

GULF COAST RUNNING CLUB

Invites You to the

MSG Sean Cooley Memorial 5K

Hosted By

SATURDAY, NOVEMBER 11, 2023

FORT MAURPAS, OCEAN SPRINGS, MS

Proceeds benefit the

Sean M. Cooley Citizen Soldier Nursing Scholarship Inc.

501(c)3



Gulf Coast Running Club

GENERAL INFORMATION

\$20.00 for GCRC Members by November 8
\$22.00 for Non-Members by November 8
\$15.00 for all children (age 12 & under) in the 1 mile Run.
Late Registration: November 11, \$25.00. Race starts at Fort Maurepas.
Registration will begin at least 1 hour before race time.
www.raceroster.com

STARTING TIME

1 Mile – 9:00 A.M. (see adult prize money)
5-K – 9:30 A.M.

Both courses are USATF Certified and eligible for state age records. 1 MILE - MS21001MS, 5K -MS20004MS

MSG SEAN COOLEY

Join us to honor and remember
MSG Sean Cooley, a fallen soldier
KIA 02/03/2005 US Army National Guard

AWARDS

T-SHIRTS WHILE SUPPLIES LAST

Awards go to the First Overall Male and Female, First Overall Masters Male and Female, & First Overall Grand Masters Male and Female, Seniors, and to the top three (3) in the following age groups:

MALE: 12 & Under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-over.

FEMALE: 12 & Under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over.

–Awards for first three Male & Female Racewalkers

1 Mile – Top 3 Male & Female (10-12) & (9-under)

–Adult Prize Money (1 Mile) – 1st - \$75.00, 2nd – \$50.00,

3rd – \$25.00 for Male & Female

FOR MORE INFORMATION CONTACT:

GULFCOASTRUNNINGCLUB.ORG

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2023 MSG SEAN COOLEY MEMORIAL 5K RUN/WALK REGISTRATION



Gulf Coast Running Club



CHECK ONE

- 5-K Run 1 Mile
 5-K Racewalker

www.raceroster.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.

Date _____

Signature (Parent or Guardian if under 18) _____