



BOB COLEMAN WINTER RUN 10K RUN / 5K WALK Saturday, February 7, 2009 8:00 A.M.



All proceeds and donations to benefit



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, February 2, 2009.
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, \$20.00; Race Day, \$25.00 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 & female in Open, Masters, Grand Masters and Senior Masters divisions;
First, second and third in age groups.

5K WALK: Overall male & female in Open, Masters, Grand Masters & Senior 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; 50-54, 55 & Over.

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



**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 601-856-9884.**

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

Entry Fee _____
XXL T-shirt _____
CARA donation _____
TOTAL PAID _____

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, CARA 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.

