

Racin' for the Seed

Mustard Seed Duathlon and 5K



Thank you for Racin' for the Seed!

Emergency contact number during the race is 601-260-3030.

- Remember to "share the road" with cars. Bikes, please stay on far right side of the road.
- Officers and volunteers will be on hand at most intersections; however, it is still your responsibility to protect yourself.
- Helmets MUST be worn!

