



26th ARBOR 5K-1 MILE RUN/WALK/ROLL
Saturday, Feb 15, 2014
Lameuse St & Hwy 90, Biloxi Town Green



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 non-
 refundable. 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 t-
 shirt. Those preregistering through Disability
 Connection are guaranteed a t-shirt and tree the
 day of the race.

For questions: Disability Connection Office, 228-870-7775, Office@DisabilityConnection.org

2014 26th ARBOR DAY 5-K - 1 MILE-1/4 Mile HEALTH RUN/WALK/ROLL

CHECK ONE:

☐ 5-K Run ☐ 1 Mile or 1/4 Mile Run/Walk/Roll

☐ 5-K Racewalker ☐ Wheelchair ☐ Disability/Not Wheelchair

Name _____ Team Name _____

Address _____ Telephone _____

City _____ State _____ Zip _____ Sex _____ Age on Race Day _____

Email _____

T-SHIRT SIZE:

☐ Small ☐ Medium ☐ Large ☐ X-Large

☐ 2X-Large ☐ 3X-Large ☐ Child's Medium

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)