

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

REGISTRATION for JULY 13, 2019

presented by  ZARK MOUNTAIN RIDGE RUNNERS  
Springfield, Missouri

Name \_\_\_\_\_

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

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

DOB \_\_\_\_\_ Age On Race Day \_\_\_\_\_ Gender \_\_\_\_\_

Gender specific shirt \_\_\_M \_\_\_F    YS    YM    YL    S    M    L    XL    XXL

## Single Race Distance (run just one race)

2 mile @ \$35     5 mile @ \$40     10 mile @ \$50

## Challenge Race Distance (race the back to back challenge)

2m/5m challenge @\$55     2m/10m challenge @\$65

**\*\*Set Missouri State Records on our Certified Course!\*\***

**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 inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Landmark Church, the Sweatfest committee, the city of Strafford, ActNow, 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 13, 2019

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

**2 mile – START 8PM    5/10 mile – START 9PM**

ALL RUNNERS a gender specific shirt!

Water/Aid Stations on course    Overall/Age Awards  
Finish Line Snacks    NO Dogs Allowed    LIGHT REQUIRED  
"LIKE" Ozark Mountain Ridge Runners & SweatfestOMRR



**STRAFFORD SCHOOL FOUNDATION**  
is currently in need of school supplies for the 2019/20 school year.  
**Items most commonly requested:**  
Backpacks, pens/paper, Folders and 3-ring binders, Scientific calculators, Composition Notebooks  
**Primary Grades request** 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.

PACKETPICKUP-FleetFeet@1254 E. Republic Rd. in Springfield from 3pm-7pm on Friday July 12 or Race Day from 6pm-7:30pm