

The 7th Annual OMRR Frisco Railroad Run

50 Mile ~ 50K ~ 50K Relay ~ Marathon ~ Half Marathon ~ 8K
Benefitting Ozark Greenways

Saturday
April 25, 2015
7:30 am
Willard, Missouri



This is a mostly flat and scenic
USATF-certified
out-and-back rail-to-trail course
(fine-crushed hard-packed
gravel) on the historic
Frisco Highline Trail

Race Location: All races are out-and-back starting at Willard M.S. gym, 205 N. Miller Rd., Willard, MO

Start Times: The half marathon starts at 8:00 am and the 8K starts at 8:15 am. All other races begin at 7:30 am

Courses: All on the Frisco Highline Trail, all distances are USATF certified—**marathon is a Boston qualifier!**

Fees (no refunds please):

- o **50 Mile:** \$85 before 3/30, \$90 before 4/25, \$100 at packet pickup
- o **50K:** \$75 before 3/30, \$80 before 4/25, \$90 at packet pickup
- o **50K Relay:** \$165 before 3/30, \$170 before 4/25, \$175 at packet pickup
- o **Marathon:** \$65 before 3/30, \$70 before 4/25, \$80 at packet pickup
- o **Half Marathon:** \$55 before 3/30, \$60 before 4/25, \$70 at packet pickup
- o **8K:** \$25 before 3/30, \$30 before 4/25, \$35 at packet pickup

Time Limit: 12 hours to complete your race

Age Restrictions: To run the marathon, 50K, or 50 Mile, you must be 18 or over on race day. To run the half marathon you must be 13 or over on race day.

What You Get:

- o Registrants get a gender specific technical T-shirts with Frisco railroad art
 - NOTE: female shirts run small - size up if you are concerned about fit.
 - REGISTER BEFORE APRIL 10 TO GET A SHIRT - WE WILL NOT ORDER EXTRA
- o ALL finishers in the half marathon & up get a **Frisco custom medal**
- o ALL Ultra finishers will get a unique Frisco trophy
- o First Male/female in all individual races get a Frisco trophy for Overall, Masters (40+), Grand Masters(55+) and three deep in 10 year age groups

Aid stations: Miles 2.5, 5.0, 7.5, 10.0, 13.0, 15.5*, 20*, 25*

- o Port O Potty at each
- o Supplies: water, PowerAde, gels *Ultra - soda, sandwiches, fruit, etc

Registration: Online at www.actnowracing.com

Packet pick-up: Friday, April 24, 3pm-7pm at Willard Middle School

Race day packet pick up: 6am-7am at Willard Middle School

Contact: Race Director - Stephanie Davenport, stephanie.davenport82@gmail.com

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Official Entry Form for the 7th Annual Frisco Railroad Run

First name _____ Last name _____ Gender: M F

Age on 4/26/2014 _____ Date Of Birth ____/____/____

Address _____ City/State/Zip _____

Phone _____ Email _____

EVENT (CIRCLE ONE) 8K Half Marathon Marathon 50K 50K Relay** 50 Mile

**Note: Each relay team member needs to fill out a form and sign a waiver. Relay forms should be turned in at the same time with ONE payment.

T-Shirt size (gender specific - circle one) : S M L XL
*NOTE - Female shirts run small!

Fee enclosed: \$ _____ (no refunds) – Team leader for relay _____

Total received: _____ cash or check# _____

Make checks payable to OMRR.

Register online at www.actnowracing.com or mail paper forms to PO Box 460, Nixa, MO 65714

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road. All such risks being known and appreciated by me, having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release ActNow Inc, OMRR, Ozark Greenways, the City of Willard, the Willard R-2 School District, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any lawful purpose.

Signature: _____ Date: _____

Parent MUST sign if entrant is under 18 years of age

Contact: Race Director - Stephanie Davenport, stephanie.davenport82@gmail.com