



The MS Gulf Coast YMCA

Invites You to the City of Ocean Springs for the
28th Annual



WESSON MEMORIAL

2 Mile Health Run/Walk & 1/4 Mile Children's Run

Friday, July 4, 2008

Also hosted by the Gulf Coast Running Club

GENERAL INFORMATION

\$10 GCRC and YMCA Members; \$11 for Non-Members (by mail postmarked by June 28, 2008), \$12 for all on race day. Late registration on race day from 7:00-7:45 a.m. \$7 for children (12 years and under) in the 1/4 Mile Run/Walk.

STARTING TIME

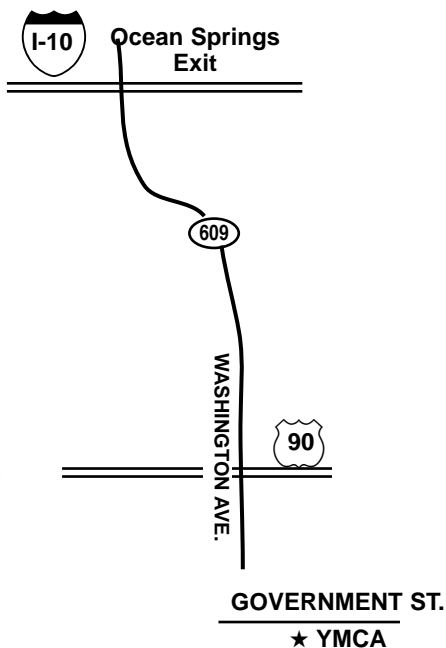
8 a.m. - 2 miles
8:30 - 1/4 mile

STARTING PLACE

The YMCA
on Government Street
in Ocean Springs

REGISTRATION

Registration begins at least 1 hour before race time. Walkers, race walkers and wheelchair participants are welcome.



COURSE

Accurately marked, beautiful and scenic. Run south on Pine Street to Shearwater – turn left to East Beach and back.

FINISH

All runners must pass through chutes, receive finish number, and present same at finish board to receive awards. Race results and times will be posted immediately after the race.

WEATHER

If the weather is very warm, use customary hot-weather racing precautions with which you should be familiar and take full advantage of water along the course. Stop running and seek help if you stop sweating or feel nauseous or dizzy.

AWARDS

T-Shirts to All Entrants

Trophies for the 1st Overall Male & Female; 1st Overall Masters Male & Female; 1st Overall Grandmasters Male & Female; and to the top 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 & over

Female: 12 & Under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over

Trophies for the first (3) Male and Female Race Walkers.

Trophies to the first (3) boys and girls (12-10, 9-7, & 6-under) in the 1/4 mile.

REFRESHMENTS

Kentwood Springs water will be available on the race course, along with fruit and drinks after the race.

RESULTS & PHOTOS

www.gulfcoastrunningclub.org

FOR MORE INFORMATION CONTACT

Leonard (875-6855), Gulf Coast Running Club or Member Services (875-5050), Family YMCA - Govt. St.

PROCEEDS WILL BE USED TO IMPROVE THE WESSON MEMORIAL GYM TO BETTER SERVE AREA YOUTH.

★ FREE ACCESS TO YMCA FACILITIES FOLLOWING THE RACE ★

2008 YMCA WESSON MEMORIAL 2 MILE RUN/WALK - 1/4 MILE CHILDREN'S RUN

MAKE CHECKS PAYABLE TO GULF COAST RUNNING CLUB, P.O. DRAWER 3569, GULFPORT, MS 39505

(Checks are Non-Refundable)

CHECK APPLICABLE BOX:

2 Mile Run 1/4 Mile Run 2 Mile Racewalker Wheelchair

T-SHIRT SIZES Small Medium Large Extra Large

YMCA or GCRC member Yes No



NAME _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ SEX _____ AGE ON RACE DAY _____



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 the 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 photograph, motion pictures, recording or any other record of this event for any legitimate purpose.



Date _____ Signature (Parent or Guardian if under 18) _____