

# Frisco Railroad Run

Participant Guide

2018



# Welcome to the Frisco Railroad Run

## Benefiting Ozark Greenways

I am very excited to see everyone on April 28- race weekend is just around the corner! We are celebrating the 9th year of the Frisco Railroad Run and have been designated the Road Runners Club of America State Championship event for Missouri in the 50K.

The Frisco Highline Trail is the second longest Rail-Trail in Missouri. A lot has happened on the the Frisco Trail since 1948, when President Harry Truman rode the 36 miles from Springfield to Bolivar and back in his private railroad car, tuning up for his famous “whistlestop” campaign that would get him re-elected President. The tracks are gone now, the old stations have been torn down and the wail of the steam engines have been replaced by silence and bird songs. And yet, some things haven't changed much in sixty years! The route still winds through woods and pastures, crossing 16 bridges on its way across two counties. The deer still bound away, the cattle still stare, and the small town folks still know how to fry up a pork tenderloin and make a stranger feel welcome.

This guide will include all the key information you need to know to be prepared and ready to have a fantastic race experience. My top priority is to make sure that everyone - participants, friends, family, and crew - have a safe and fun experience. Please read through the information in this guide and bring it with you to the race. It might come in handy!

I am very thankful for the OMRR board of directors, our sponsors, and the volunteers who make this event possible.

Thank you for joining us and have a great race!

Rod Pennington  
OMRR President

# Schedule of Events

## Friday, April 27

**3:00pm - 7:00pm - Packet Pickup**

**Fleet Feet Sports**

**1254 E Republic Road**

**Springfield, MO 65804**

## Saturday, April 28

**RACE MORNING**

**Willard Middle School, 205 N Miller Road, Willard, MO 65781**

**5:30am - 6:30am - Packet Pickup**

**NO LATE STARTS**

**6:00am - 50 Mile start**

**6:00am - 50K start**

**7:00am - Marathon start**

**7:30am - Half Marathon start**

**7:45am - 8K start**

**Only the top male and female of 50 Mile, 50K, Marathon, Half Marathon, and 8K races will be recognized at the finish line. There is no award ceremony.**

**Overall, Masters, and Grandmasters winners can pick up their awards inside Willard Middle School. When the official results are posted, awards can be picked up.**

# Packet Pickup

**Packet pickup will be at the Fleet Feet Sports (1254 E Republic Road) on Friday evening (April 28) from 3:00pm to 7:00pm and Saturday morning (April 29) starting at 5:30am.**

**We will have packets for everyone who is registered and will be accepting on-site registrations. On-site registration can be made using cash, check, or credit card.**

**If you registered prior to April 10, your packet will include a shirt in the size that you selected when you registered.**

**Registration fees are non-refundable, however registrations can be transferred to another person or deferred to another year.**

**Please make sure your event, name, age, and gender are correct when you receive your bib. Your bib will have your timing chip attached to it, please do not bend the timing chip.**

## **QUAD SERIES PARTICIPANTS**

**Run for the Ranch 2017 + Cabin Fever 2018 + Frisco 2018 + Sweatfest 2018 = amazing Orange Mud towel in the color of your choice!**

# Race Day Information

Your bib is color coded to the event that you are running. On race morning, line up at the start time for your event:

**6:00am - 50 Mile start (red bibs)**

**6:00am - 50K start (RRCA bibs)**

**7:00am - Marathon start (yellow bibs)**

**7:30am - Half Marathon start (green bibs)**

**7:45am - 8K start (orange bibs)**

## Bib number requirements

- Your bib number **MUST** be fastened to the front of your running clothes and visible the entire race.
- Do not alter your bib in any way.

## Timing Chips

Your timing chip is attached to back of the bib. Do not remove the timing strip from your bib or alter it in any way. Your time will be recorded from the point that you cross the sensors the start line until you cross the sensors at the finish line. The timing strip is for a single use. You do not need to return the bib or strip to the timing company.

## Race Changes

All runners may drop to a shorter distance during the race - they **MUST** notify the volunteers at the nearest aid station and the timing company after they cross the finish. Runners will receive swag for the distance they complete. Runners who drop distance during the race are not eligible for awards. If you would like to drop distance before the

race and be eligible for awards, contact Race Director Rod at [rkpennington@mchsi.com](mailto:rkpennington@mchsi.com) before race day.

### Photos

CrazyLegs Photography will be taking pictures at the event. They will be free and downloadable via the OMRR Flickr page. Share your photos from the event on Facebook, Twitter, and Instagram #FRR2018

### Time Limit

All runners have until 6:00PM to complete their race.

### Aid Stations

There will be manned and unmanned aid stations located along the course. Manned aid stations will be in the following locations. All manned aid stations will have water, electrolytes, food and a potty.

- 50 Mile - Mile 2.5, 5.0, 7.5, 10, 13, 15.5, 20, 25
  - Drop Bags will be available at mile 25 aid station
- 50K - Mile 2.5, 5.0, 7.5, 10, 13, 15.5
  - Drop bags will be available at mile 15.5 aid station
- Marathon - Mile 2.5, 5.0, 7.5, 10, 13
- Half Marathon - Mile 2.5, 5.0
- 8K - Mile 2.5

Unmanned aid stations will be in the following locations.

Unmanned aid stations will have water and electrolytes. There will be NO food or potties.

- 50 Mile - Mile 22
- Half Marathon - Mile 6.55

### **Basic Aid Station Rules**

- **The aid station captain is in charge of the aid station.**
- **Crews are allowed into the aid station only when their runner is present**
- **The Frisco Highline Trail is a park - alcohol is not allowed at any point on the trail.**
- **Children are allowed at an aid station ONLY under the DIRECT supervision of an adult.**
- **Food, drink, medical supplies, etc at the aid stations are provided for the comfort and use by the runners.**
- **Excessive noise, raucousness and partying are not part of an effective aid station. Please save your celebrations for when your runner crosses the finish line!**
- **Crew may give runners aid at the aid stations, please do not go out on the trail and give aid between aid stations. Runners or their crew should not stash aid along the course.**
- **ULTRA RUNNERS MUST CHECK IN AT AID STATIONS - If running through, shout your bib numbers and receive verbal confirmation of check-in.**

### **Aid Station Directions and Descriptions:**

- **These are written as if going to the aid stations in the order they are listed. To go directly to an aid station, please use the GPS coordinates provided.**
- **Our start line is located at Mile 6 of the Frisco Highline Trail. The miles provided are the distances for our events, NOT the miles on the trail markers.**

**Aid Station Alpha (Mile 2.5) - This aid station is located on the trail at the Junction Cafe at Farm Road 68 and Highway 123. Take Jackson Street north out of the middle school**

**parking lot to Highway 160. Continue north on Highway 160 to Highway 123. Turn right at Highway 123 and you will see the Junction Cafe on the right. The trail turns from paved to chat at this point. There's lots of parking and a gas station located here. GPS coordinates: 37 19 23 N, 93 27 24 W**

**Aid Station Bravo (Mile 5) - This aid station is located at W Farm Road 52 and Highway 123. Drive north on Highway 123 to Farm Road 52. DO NOT park on Highway 123. Parking is very limited, carpooling is highly recommended. There is a pack of dachshunds that live in this area. They have not been aggressive to people in the past. GPS coordinates: 37 21 06 N, 93 29 12 W**

**Aid Station Charlie (Mile 7.5) - This aid station is located at W Farm Road 36 and Highway 123. Drive north on Highway 123 to FR 36. DO NOT park on Highway 123. Parking is very limited and carpooling is highly recommended. GPS coordinates: 37 22 40 N 93 30 54 W**

**Aid Station Delta (Mile 10) - This aid station is located at the Walnut Grove Trailhead. Drive north on Highway 123 to Highway BB (Main) in Walnut Grove. Drive east on BB for about .7 mile to the trail head. There is a small parking lot at this aid station. There is a gas station in Walnut Grove, if you are crewing an ultra runner, fill up the tank. GPS coordinates: 37 24 39 N, 93 32 12 W**

**Aid Station Echo (Mile 13) - This aid station is located on 70th road in Polk County, this is the most remote aid station. Turn right out of the Walnut Grove trail head and take the first left onto Farm Road 51. Farm Road 51 turns into 60th**



road once you cross in Polk County. The road also becomes a narrow dirt road at this point. Turn right onto 566th road. 566th road becomes 65th road. Turn right onto 560th road. The trail is just after the low water bridge - keep an eye out for the yellow pole marking the trail. GPS coordinates: 37 26 30 N, 93 30 51 W

**Aid Station Foxtrot (Mile 15.5)** - This aid station is located on 77th road in Polk County. From Echo, head east and the road becomes 70th road. Turn east onto 565th road to Highway JJ. Head north on JJ to 550th. Drive west on 550th to 77th road. Drive north on 77th road. This aid station is the second trail crossing on 77th. The turn around for the 50K is just past the road. The 50K drop bags will be located here. There is a house across the street from this aid station - please do not block their driveway. GPS coordinates: 37 28 19 N, 93 29 49 W

**Aid Station Golf (Mile 20)** - This aid station is located in Wishart on 514th road just east of 103rd, however there is only room for one car. Crew **MUST** access their runner at the Wishart trail head. Drive north on 77th to 215. Drive east on 215 to 86th road. At the fork, keep right - road becomes 516th and then 92nd. When you get to Wishart, stay to the right on 514th. The trail head will be on the right side of the road. The trail head is 2 miles from the aid station. GPS Coordinates: 37 30 30 N, 93 27 35 W

**Aid Station Hotel (Mile 25)** - This aid station will be located on the trail south of Highway U, it will also be the turnaround for the 50 mile runners. Drive east on 514th, it will become Highway U and turn north. Stay on Highway U,

it will turn back east. The trail crosses U shortly after turning back east. There is a cemetery across the street from the trail. The aid station will be about .25 down the trail. DO NOT park on trail or on Highway U, park at the cemetery. The 50 mile drop bags will be located here. GPS Coordinates: 37 33 15 N, 93 24 46 W

### Drop Bags

Only 50K and 50 Mile runners are allowed drop bags. The 50K drop bags will go to Aid Station Foxtrot (mile 15.5). The 50 Mile drop bags will go to Aid Station Hotel (mile 25). An aid station volunteer will pick these up from the start line on race morning and transport them to the aid station location.

Drop bags may be any container - bag, plastic bin, backpack, etc. Please clearly label drop bags with your bib number and distance. Drop bags can be left at Willard Middle School on Saturday morning.

After use, make sure that items are packed back into the bag or container. Place the bag at the designated location for transport back to the finish line. Every effort will be made to get your drop bag back to the finish line as quickly as possible.

### Gear Check

Any runner may have a gear check bag. Gear check will be available at Willard Middle School. Gear check bags can be a bag, backpack, plastic container, etc. Please clearly label the gear check bag with your bib number and distance. Gear check bags may be left at the school on Saturday morning.

# Post Race Information

Once you finish the race, enjoy food, drinks, and fellowship at the Willard Trailhead approximately 1/4 north of the Willard Middle School. Please park in the gravel lot next to the trailhead or park at Willard Middle School and walk to the trailhead.

**Note: Alcohol is not allowed at the school or on the trail.**

## Awards

**Finisher medals will be awarded to all 8K, half marathon, marathon, 50K, and 50 Mile finishers.**

**Awards for overall winners, masters winners, and grandmaster winners will also be given for all events.**

**The top 3 male and female finishers in the 8K, half marathon, marathon, and 50K will receive age group awards in the following age groups:**

- **Under 20**
- **20-29**
- **30-29**
- **40-49**
- **50-59**
- **60-69**
- **70 and Over**

**The 50K and 50 Mile finishers will receive a unique Frisco trophy.**

**Runners are not able to win more than one award. If you win an overall award, you will not win an age group award.**

**Only the top male and female of 50 Mile, 50K, Marathon, Half Marathon, and 8K races will be recognized at the finish line. There is no award ceremony.**

**Overall, Master, and Grandmaster winners can pick up their awards inside Willard Middle School. When the official results are posted, awards can be picked up. Age group awards will be mailed after the event. We will make every attempt to mail out the age group awards as soon as possible.**

**Age group awards will be mailed to the address provided during registration.**

#### **Showers**

**The Rec in Willard has offered to stay open for runners until 8:00pm. The Rec is located at 133 N State Highway Z, Willard, MO. Please bring your own shower supplies and towels**

**SEE YOU NEXT YEAR!  
FRISCO RAILROAD RUN  
APRIL 27, 2019**