

YAK - A - DU KAYAK DUATHLON

2 MILE RUN - 2 MILE KAYAK - 2 MILE RUN



SATURDAY, SEPTEMBER 2, 2023
LONG BEACH, MISSISSIPPI
WOLF RIVER CANOES 8:00 A.M.



General Information: This is a first time fun event. It consists of individuals running 2 miles (one mile up Tucker Rd. and back), then kayaking 2 miles (one mile south on Wolf River and back), and then doing the 2 mile out and back run on Tucker Rd. again. The race will be a good tune up for people getting ready for the PPP later next month, however, this will be a solo event only. No teams or relays for the Yak-A-Du.

Cost: The cost will be \$20 pre-registered, \$25 race day.

All participants & volunteers will receive T-shirts.

The rest of the entry fee money will be used for the refreshments and awards. There will be pre-registration by mail-in or by raceroster.com or just come sign up on race day beginning at 7am.

Place: Wolf River Canoes, Long Beach, MS. on Tucker Road.

(DIRECTIONS - Take Exit 28 off 1-10 & go south. (This is the Long Beach-Pass Christian exit). Cross the RR tracks after about 1 mile and bear right onto Red Creek Road until you see the Wolf River Canoe sign – that's Tucker RD. Follow it until it ends. (21652 Tucker Rd.)

You can reserve a kayak (or canoe) on race day by calling 228-452-7666.

The cost of the rental is in addition to the entry fee.

So bring your own kayak or borrow one to avoid this additional cost.

Double bladed paddles allowed with any type of kayak or canoe.

Awards: Top 3 overall males & females. Plus top masters, grandmasters, & seniors.

Also awards to the top 2 in the 5 year age groups. Additional awards may also be given depending on the number of participants and supply of awards.

Results and Pictures: will be posted at www.gulfcoastrunningclub.org later on race day.

Info: Leonard Vergunst at 228-380-7037

To print additional applications go to our website gulfcoastrunningclub.org

2023 YAK A DU Kayak Duathlon

Gulf Coast Running Club

P.O. Drawer 3569

Gulfport, MS 39505

www.raceroster.com

Name _____

Address _____

City/State/Zip _____

Phone _____ Email _____

I agree to abide by the rules of the race. I agree not to hold the Gulf Coast Running Club, Wolf River Canoes, or any volunteer responsible for any injury or death that might occur.

SIGNATURE _____