



NORTHWOOD CHURCH

•5K & Fun Run•

August 15th

at Jones Park
Gulfport, MS

Late registration & sign-in opens at 7am
5k race starts at 8am
1M kids fun run starts at 8:45am
www.northwood.tv/NC5K

Registration:

\$18 Pre-Registration (www.northwood.tv/NC5K)
\$23 Late registration (day of race at 7am)
\$12 Twelve years old or younger (\$20 day of)

Post Race:

Starting at 10am we'll have a fun day for the entire family! Beach volleyball, kids games, and food vendors. Everyone is welcome to stay and hang out. We will wrap things up around 2pm.

Course:

This USATF certified course starts and finishes in Jones Park. It is a three-loop course that takes you on a scenic run around the beautiful Bert Jones Yacht Harbor.



T-shirts are guaranteed to all pre-registered participants.

Parking:

There will be parking in addition to the Jones Park parking areas North of Highway 90 to cross at the 20th Avenue entrance of Jones Park.

Awards:

Awards go to the first overall male & female winners, masters M&F, Grand Masters M&F, Seniors M&F, and to the top three finishers of each division of the race. We will also award the top Male and Female of the 1 mile fun run.

Age Divisions:

Male:	40 - 44	Female:	40 - 44
12 & u	45 - 49	12 & u	45 - 49
13 - 18	50 - 54	13 - 18	50 - 54
19 - 24	55 - 59	19 - 24	55 - 59
25 - 29	60 - 64	25 - 29	60 & 0
30 - 34	65 - 70	30 - 34	
35 - 39	70 & 0	35 - 39	

All results will be posted to www.finishstrong.com

For more info & online registration visit www.northwood.tv/NC5K