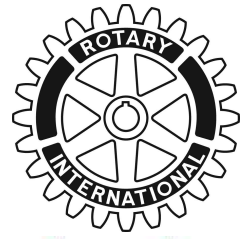




32nd ANNUAL GULF COAST RUNNING CLUB CITY OF DIAMONDHEAD 5K WALK TO DA FEET HUNGER 5K & 1 MILE RACE



SATURDAY, AUGUST 19, 2023
7 a.m. Check-in, 8 a.m. Start of the 5K,
8:45 a.m. start of the 1 Mile

*Start & Finish at the East Recreation Pool in Diamondhead.
For more information, call Leonard Vergunst (228) 380-7037.*

GENERAL INFORMATION

\$20.00 for GCRC Members by August 15
\$22.00 for Non-Members by August 15
\$15.00 for all children (age 12 and under) in the One Mile
Late Registration - \$25.00 5K, \$15.00 Children One Mile
7:00-7:45 a.m. for all on race day.
Register online at www.raceroster.com

COURSE

USATF Certified. Hilly out and back challenge. Accurately measured; 2 miles from the Diamondhead entrance on Diamondhead Drive East starting at the East Rec. Pool Facility. Kentwood Springs water will be on the race course.

POST RACE

After the race there will be drinks, fruit, and various food and snack items.

T-SHIRTS

Colorful shirts guaranteed to all pre-registered runners.

DOOR PRIZES

Local merchant gift certificates and other prizes given in a random drawing.

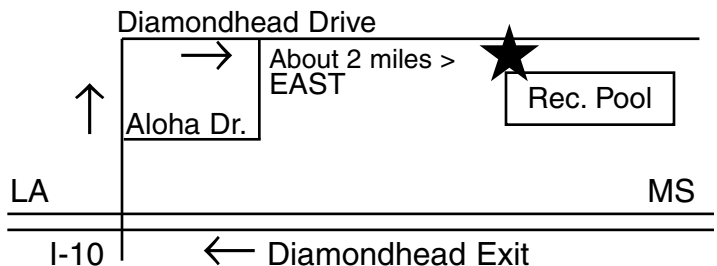
AWARDS

Trophies go to the Top 3 Overall Males 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 following age divisions. Trophies to Top (3) Male & Female (10-12 & 9-U) in the 1 Mile. Also awards for the first three Male & Female Racewalkers.

AGE DIVISIONS

MALE		FEMALE	
	12 and under		12 and under
12 & U	45 - 49	12 & U	45 - 49
13 - 18	50 - 54	13 - 18	50 - 54
19 - 24	55 - 59	19 - 24	55 - 59
25 - 29	60 - 64	25 - 29	60 - 64
30 - 34	65 - 69	30 - 34	65 - 69
35 - 39	70 - 79	35 - 39	70 & O
40 - 44	80 & O	40 - 44	

MAP



For additional registration forms and race results, check our Web site:
WWW.GULFCOASTRUNNINGCLUB.ORG

2023 DIAMONDHEAD 5-K RUN



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

- 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

REGISTER ONLINE AT www.raceroster.com

(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) _____

