

# #SWEATfest REGISTRATION - 2m, 5m, 10m

REGISTRATION for JULY 9, 2016

presented by



Name \_\_\_\_\_

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

Phone number \_\_\_\_\_ E-mail \_\_\_\_\_

DOB \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Gender \_\_\_\_\_

## I AM REGISTERING FOR:

2 mile --- \$25

5 mile --- \$30

10 mile --- \$40

2/5 mile combo --- \$45

2/10 mile combo --- \$55

## PLEASE NOTE:

**LIGHTS REQUIRED**  
to run the 5 & 10 mile race

**NO DOGS ALLOWED**  
on course

Register online at [actnowracing.com](http://actnowracing.com). Mail or drop off registration with payment: P.O. Box 460, Nixa, MO 65714

**RACE DAY REGISTRATION AVAILABLE from 6PM - 7:30PM!**

**WAIVER:** I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. 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, including high heat and/or humidity, traffic and the conditions of the road (ice and/or snow), all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. 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 the Cabin Fever Reliever/Resolution committee, the city of Rogersville, and the Ozark Mountain Ridge Runners, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate or commercial purpose. I understand there will be no refunds.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if under age 18)

tear along dotted line when submitting race form -- keep below for participant records

# #sweatfest

## SATURDAY, JULY 9, 2016

Location: Landmark Church, 200 N Peachtree, Strafford, MO 65757

2 mile - START 8PM    5/10 mile - START 9PM

ALL RUNNERS will receive a logo embroidered running cap!

Water/Aid Stations on course

Overall/Age Awards

Finish Line Snacks

NO Dogs Allowed

LIGHT REQUIRED

"LIKE" Ozark Mountain Ridge Runners on FB for updates



STRAFFORD SCHOOL  
FOUNDATION

STRAFFORD SCHOOL FOUNDATION  
is currently in need of school supplies for the 2016/17  
school year.

### Items most commonly requested:

Backpacks, pens/paper, Folders and 3-ring binders,  
Scientific calculators,  
Composition Notebooks

Primary Grades require: paste, crayons, glue sticks,  
note cards, colored pencils, rulers

MONETARY DONATIONS ALSO ACCEPTED!

Bring your collection items to packet pickup or race  
evening to be donated.

PACKET PICKUP - Ultramax Sports @ 1254 E. Republic Rd. in Springfield from 3PM-7PM on Friday or Race Day from 6PM-7:30PM