



THE 5TH ANNUAL
CABIN FEVER RELIEVER
5K, 10K & 20K



SATURDAY • FEBRUARY 29, 2020 • 9:00 am • Logan-Rogersville HS

THIS RACE BENEFITS - GATHERING FRIENDS



Gathering Friends is in need of:
 sleeping bags, tarps, tents, winter coats, socks, gloves and "hot hands".
 Bring your items to packet pickup or race morning to be donated.



First name _____ Last name _____

Gender: M F

Age on 2/29/2020 _____ Date of Birth ____/____/____

Address _____ City/State/Zip _____

Phone _____ Email _____

Long Sleeve Hoodie (gender specific - circle one) : S M L XL

Price : 20k: non-OMRR members \$60, OMRR members \$35, Race day \$65
 10k: \$30, Race day \$35
 5k: \$30, Race day \$35

Age Restrictions: You must be 13 or over on race day to participate in the 20k.

Location: ROGERSVILLE HIGH SCHOOL GYMNASIUM 4700 S. State Hwy 125 in Rogersville, 65742

Packet Pick Up: Friday 2/28/20 @ Fleet Feet Sports @ 1254 E. Republic Rd in Springfield from 3pm to 7pm
 Race Day 2/29/20 at the High School starting at 7:30am

Awards: Overall Male and Female, Masters Male and Female, Age groups 10 – 14, 15 – 19, 10 deep after that

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 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 no 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 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 MUST sign if entrant is under 18 years of age