



Macon Labor Day Road Race

feel the Earth move under your feet **Sept. 6th**
5K, 10K, Fun Run

Come join us for the 34th running of this family-friendly Macon Labor Day tradition. The fast, point-to-point course leads to downtown Macon and ends in Central City Park. New this year: Kids' Corral with inflatables, music, and more. Enter a team competition for even more fun!

Online registration with no service fee is available at www.macontracks.org through Aug. 31. Mail-in registrations must be received by Aug. 28. Late registration is available at packet pick-up. Please plan to pick up your packet at the **Ga. Sports Hall of Fame**, 301 Cherry St., on Fri. Sep. 3 from 5-7 pm, Sat. 9-1 am, or Sun. 1-5 pm. Race day registration will be available, but race day registrants will not be timed and will not be eligible for awards. No refunds or transfers.

Start Locations: The **5K** starts at 7:45 a.m. at the intersection of Vineville Ave. & Pio Nono Ave. Park at the Vineville Baptist Church or the Georgia Academy for the Blind. The **10K** starts at 8:15 a.m. at Forsyth Rd, 1 mile south of Tucker Rd. and Wesleyan College. Park at Rivoli Crossing Shopping Center on Forsyth Road. The 1-mile **Fun Run** starts at 9:15 a.m. at Central City Park Track. Bus transportation will be provided back to the start line after the race. **Men & Women's Wicking Shirts** to all participants while supplies last.

5K/10K Awards: Top 3 Overall, 1st Master, Grand Master, & Great Grand Master, & 15 age groups from 10 & Under through 75+. Results posted at www.macontracks.org.

Team Competitions: Awards will be given to top 3: Teams of Five (at least 2 members must be female); Parent/Child teams; and Husband/Wife teams. You may only be on one team, but will still be eligible for individual awards.

Join Macon Tracks Running Club when you register and take \$1 off your entry. Get newsletters, race entry discounts, 10% off at Run Fit Sports, & more!

Powered by our sponsors:



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Go to www.macontracks.org for more detailed race information.

No pets, bikes, or roller blades. Participants pushing strollers must start at the back.

Mailed entries must be received by **Aug. 28th**. Make check payable to MTRC and send to:

Macon Labor Day Road Race, PO Box 26455, Macon, GA 31221



Name:		Age:
Address:		Sex:
City:	State:	Zip:
E-mail Address:		Phone:
Circle Which Race: 5K 10K Fun Run \$20 for 5K/10K (\$23 at packet pickup or on race day) \$12 for Fun Run (\$15 at Packet Pickup), Macon Tracks members get \$1 off.		Fee:
Are you on a Team? Circle Team Category: Team of 5 (2 must be female), Parent/Child, or Husband/Wife Team Name/Team Members:		
Macon Tracks Running Club Membership: \$20 Individual, \$25 Family (please list names of immediate family members on the back), \$15 Student		\$
Wicking Shirt: Adult- S, M, L, XL, XXL-add \$2, XXXL-add \$3, or Youth-medium. Women will receive a women's shirt unless otherwise specified. Shirts available while supplies last, so register early.		Size:
In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the officials, sponsors, or any person or persons in conjunction with the 2010 Labor Day Road Race. I understand that running a race can be hazardous. I am in proper physical condition to participate in this event. I also give my permission to use my name and picture in any media account of this event.		
Signature: (Parent or Guardian signature if under 18)		Date: