


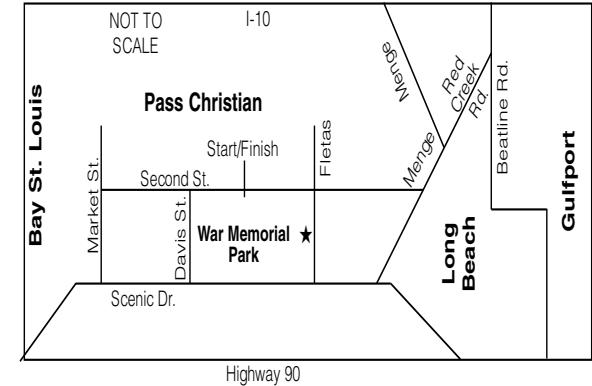
Gulf Coast Running Club  
P.O. Drawer 3569  
Gulfport, MS 39505



  
**44TH ANNUAL**  
**Gulf Coast Classic**  
**10K & 5 K WALK**  
**& MS SENIOR OLYMPICS**  
**SATURDAY,**  
**APRIL 15, 2023**  
**War Memorial Park**  
**Pass Christian, MS**

## How To Find the Race

**Long Beach Gulfport Biloxi**



### Gulf Coast Classic 10K (Men) Winners:

1979	Richard Mantooth	33:14	2001	Everett Whiteside	30:46
1980	Mike Heath	30:22	2002	Yoursi Elmejdoubi	31:00
1981	Vic Holman	33:36	2003	Kemei Kipkono	31:08
1982	Desmond O'Connor	30:45	2004	Yoursi Elmejdoubi	30:23
1983	Desmond O'Connor	30:37	2005	Rocky Silva	34:54
1984	Desmond O'Connor	30:35	2006	Bryan Smith	35:20
1985	Mike Mullen	30:54	2007	Max Lemons	35:52
1986	Ian Wilkinson	30:25	2008	Gilbert Liptoo	32:01
1987	Mike Mullen	31:59	2009	Richard Ondimu	32:10
1988	Mike Mullen	30:39	2010	Kyle Lewis	31:50
1989	Sabastian Junger	--	2011	Vincent Rono	33:39
1990	Jack Ditt	31:14	2012	William Swick	36:12
1991	David Keen	--	2013	Micah Tirop	32:45
1992	Todd Wells	30:40	2014	Leonard Vergunst	37:49
1993	Mike Mullen	31:11	2015	Brennan Barlow	36:09
1994	Tom McGrath	31:04	2016	Gerard Jarvis	36:39
1995	Reuben Njau	31:03	2017	Brennan Barlow	38:08
1996	Drew Prisner	31:33	2018	Josh Pittman	38:05
1997	Chuck Engle	32:16	2019	Kevin Cooley	37:34
1998	Everett Whiteside	31:04	2021	Blaine Sullivan	36:40
1999	Rudolf Jun	31:47	2022	Dallas Strickland	34:51
2000	Yoursi Elmejdoubi	31:59			

### Gulf Coast Classic 10K (Women) Winners:

1979	Sally O'Neal	41:59	2001	Connie Robertson	38:09
1980	Laura Heath	38:06	2002	Jessica Tranchina	39:12
1981	Kathy Bressler	38:08	2003	Connie Robertson	38:54
1982	Patti Harris	41:58	2004	Connie Robertson	39:57
1983	Ginny Hornberger	39:57	2005	Connie Robertson	39:24
1984	Barbara Ross	42:24	2006	Connie Robertson	42:20
1985	Marie Ishee	42:12	2007	Jennifer Plante	42:26
1986	Ginny Hornberger	37:19	2008	Sheryl Chatfield	41:36
1987	Charlene Locklear	38:08	2009	Anna Hallex	38:46
1988	Lori Lazzari	37:47	2010	Leah Watters	38:58
1989	Lisa Reed	--	2011	Leah Watters	39:03
1990	Lisa Presedo	34:39	2012	Leah Watters	38:15
1991	Lisa Presedo	--	2013	Jacqueline Sasaki	38:48
1992	Lisa Presedo	36:37	2014	Leah Watters	41:18
1993	Susann Pierce	38:12	2015	Megan Davis	44:26
1994	Keri Ange	35:50	2016	Meggan Franks	38:04
1995	Keri Ange	37:03	2017	Catherine Williams	40:17
1996	Susan Maloy	36:25	2018	Mikayla Walters	44:48
1997	Stacey Mosely	38:07	2019	Leah Watters	39:23
1998	Alice Snoot	38:37	2021	Sarah Taylor	44:09
1999	Sherrie Keim	37:37	2022	Leah Watters	39:08
2000	Kristin Vergunst	45:21			

**For Additional Applications or Race Results**  
**Check Our Website:**  
**[www.GulfCoastRunningClub.org](http://www.GulfCoastRunningClub.org)**

# 44th Annual MICHELOB ULTRA Gulf Coast Classic 10K & 5K Walk

Saturday • April 15, 2023 • War Memorial Park • Pass Christian, MS

## GENERAL INFORMATION

\$20.00 for GCRC members postmarked by April 10  
 \$22.00, for non-members postmarked by April 10  
 \$25.00 for all, after April 10  
 \$15.00 for children

Late Registration: \$25.00  
 April 15 - 7:00 a.m. - 8:00 a.m.

## STARTING TIME

8:00 a.m. for 10K & 5K Walk  
 9:00 a.m. for 1 MILE KIDS RACE

## EARLY REGISTRATION

Make checks payable and mail to:  
**The Gulf Coast Running Club**  
 P.O. Drawer 3569  
 Gulfport, MS 39505

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

## FOR MORE INFORMATION CALL

Leonard Vergunst at (228) 380-7037

## MS SENIOR OLYMPICS

### 10K RUN & 5K RACEWALK

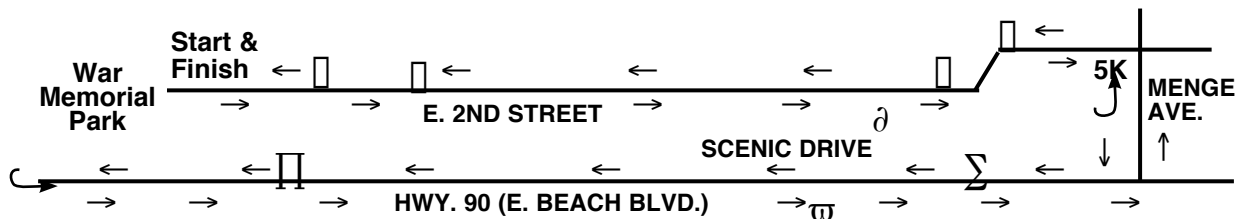
All Senior Olympic participants who wish to be eligible for additional Senior Olympic age awards and seniors shirts must also register online at:

[www.msseniorolymp.org](http://www.msseniorolymp.org)

\*Racewalk: Strict racewalking rules applied.

## COURSE

Out and back course. Enjoy the scenic view of the Gulf of Mexico as you run along Scenic Drive in Pass Christian. USATF Certified.



## POST-RACE

After the run, there will be complimentary food, Michelob Ultra Beer (must be 21 yrs. of age), soft drinks and fruit.

## T-SHIRTS

Beautifully designed T-shirts to guaranteed to pre-registrants only.

Senior Olympic runners receive different shirt.

## 10K AWARDS

### Academy Sports Gift Cards

to all 10K overall categories.

- \$150** 1st Overall Male and Female
- \$100** 2nd Overall Male and Female
- \$75** 3rd Overall Male and Female
- \$50** 1st Overall Masters Male & Female

**10K Trophies** to the top 3 finishers in the following age groups.

### MEN

12 & U 35-39  
 13-18 40-44  
 19-24 45-49  
 25-29 45-49  
 30-34 50-54

### WOMEN

12 & U 35-39 55-59  
 13-18 40-44 60-64  
 19-24 45-49 65-69  
 25-29 45-49 65-69  
 50-54 70 & Over

## 5K AWARDS

**Trophies** to the Top 3 Overall Male & Female Race Walkers

## MS SENIOR OLYMPICS AWARDS

Separate awards given to Top 3 Male & Female over age 50 – 5 Year age groups in the 10K run and the 5K racewalk

## 1 MILE AWARDS

**Trophies** to the Top 3 Overall Children Male and Female, 10-12 & 9 and Under

Detach Completed Entry Form Here

# The 2023 Gulf Coast Classic 10K & 5K Walk

**T-SHIRT SIZES**  
 Small  Medium  X-Large  Child Medium  
 Make checks payable to:  
 Gulf Coast Running Club  
 P.O. Drawer 3569  
 Gulfport, MS 39505  
 (Checks are non-refundable)

**CHECK ONE**  
 10K Run  1 Mile Kids  
 5K Race Walker  
[www.raceroster.com](http://www.raceroster.com)

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., the Federal Government, 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) \_\_\_\_\_