Welcome to the 20th Annual Run For The Ranch Benefiting the Good Samaritan Boys Ranch

I am very excited to see everyone on December 28 - race weekend is almost here!

Run For The Ranch began in 1999 as a fund raiser for the Good Samaritan Boys Ranch, Ozark Mountain Ridge Runners, and other local charities. The event is held annually on one of the last weekends of the year and is traditionally one of the last chances in the calendar year to run a marathon in the United States.

This guide will include all the key information you need to know to be prepared and ready to have a fantastic race day. 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, December 27
3:00pm - 7:00pm
Fleet Feet Sports Springfield
1254 E Republic Road, Springfield, MO 65804

Saturday, December 28
RACE MORNING
Lot #22 Missouri State University
7:00am - 9:00am - Packet Pickup/Registration

No Late Starts
9:15am - 1-mile starts
10:00am - All other events start

Post-Race FUN

Awards - There are no award ceremonies for each race group.

• Only the top male and female of the 6 Hour, Marathon, and Half Marathon will be recognized at the finish line.
• The top male, female, and coed marathon relay teams will also be recognized at the finish line.
• Masters and age group winners can pick up their awards inside the main tent, after the official results are posted. We will make every attempt to give out the age group awards as soon as possible.

Food - There will be warm food and special finishers items inside the tent next to the timing trailer.
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We will have packets for everyone who is registered and will be accepting on-site registrations. On-site registration can be made using cash or check.

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.
Race Day Information

Your bib is color coded to the event that you are running. On race morning, please ensure your bib is attached to the FRONT of your race clothes.

- 1 Mile – gold bibs
- Half Marathon - yellow bibs
- Marathon - blue bibs
- Marathon Relay - green bibs
- 6 Hour Endurance - red 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 start line sensors 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.

Time Limit
All runners have until 4:00PM to complete their race.

Marathon Relay
All relay teams must have 4 people. The first runner must cross the start line with the timing strip. Each runner will complete 2 laps of the course. At each exchange the timing strip should be passed to the next runner until the last runner crosses the finish line with the timing strip.

Photos
CrazyLegs Photography will be taking pictures at the event. Pictures will be free and downloadable via the Run For The Ranch Facebook page. Share your photos from the event on Facebook, Twitter, and Instagram #RFTR #OMRRSGF
Race Changes

Dropping distance before race day- If you need to drop your distance before packet pick up please contact the race director, Rod at rkpennington@mchsi.com

Dropping distance at packet pick up- please notify the volunteers that you need to drop your distance and they can issue a bib change.

Dropping during the race - All runners may drop to a shorter distance during the race - they MUST notify 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 must drop and not finish the race, please check in at the timing trailer and let them know you are not still out on the course.

Aid Stations

There will be 1 manned aid station located along the course. Runners will go through the aid station two times on each loop, meaning aid will be available roughly every 1.5 miles. The aid stations will have water, Gatorade, soda, gels, fruit and a port-a-john.

Spectators and Crew

Run For The Ranch loops are open to traffic - enabling friends and family to cheer you at any point on the loop. I recommend cheering at the aid station, you will see runners twice here. It is also a short walk to the start/finish area. There is also a restaurant on the course named Bambinos, where you can sit on their patio or the front of the dining area to watch runners.

Crews are allowed into the aid station only when their runner is present. Please do not go out on the loop and give aid between aid stations.

Food, drink, medical supplies, etc at the aid station are provided for the comfort and use by the runners. Spectators and crew may purchase food at the start/finish line for $5 per person.
Run For The Ranch Course Map
Post-Race Information

Once you finish the race - enjoy food, drinks and fellowship at the start/finish area in Lot #22.

Awards

• Finisher medals will be awarded to all finishers.
• Awards for overall winners and master's winners will also be given for the 1-mile, half marathon and marathon.
• The overall male relay, overall female relay and the overall co-ed relay will receive trophies for each member.
• The top 3 male and top 3 female finishers in the 6-hour endurance event will receive a trophy.

There are no award ceremonies for each race group.

When the official results are posted, winners can pick up their individual awards.

• The top 3 male and female finishers in the 1 mile, half marathon and marathon will receive awards in the following age groups:
  o (Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and Over)

SEE YOU ON THE RACE COURSE!

MARK YOUR CALENDARS FOR NEXT YEARS

RUN FOR THE RANCH!

DECEMBER 19, 2020