

# GULF COAST RUNNING CLUB invites you to the 9th annual *Bay - Waveland Beach 10 Miler*

AND

## *5K Run/Walk*

SATURDAY • MARCH 4, 2023

South Beach Blvd. & Washington Street



Gulf Coast Running Club



### EARLY REGISTRATION

\$20.00 for GCRC Members (both races)

\$22.00 for Non-Members (both races)

\$15.00 for all children (age 12 and under in 5K)

Postmarked by February 28 only early registrants will be guaranteed a T-shirt on race day.

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

### STARTING TIME

9:00 A.M. For Both Races

### LATE REGISTRATION

8:00 A.M. March 4, 2023 - \$25.00 for all participants at the Washington Street Pier Pavilion.

### COURSE

USATF Certified course for both races. Well marked flat course, out and back. Starting west on the Bay St. Louis Beach path 5 miles into Waveland and back.

### AWARDS

#### T-SHIRTS GUARANTEED TO PREREGISTRANTS ONLY

Awards go to the top three Overall Male & Female winners, Masters Male & Female, Grand Masters Male & Female, Seniors Male & Female, and to the top three finishers in each division of both races. Awards also given to race walkers in 5K only.

### START / FINISH

START TIME IS 9:00 AM for both races. Runners should arrive by 8:00 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.

### POST RACE FOOD

Post race pizza, fruit, cookies, soda and beer at the Washington Street Pier Pavilion.

### RESULTS & INFO

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

FOR MORE INFORMATION CALL LEONARD VERGUNST • 228-380-7037

## 2023 BAY - WAVELAND BEACH 10 MILER & 5K RUN/WALK



Gulf Coast Running Club

#### CHECK ONE

- 10 Mile Run       5K Run  
 5K 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)

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) \_\_\_\_\_