



BOB COLEMAN WINTER RUN 10K RUN / 5K WALK Saturday, February 5, 2005 8:00 A.M.



COURSE --Out-and-back course on the Natchez Trace Parkway, Clinton.
I-20 East/West, Exit 34 to first parking lot.

REGISTRATION -- Pre-register by mail, postmarked no later than Monday, Feb. 1, 2005.
Race-day registration begins at 7:00 a.m. at Natchez Trace Parkway parking lot.

NOTE: MTC will not be responsible for race packets or trophies not claimed on race day.

ENTRY FEE -- Pre-registration, \$12.00; Race Day, \$15.00 for both races.
Includes attractive long-sleeve t-shirts to all entrants.
Fruit, Gatorade, Cokes and cookies at finish.

AWARDS & AGE GROUPS --

10K RUN: Overall male and female in Open, Masters and Grand Masters, divisions;
First, second and third in age groups.

5K WALK: Overall male and female in Open, Masters and Grand Masters divisions;
First, second, and third in age groups.

AGE GROUPS FOR 10K RUN --

Male: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64;
65 & over. Female: 18 & under; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50 & over.

AGE GROUPS FOR 5K WALK -- Male and Female: 0-19; 20-29; 30-39; 40-49; 50-59; 60-69,
70 & over.



register online @ **active.com**

TO PRE-REGISTER, PLEASE COMPLETE THE REGISTRATION FORM AND MAIL WITH YOUR PAYMENT TO: MTC, P. O. BOX 1414, RIDGELAND, MS 39157. FOR INFO CALL 856-9884.

Name _____ Age _____ Sex _____

Address _____ Ph. No. _____

City/State/Zip _____

Shirt Size: M L XL XXL(\$2.00 extra) Circle race entering: 10K Run 5K Walk

Waiver: In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against MTC, Natchez Trace Parkway and any individuals connected with the sponsoring of this race, and for any injuries, loss or death sustained by me. I am in good physical condition for this race.

Signature _____ Date _____

(If participant is under 18, parent or guardian must sign.)



THE MISSISSIPPI TRACK CLUB, INC.

