

The 11th Annual OMRR Frisco Railroad Run

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

SATURDAY
APRIL 27, 2019
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 (no late starts): 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!**



The Frisco Railroad 50K race is a RRCA Regional Championship Event!

Fees (no refunds):

- **50 Mile:** \$95 before 4/1, \$100 before 4/26, \$105 on race day
- **50K:** \$85 before 4/1, \$90 before 4/26, \$95 on race day
- **Marathon:** \$75 before 4/1, \$80 before 4/26, \$85 on race day
- **Half Marathon:** \$65 before 4/1, \$70 before 4/26, \$75 on race day
- **8K:** \$35 before 4/1, \$40 before 4/26, \$50 on race day

Time Limit: Course closes at 6pm

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:

- Registrants get a technical T-shirts with Frisco railroad art.
- ALL finishers get a Frisco custom medal.
- ALL ultra-finishers (50K and 50 Mile) will get a unique Frisco trophy.
- 50K RRCA Championship Medal goes to the 1st place male/female Overall, Masters, and Grand Masters
- First male/female in all individual races get a Frisco trophy for Overall, Masters (40+), Grand Masters (55+)
- The top 3 male and female finishers in the 8k, half marathon, marathon and 50K will receive awards in the following age groups: (<19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+).

Aid stations: Miles 2.5, 5*, 7.5*, 10*, 13*, 15.5*, 20*, 25* (* port-a-john)

- water, electrolyte drink, soda, gels, and fruit

Packet pick-up:

- **Thursday, April 25**, from 3:00pm-7:00pm at Fleet Feet Sports Springfield (1254 E Republic Road, Springfield, MO 65807)
- **Friday, April 26**, from 3:00pm-7:00pm at Fleet Feet Sports Springfield (1254 E Republic Road, Springfield, MO 65807)
- **Race day packet pick up: Saturday, April 27**, from 5:30am-6:30am at Willard Middle School (205 N. Miller Rd., Willard, MO)

Race Director: Rodney Pennington - rkpennington@mchsi.com

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Official Entry Form for the 11th Annual Frisco Railroad Run

First name _____ Last name _____ Gender: M F

Age on 4/27/2019 _____ 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

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

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