

Location: Downtown Macon, MO

Entry Fee for Run & Walk:
\$15/person through Sept. 1
\$20 beginning Sept. 2

Entry Fee for Fun Run:
\$9.50 with t-shirt through Sept. 1
\$14.50 beginning Sept. 2
\$2.00 Fun Run for Children w/out
T-shirt

Make checks payable to:
Macon Mainstreet DowntownAssoc.
or MMDA

Entry forms & fee may be mailed to:
Fork & Cork Run
c/o Macon-Atlanta State Bank
P.O. Box 128
Macon MO 63552

Packet Pickup
Packets will be available from 7:00 am
until race time at corner of Rollins &
Vine.

Visit the web-site:
<http://www.macon-downtown.com>

Fork & Cork Run
C/o Macon-Atlanta State Bank
P.O. 128
Macon MO 63552-0128

FORK & CORK RUN

2nd Annual
4 mile Run at 8:00 am
2 mile Walk at 8:05

Fun Run for Children at 10:00 am

Saturday - Sept. 12, 2009
Starting the Fork & Cork
Festival!



RACE APPLICATION

Name _____

Address _____

City/State/Zip _____

Age (on race day) _____ Sex _____

Phone _____

email _____

Shirt Size (please circle)

FUN RUN Shirt Sizes: YXS YS YM YL

Adult Shirt Sizes: S M L XL XXL

Circle the event in which you are participating:

4 mile Run - 2 mile walk - Fun Run

Fun Run Entry without shirt: \$2.00

Race Application Waiver - Intending to be legally bound, I understand and agree that I am voluntarily participating in the following event. Fork & Cork 4 mile run, 2 mile walk, or Fun Run at my own risk. I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature, and I accept all and full responsibility for any injury or accident resulting from my participation in this event and release from any liability the City of Macon, the Downtown Association, all race sponsors and any race officials or volunteers connected with this event.

Signature _____

Date _____

(Parent or Guardian Signature if < 18)

Courses - The 4 mile race will begin and end on Vine Street, on the corner of Bourke and Vine in downtown Macon. We have a new flat fast course this year. A map will be available of the course on the web-site soon.

The 2 mile walk will begin at the same starting line as run, 5-minutes after run begins.

The Fun Run will begin at the Macon Courthouse at Rollins & Washington.

Awards - Medals to top three finishers in each age group for male and female 4 mile finishers.

Also an award for top male and female finisher on the 4 mile run.

Medals to all Fun Run participants.

The 2 mile walk is for leisure, no awards.

T-Shirts - 4 mile & 2-mile walk participants will receive a long sleeved t-shirt.

Fun run t-shirts are short-sleeved.

Refreshments - Refreshments will be available to race participants at no charge.

Check out other fun activities held throughout the day on the web-site and for further Run/Walk updates at:

<http://www.macon-downtown.com>

Fun Run - The Fun Run is for children ages 10 and under. Everyone receives a medal.

Men's & Women Divisions

For 4 mile Run

13 & under

14 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 +

**No Pets or Strollers allowed
On the Run/Walk Course**

For More Info contact:
Jenny Gabriel (660)385-2978
jgabriel@cvalley.net

or

Sharon Lees (660)385-3786
sharonlees@mabank.com

or

Debbie Baker (660)395-5108
dbaker@mabank.com

All proceeds to MMDA