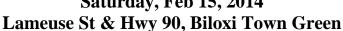


# 26<sup>th</sup> ARBOR 5K-1 MILE RUN/WALK/ROLL **Saturday, Feb 15, 2014**



















## REGISTRATION

\$20.00 Adult Reg. Fee, (\$15.00 children 12 and under) Pre-Register with Disability Connection by Feb. 7th to guarantee t-shirt and tree at race, registration open until race. Make checks payable to: **Disability Connection**, 700 Pass Rd. Gulfport, MS 39501; On-line Registration at www.DisabilityConnection.org; Checks are nonrefundable. Donations over the entry fee to Disability Connection, a 501 (c) (3) Nonprofit Corporation, are appreciated. Proceeds benefit 2014 programs that support individuals with disabilities: major inclusive events, a statewide resource center, community resource guide, and social network. Last year's run supported the first Disability Connection Community Playground now open at Bruce Ladner Memorial Park in Gulfport. Race day registrations are through Gulf Coast Running Club.

# **USATF Certified Course - MS11044M** Map Available at www.GulfCoastRunningClub.org

#### STARTING TIMES

Registration opens 8:00am Pre-registered Sign-in 8:45-9:30am 5K Run Start 9:00am

1 Mile & 1/4 Mile Start 9:45 am, Awards Following

## **AWARDS**

Trophies go to the First Overall Male and Female, 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 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).

### **DISABILITY CONNECTION**

There will be music, snacks, and vendor information. The race includes a 1/4 mile challenge. Participants who personally use walkers, manual or electric wheelchairs are encouraged to enter the race, and may be pushed by a volunteer. Volunteers do not need to register and pay the entry to assist a runner unless they desire a t-shirt. Medallions are given to all participants with physical challenges. The City of Biloxi provides a free tree to each runner while supplies last. All paid runners receive a tshirt. Those preregistering through Disability Connection are guaranteed a t-shirt and tree the day of the race.

	bility Connection Office, 228-870-7775, <u>Office@DisabilityConnection.org</u> ************************************
2014	26th ARBOR DAY 5-K - 1 MILE-1/4 Mile HEALTH RUN/WALK/ROLL
CHECK ONE:	T_SHIRT SIZE:

CHECK ONE:	I-SHIRT SIZE:					
🗅 5-K Run 🗅 1 Mile or ¼ Mi	☐ Small ☐ Medium ☐ Large ☐ X-Large					
🗅 5-K Racewalker 🗅 Wheel	☐ 2X-La	rge 📮	3X-Large	☐ Child's Medium		
Name		Team	Name			
Address			_ Telephone			
City	State	Zip	Sex	Age o	n 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. 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., City of Biloxi, O'Keefe Educational Media, Disability Connection, and board members, sponsors, 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)
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