

32nd Annual M&F Bank Run

10 K Run, 5K Run/Walk and 1 Mile Fun Run

Saturday, April 25, 2009

8:00am -10K Race * 8:01am - 5K Races * 9:15 am - One Mile Fun Run



Mom & Pops



Digital Depot
Myricks Funeral Home



Attala County Farm Bureau

REGISTRATION:

Pre-register by mail, postmarked no later than Wednesday, April 1, 2009; hand delivery, Friday, April 3, 2009 at noon
Race-day registration begins at 6:30 a.m. at the Sun Building at the corner of Huntington and Washington Streets.
Pre-registration is \$17.00, Registration after pre-registration date is \$22.00

AWARDS AND AGE GROUPS:

Shirts to all pre-registered runners.
10K Run: Overall Male and Female, Masters and Grand Masters divisions; first, second, and third in age groups.
5K Run/Walk: Overall Male and Female, first, second, and third in age groups.
One Mile Fun Run: Overall Male and Female and first, second and third in age groups.
Age groups 10K run: Male -14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over.
Female - 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 and above.
Age groups 5K run/walk: Male and Female - 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.
Age groups One Mile: Male and Female - 5 and under, 6-7, 8-9, 10-11, 12-13, 14-15.

COURSE:

Scenic run along Natchez Trace Parkway and city streets; MTC certified, splits every mile, aid station at 2 and 4 mile mark and finish. Spray at 5 mile. Food and drinks at finish line area.

WEATHER:

Average temperature at race time on April 30 is 65 degrees.

THE M&F BANK RUN ENTRY FORM

Last Name	First Name	Middle Initial	Date of Birth	Age	Sex
Street Address or P. O. Box			City	State	Zip Code
Email Address				Phone #	
Circle event: 10K Run 5K Run 5K Walk Fun Run			Shirt Sizes: YM YL S M L XL XXL (\$2.00 extra)		

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 the Mississippi Track Club, Inc., the Natchez Trace Festival, and any individuals connected with the sponsoring of this race, and for any injuries, loss, or death sustained by me in the event. I am in good physical condition for this race.

MTC# _____ Signature _____ Date _____
(Parent or guardian if under 18)

Mail to: **Natchez Trace Festival Run** 124 North Jackson Street Kosciusko, MS 39090