

Hosted By



Gulf Coast Running Club



THE CITY OF BILOXI

Invites you to the 36th Annual

ARBOR DAY

5K / 1 MILE RUN/WALK/ROLL

and DISABILITY CHALLENGE

SATURDAY, FEBRUARY 24, 2024

TOWN GREEN • Biloxi, Mississippi



Early Registration

\$20.00 for GCRC Members

\$22.00 for Non-Members

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

Postmarked by February 19, 2024. Make checks payable to:

GULF COAST RUNNING CLUB

P.O. Drawer 3569 • Gulfport, MS 39505

Be sure to include both check and registration form in your envelope.

raceroster.com

Awards

T-SHIRTS GUARANTEED TO PRE-REGISTRANTS ONLY

Trophies go to the Top Three Overall Male 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 usual 5 year age divisions. Also trophies for the first three Male & Female Racewalkers, medals to all runners with disabilities and trophies to the first 3 boys and girls in the 1 mile race. Ages (10-12) & (9 & under). Trophies to the top 3 wheelchairs in the one mile.

Starting Time

5-K – 9:00 A.M.

1 Mile – 9:45 A.M.

Late Registration

Registration will begin at least 1 hour before race time at Town Green. \$25.00 for all on race day except children 12 & under in the 1 Mile.

More Information

GULFCOASTRUNNINGCLUB.ORG
LEONARD VERGUNST 228-380-7037
Office@DisabilityConnection.org
JANIE O'KEEFE 228-604-4020

Disability Connection

The Arbor Day Run/Walk/Roll is a charity event. Proceeds benefit the programs of Disability Connection, a 501 c 3 Nonprofit Corporation founded in 2002. Programs include Community Assist, a variety of MS Coast Community Resource Guides, Supported Employment, and events such as the Art Ability Fair.

Visit www.DisabilityConnection.org to explore DC's MS Heritage Information Center and see DC' newest MS Coast Community Resource Guides which are interactive and downloadable.

Join DC's social network... "Like" our Facebook business page Disability Connection; Join our Disability Group Page Disability Connection a project of O'Keefe Educational Media; Follow us on Twitter: @DisableConnect; Join our monthly e-newsletter. (228) 604-4020.

2024 ARBOR DAY 5K & 1/2 MILE HEALTH RUN/WALK/ROLL



Gulf Coast Running Club

CHECK ONE

- 5K Run
- 5K Racewalker
- 1 Mile Run/Walk
- 1/4 Mile Disability Run

raceroster.com

T-SHIRT SIZES

- Small
- Medium
- Large
- X-Large
- Child's Medium
- XX Large

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., O'Keefe Educational Media, 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) _____