

# The 8th Annual OMRR Frisco Railroad Run

50 Mile ~ 50K ~ Marathon ~ Half Marathon ~ 8K  
Benefiting Ozark Greenways

Saturday  
April 30, 2016  
7:00 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 Middle School, 205 N. Miller Rd., Willard, MO

**Start Times:** 50 Mile and 50K start at 7:00AM, Marathon starts at 7:15AM, Half Marathon starts at 7:30AM and 8K starts at 7:45AM

**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 4/1, \$90 before 4/29, \$100 on race day
- o **50K:** \$75 before 4/1, \$80 before 4/29, \$90 on race day
- o **Marathon:** \$65 before 4/1, \$70 before 4/29, \$80 on race day
- o **Half Marathon:** \$55 before 4/1, \$60 before 4/29, \$70 on race day
- o **8K:** \$25 before 4/1, \$30 before 4/29, \$35 on race day

**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 16 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 get a Frisco custom medal
- o ALL Ultra finishers (50K and 50 Mile) 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, 6.5, 7.5, 10, 13, 15.5, 20, 22, 25

- o Port O Potty at each
- o Supplies: food, water, electrolyte drink, gels, soda, sandwiches, fruit, etc

**Registration:** Online at [www.actnowracing.com](http://www.actnowracing.com)

**Packet pick-up:** Friday, April 29, 4:00pm-8:00pm at Willard Middle School

**Race day packet pick up:** Saturday, April 30, 5:30am-6:30am at Willard Middle School

**Contact:** Race Director - Stephanie Davenport, [stephanie.davenport82@gmail.com](mailto:stephanie.davenport82@gmail.com)

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## Official Entry Form for the 8th Annual Frisco Railroad Run

First name \_\_\_\_\_ Last name \_\_\_\_\_ Gender: M F

Age on 4/30/2016 \_\_\_\_\_ Date Of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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

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

Fee enclosed: \$ \_\_\_\_\_ (no refunds)

Total received: \_\_\_\_ cash or check# \_\_\_\_\_

Make checks payable to OMRR.

Register online at [www.actnowracing.com](http://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](mailto:stephanie.davenport82@gmail.com)