



The 13th Annual

OMRR Frisco Railroad Run

50 Mile ~ 50K ~ Marathon ~ Half Marathon ~ 8K
Proceeds go to Ozark Greenways

presented by



SATURDAY • APRIL 24, 2021 • 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

NO DOGS ON COURSE

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!**

Fees (no refunds):

	Before 4/1	Before 4/24	Race Day
50 Mile	\$95	\$100	\$105
50K	\$85	\$90	\$95
Marathon	\$75	\$80	\$85
Half Marathon	\$65	\$70	\$75
8K	\$40	\$45	\$50

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 shirts with Frisco railroad art.
- ALL 8k, half marathon and marathon finishers get a Frisco custom medal.
- ALL ultra-finishers (50K and 50 Mile) will get a unique Frisco trophy.
- 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, and marathon 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 22**, from 3:00pm-7:00pm at Fleet Feet Sports Springfield (1254 E Republic Road, Springfield, MO 65807)
- **Friday, April 23**, from 3:00pm-7:00pm at Fleet Feet Sports Springfield (1254 E Republic Road, Springfield, MO 65807)
- **Race day packet pick up: Saturday, April 24**, from 5:30am-6:30am at Willard Middle School (205 N. Miller Rd., Willard, MO)



The 13th Annual

OMRR Frisco Railroad Run

50 Mile ~ 50K ~ Marathon ~ Half Marathon ~ 8K
Proceeds go to Ozark Greenways

presented by



Official Entry Form for the 13th Annual Frisco Railroad Run

First name _____ Last name _____

Gender: M F Age on 4/24/2021 _____ Date of Birth ____/____/____

Address _____ City/State/Zip _____

Phone _____ Email _____

EVENT (CIRCLE ONE) 8K Half Marathon Marathon 50K 50 Mile

Shirt size (circle size) : ___M ___F S M L XL

Fee enclosed: \$ _____ (no refunds) Total received: _____ cash or check# _____

Make checks payable to OMRR.

Make checks payable to OMRR & mail paper forms to PO Box 426, Republic, MO 65738

WAIVER: I know that running a road race is a 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 attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, 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 Ozark Mountain Ridge Runners, ActNow, the City of Willard, Willard Middle School, OMRR Frisco Railroad Committee, and the Road Runners Club of America, 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. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk. 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 purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____ Date: _____

Parent MUST sign if entrant is under 18 years of age