

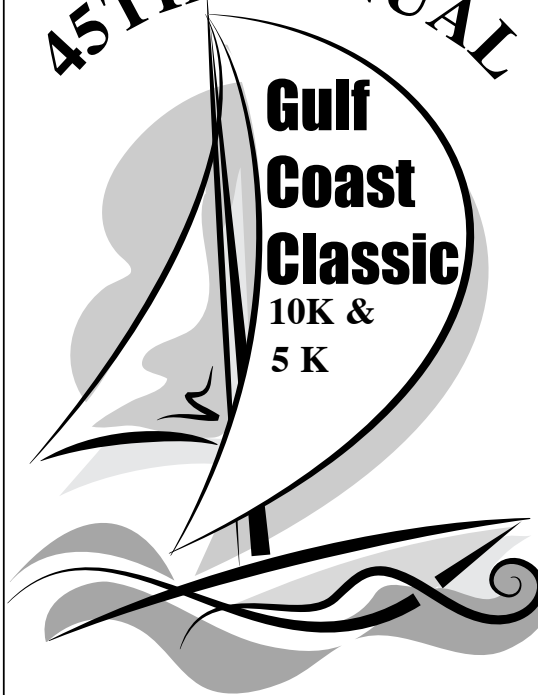
Gulf Coast Running Club
P.O. Drawer 3569
Gulfport, MS 39505





45TH ANNUAL

Gulf Coast Classic
10K &
5 K

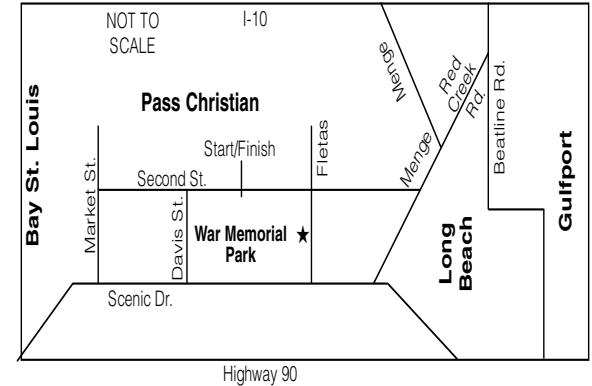


& MS SENIOR OLYMPICS

**SATURDAY,
APRIL 13, 2024**

**War Memorial Park
Pass Christian, MS**

How To Find the Race
Long Beach Gulfport Biloxi



Gulf Coast Classic 10K (Men) Winners:

| | | | | | |
|------|-------------------|-------|------|-------------------|-------|
| 1979 | Richard Mantooth | 33:14 | 2001 | Everett Whiteside | 30:46 |
| 1980 | Mike Heath | 30:22 | 2002 | Yoursi Elmejdoubi | 31:00 |
| 1981 | Vic Holman | 33:36 | 2003 | Kemei Kipkono | 31:08 |
| 1982 | Desmond O'Connor | 30:45 | 2004 | Yoursi Elmejdoubi | 30:23 |
| 1983 | Desmond O'Connor | 30:37 | 2005 | Rocky Silva | 34:54 |
| 1984 | Desmond O'Connor | 30:35 | 2006 | Bryan Smith | 35:20 |
| 1985 | Mike Mullen | 30:54 | 2007 | Max Lemons | 35:52 |
| 1986 | Ian Wilkinson | 30:25 | 2008 | Gilbert Liptoo | 32:01 |
| 1987 | Mike Mullen | 31:59 | 2009 | Richard Ondimu | 32:10 |
| 1988 | Mike Mullen | 30:39 | 2010 | Kyle Lewis | 31:50 |
| 1989 | Sabastian Junger | -- | 2011 | Vincent Rono | 33:39 |
| 1990 | Jack Ditt | 31:14 | 2012 | William Swick | 36:12 |
| 1991 | David Keen | -- | 2013 | Micah Tirop | 32:45 |
| 1992 | Todd Wells | 30:40 | 2014 | Leonard Vergunst | 37:49 |
| 1993 | Mike Mullen | 31:11 | 2015 | Brennan Barlow | 36:09 |
| 1994 | Tom McGrath | 31:04 | 2016 | Gerard Jarvis | 36:39 |
| 1995 | Reuben Njau | 31:03 | 2017 | Brennan Barlow | 38:08 |
| 1996 | Drew Prisner | 31:33 | 2018 | Josh Pittman | 38:05 |
| 1997 | Chuck Engle | 32:16 | 2019 | Kevin Cooley | 37:34 |
| 1998 | Everett Whiteside | 31:04 | 2021 | Blaine Sullivan | 36:40 |
| 1999 | Rudolf Jun | 31:47 | 2022 | Dallas Strickland | 34:51 |
| 2000 | Yoursi Elmejdoubi | 31:59 | 2023 | Jeff Rafach | 37:12 |

Gulf Coast Classic 10K (Women) Winners:

| | | | | | |
|------|-------------------|-------|------|--------------------|-------|
| 1979 | Sally O'Neal | 41:59 | 2001 | Connie Robertson | 38:09 |
| 1980 | Laura Heath | 38:06 | 2002 | Jessica Tranchina | 39:12 |
| 1981 | Kathy Bressler | 38:08 | 2003 | Connie Robertson | 38:54 |
| 1982 | Patti Harris | 41:58 | 2004 | Connie Robertson | 39:57 |
| 1983 | Ginny Hornberger | 39:57 | 2005 | Connie Robertson | 39:24 |
| 1984 | Barbara Ross | 42:24 | 2006 | Connie Robertson | 42:20 |
| 1985 | Marie Ishee | 42:12 | 2007 | Jennifer Plante | 42:26 |
| 1986 | Ginny Hornberger | 37:19 | 2008 | Sheryl Chatfield | 41:36 |
| 1987 | Charlene Locklear | 38:08 | 2009 | Anna Hallex | 38:46 |
| 1988 | Lori Lazzari | 37:47 | 2010 | Leah Watters | 38:58 |
| 1989 | Lisa Reed | -- | 2011 | Leah Watters | 39:03 |
| 1990 | Lisa Presedo | 34:39 | 2012 | Leah Watters | 38:15 |
| 1991 | Lisa Presedo | -- | 2013 | Jacqueline Sasaki | 38:48 |
| 1992 | Lisa Presedo | 36:37 | 2014 | Leah Watters | 41:18 |
| 1993 | Susann Pierce | 38:12 | 2015 | Megan Davis | 44:26 |
| 1994 | Keri Ange | 35:50 | 2016 | Meggan Franks | 38:04 |
| 1995 | Keri Ange | 37:03 | 2017 | Catherine Williams | 40:17 |
| 1996 | Susan Maloy | 36:25 | 2018 | Mikayla Walters | 44:48 |
| 1997 | Stacey Mosely | 38:07 | 2019 | Leah Watters | 39:23 |
| 1998 | Alice Snoot | 38:37 | 2021 | Sarah Taylor | 44:09 |
| 1999 | Sherrie Keim | 37:37 | 2022 | Leah Watters | 39:08 |
| 2000 | Kristin Vergunst | 45:21 | 2023 | Isabella Bailey | 49:29 |

Additional applications or race results:

GulfCoastRunningClub.org

45th Annual MICHELOB ULTRA Gulf Coast Classic 10K & 5K

Saturday • April 13, 2024 • War Memorial Park • Pass Christian, MS

GENERAL INFORMATION

\$20.00 for GCRC members postmarked by April 8
 \$22.00, for non-members postmarked by April 8
 \$25.00 for all, after April 8
 \$15.00 for children

Late Registration: \$25.00
 April 13 - 7:00 a.m. - 8:00 a.m.

STARTING TIME

8:00 a.m. for 10K & 5K Walk
 9:00 a.m. for 1 MILE KIDS RACE

EARLY REGISTRATION

Make checks payable and mail to:
The Gulf Coast Running Club
 P.O. Drawer 3569
 Gulfport, MS 39505

www.raceroster.com

FOR MORE INFORMATION CALL

Leonard Vergunst at (228) 380-7037

MS SENIOR OLYMPICS

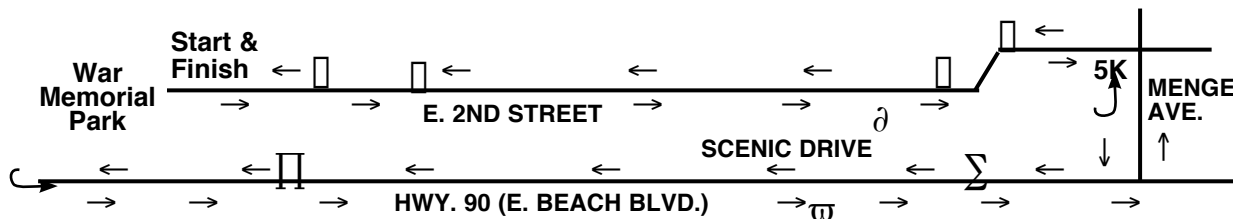
10K RUN

All Senior Olympic participants who wish to be eligible for additional Senior Olympic age awards and seniors shirts must also register online at:

www.msseniorolymp.com

COURSE

Out and back course. Enjoy the scenic view of the Gulf of Mexico as you run along Scenic Drive in Pass Christian. USATF Certified.



POST-RACE

After the run, there will be complimentary food, Michelob Ultra Beer (must be 21 yrs. of age), soft drinks and fruit.

T-SHIRTS

Beautifully designed T-shirts to guaranteed to pre-registrants only.

Senior Olympic runners receive different shirt.

10K AWARDS

Academy Sports Gift Cards

to all 10K overall categories.

- \$150** 1st Overall Male and Female
- \$100** 2nd Overall Male and Female
- \$75** 3rd Overall Male and Female
- \$50** 1st Overall Masters Male & Female

10K Trophies to the top 3 finishers in the following age groups.

MEN

12 & U 35-39
 13-18 40-44
 19-24 45-49
 25-29 45-49
 30-34 50-54

WOMEN

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

5K AWARDS

Trophies to the Top 3 Overall Male & Female
 Age group medals to 5K runners & walkers

MS SENIOR OLYMPICS AWARDS

Separate awards given to Top 3 Male & Female over age 50 – 5 Year age groups in the 10K run

1 MILE AWARDS

Trophies to the Top 3 Overall Children Male and Female, 10-12 & 9 and Under

Detach Completed Entry Form Here

The 2024 Gulf Coast Classic 10K & 5K

CHECK ONE

- 10K Run
- 5K Run
- 1 Mile Kids
- 5K Race Walker

- Make checks payable to:
 Gulf Coast Running Club
 P.O. Drawer 3569
 Gulfport, MS 39505
 (Checks are non-refundable)

www.raceroster.com

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., the Federal Government, 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) _____