

The 9th Annual OMRR Frisco Railroad Run

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

Saturday
April 29, 2017
6:00 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 6:00AM, Marathon starts at 7:00AM, 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:** \$90 before 4/1, \$95 before 4/29, \$105 on race day
- o **50K:** \$80 before 4/1, \$85 before 4/29, \$95 on race day
- o **Marathon:** \$70 before 4/1, \$75 before 4/29, \$85 on race day
- o **Half Marathon:** \$60 before 4/1, \$65 before 4/29, \$75 on race day
- o **8K:** \$35 before 4/1, \$40 before 4/29, \$50 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 1 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

Packet pick-up: Friday, April 28, 3:00pm-7:00pm at Fleet Feet Sports Springfield (1254 E Republic Road, Springfield, MO 65807)

Contact: Race Director - Rod Pennington, rkpennington@mchsi.com

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Race day packet pick up: Saturday, April 29, 5:30am-6:30am at Willard Middle School (205 N. Miller Rd., Willard, MO)

Official Entry Form for the 9th Annual Frisco Railroad Run

First name _____ Last name _____ Gender: M F

Age on 4/29/2017 _____ 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 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 - Rod Pennington, rkpennington@mchsi.com