

33rd Annual M&F Bank Run

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

Saturday, April 24, 2010 in Kosciusko, MS

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



REGISTRATION:

Pre-Register by mail post marked no later than Friday, April 16, 2010. Race-day registration begins at 6:30a.m. to 7:45a.m. at the Sun Building at the corner of Huntington and Washington Streets. Race Packets may be picked up starting April 19, 2010 at 101 North Natchez Street.

Entry Fees: Pre-registration: \$20.00-10K Run/5K Run/5K Walk; \$12- 1Mile Fun Run. After April 16, \$25.00-10K Run/5K Run/5k Walk; \$12.00-1 mile fun run

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 1, 2 and 4 mile mark and finish. Spray at 5 mile. Food and drinks at finish line area.

WEATHER:

Average temperature in April in Kosciusko is 63 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