

Hosted By



Gulf Coast Running Club

OCEAN SPRINGS BRIDGE RUN



8K & 1/2 Mile Run/Walk

FORT MAUREPAS - OCEAN SPRINGS, MS

SEPTEMBER 16, 2023

EARLY REGISTRATION

\$20.00 for GCRC Members

\$22.00 for Non-Members

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

Postmarked by September 11 — early registrants will receive their T-shirts on race day.

\$25.00 day of race. Online: raceroster.com

AWARDS

T-SHIRTS guaranteed to pre-registered only

Awards go to the first Overall Male and Female winners, Masters Male and Female, Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in each division of the race. Awards also for Top 3 Male and Female race walkers, and 1/2 Mile (children), ages 10-12 & 9 & Under.

STARTING TIME

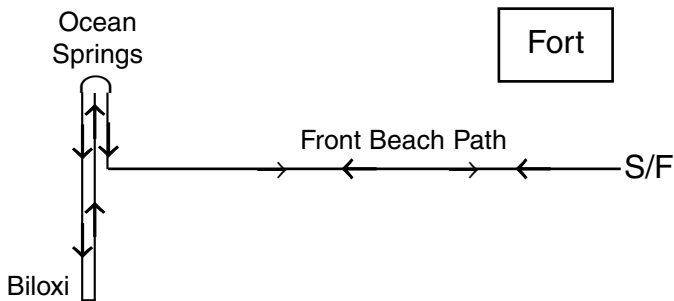
8K - 8:00 A.M.
1/2 Mile - 9:00 A.M.

AGE DIVISIONS

MALE		FEMALE	
12 and under		12 and under	
12 & U	45 - 49	12 & U	40 - 44
13 - 18	50 - 54	13 - 18	45 - 49
19 - 24	55 - 59	19 - 24	50 - 54
25 - 29	60 - 64	25 - 29	55 - 59
30 - 34	65 - 69	30 - 34	60 - 64
35 - 39	70 - 74	35 - 39	65 - 69
40 - 44	75 - 79		70+
	80+		

8K COURSE - USATF CERTIFIED

OUT AND BACK COURSE FROM FT. MAUREPAS OVER THE OCEAN SPRINGS BRIDGE TO BILOXI AND BACK, FINISHING ON FRONT BEACH PATH. MS22002MS



RESULTS & INFO

GulfCoastRunningClub.org

Leonard Vergunst 228-380-7037

2023 OCEAN SPRINGS BRIDGE 8K & 1/2 MILE RUN/WALK

CHECK ONE

- 8K Run 1/2 Mile Run/Walk
 8K Racewalker

T-SHIRT SIZES

- Small Medium
 Large X-Large
 Child's Medium

Make checks payable to:

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

Checks not refundable

REGISTER ONLINE AT RACEROSTER.COM



Gulf Coast Running Club

Name _____ Date of Birth _____

Address _____ Telephone _____

City _____ State _____ Zip _____ Sex _____ Age on Race Day _____

Email _____



G.C.R.C. MEMBER:

- YES NO

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) _____