



3rd Annual
Gobble Wobble 5K

Costume Run/Walk

Pascagoula Beach Park

Saturday ~ November 12, 2016 ~ 8:30 AM

Location: Pascagoula Beach Park (600 Park Street, Pascagoula, MS)
Benefiting: Pascagoula High School NHD/STUCO
Course: The run will begin at Pascagoula Beach Park, at 600 Park Street, and will go west on Beach Boulevard. The course will turn north just shy of Market Street and make its way east on Washington, back to the Beach Park Pavilion. The course is a very flat and scenic run. Water stations will be set up at the 1 and 2 mile markers.

Registration: **Pre-register** by mail (entries should be postmarked by November 5, 2016), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile, or Running Wild in Fairhope until noon November 10 or online at <http://phsgobblewobble.eventbrite.com> until 4 AM November 11. **Packet Pick-up and race day registration from 7:45 – 8:30 AM at Pascagoula Beach Park Pavilion.**

Entry fees: Pre-Registration through November 1:

Individuals: \$25 includes t-shirt
 Teams of 5 or more*: \$20 each
 Stay in Bed (get a shirt but do not run/walk): \$15

Late Registration – November 2-12

Individuals: \$30 (shirt is not guaranteed)
 Teams of 5+: \$20 each (shirts not guaranteed)

*To receive the team rate, all team members must register at the same time. Each team member must complete and sign a registration form.

Shirts: Cotton race shirts (short sleeved or long sleeved) for all participants registered by November 1. Shirts as available after November 1.

Awards: Awards to the top 3 costumes, top three overall male and female runners, top three walkers, top three male and females in age groups: 1-12, 13-19, 20-29, 30-39, 40-49, and 50+

Post-Race Party: Fabulous variety of food and beverages will be provided in the finish line area after the race. All registered participants will be eligible for the door prize drawings - you must be present to win.

Last Name _____ First Name _____ Age: _____ Sex: F M

Address: _____ City, State & ZIP: _____

Date of Birth: _____ Phone Number: _____ Email address: _____

Team Name: _____ Event: 5K Walk 5K Run Stay in Bed

Shirt sleeve: Short-sleeved Long-sleeved Shirt Size: YS YM YL S M L XL (+\$3) XXL (+\$3)

I know that running a road race is potentially a 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 weather including humidity and heat, 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 your consideration in accepting of my entry, I for myself and anyone entitled to act on my behalf, waive and release the city of Pascagoula, Pascagoula School District, LRH Productions, and all sponsors their representatives and their successors from all claims of any kind arising out of my participating in this event. I grant permission to all of the foregoing to use any photography, motion picture, or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Make checks payable to: PHS Activities

Mail to: Pascagoula High School Attention: Elizabeth Green; 1716 Tucker St; Pascagoula, MS 39567

For more information, email Elizabeth Green: egreen@pgsd.ms