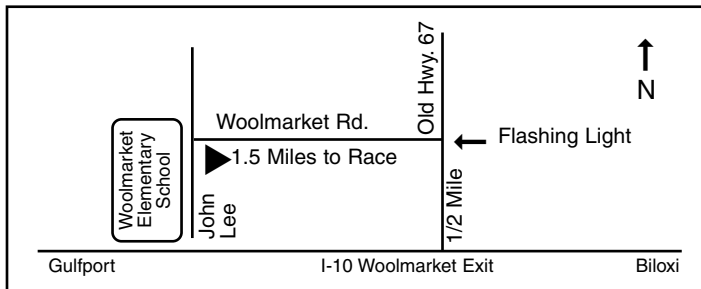
\$20.00 for all runners - \$10.00 for children age 12 & under  
Free registration for all participants who join the Gulf Coast Running Club and pay their dues on race day. (New members only). All existing members will be encouraged to renew their membership for 2023.  
There will be no pre-registration for this race.

### STARTING TIME

9:00 A.M. for all races

### REGISTRATION

Registration will begin at least 1 hour before race time at Woolmarket Elementary School on the corner of Woolmarket Rd. and John Lee Rd.



### FINISH

All runners must pass through chutes, receive finish numbers, and present same at finish board to receive awards and to select a shirt.

5K & 1 Mile Awards / Shirts - 9:45  
15K Awards / Shirts - 10:30

### FOR MORE INFORMATION CALL

Leonard Vergunst 228-380-7037  
www.gulfcoastrunningclub.org

### REFRESHMENTS

Water on the race course. Food and drinks after the race.

### COURSE

15K USATF Certified - MS22022MS  
5K USATF Certified - MS22021MS

## LAST CHANCE TO RUN FOR 2022

T-Shirts And Awards Will Be Given Out Until Supplies Are Exhausted.

- CHECK ONE Day of Race registration only.  
 15 K Run  
 5K Run/Walk  
 1 Mile Run/Walk



Gulf Coast Running Club

Make checks payable to:  
GULF COAST RUNNING CLUB on Race Day.  
(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.

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



G.C.R.C. MEMBER:

- YES  NO