

# The 4th Annual Ozark Greenways-OMRR



## RAILROAD RUN



On the historic Frisco Highline Trail from Willard to Bolivar, MO...and back

[Read about the Frisco Railroad](#)—[Course Map](#)—[Look at the great medal / ribbon!](#)

The first 300 registrants get their shirts on race day (no waiting or mailing), so hurry!

**50 Mile ~ 50K ~ Marathon ~ Half Marathon ~ 8K ~ 50K Relay**

**Saturday**  
**April 28, 2012**  
**7:30 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

*Sponsors get logo/name on T-shirt/banner--donations go directly to Ozark Greenways! Contact race director for sponsorship.*

- **Race Start Location:** All races are out-and-back starting at [Willard M.S.](#) gym, 205 N. Miller Rd., Willard, MO
- **Start Times:** The half marathon starts at 8:00 am and the 8K starts at 8:15 am. All other races begin at 7:30 am
- **Courses:** All on the Frisco Highline Trail, all distances are USATF certified—**marathon is a Boston qualifier!**
  - 50 Mile Ultramarathon—Willard to Hwy U (Mile 25, near Bolivar, MO) and back
  - 50K Ultramarathon & Relay—Willard to historic Graydon Springs (Mile 15.5) and back
  - Marathon—Willard to Ridgerunners Rest Stop (Mile 13.1) and back
  - Half Marathon—Willard to near N Farm Road 65 (Mile 6.55) and back
  - 8K—Willard to Cotner's Corner and back
- **What You Get:**
  - **All** registrants get technical T-shirts with great new Frisco railroad art
  - **All** finishers in the half marathon & up get a huge **5" Frisco custom medal**
  - Best relay team in each class (all male, all female, coed, best [WAVA](#) team using average age) gets great Frisco trophies for each member
  - Males/females in all individual races get great Frisco trophies for Overall, Masters (40+), Veterans (55+) and three deep in 10 year age groups (<20, 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\* (water, PowerAde, Coke, gels, fruit, food, etc.); \*port-a-john

- **Post race snacks for 8K and Half Marathon:** Drinks, cookies, bagels, and fruit
- **Post race meal for 50 Mile, 50K, and Marathon:** Free pizza and drinks
- **50K Relay teams:** Any number of members from 2 through 5 (all male, all female, mixed); transitions may be made anywhere on the course ([view recommended transition points](#)); **team responsible for all transportation.**
- **Registration:** [Active.com](#) OR mail entry form OR at packet pickup on 4/27/11 (Willard M.S.) OR at the race
- **Packet pick up:** Friday, April 27, 4 pm-8 pm (also on race morning, 6 am-7 am), [Willard M.S.](#) gym
- **Fees (no refunds please):**
  - 50 Mile: **\$80**, \$90 race day
  - 50K: **\$70**, \$80 race day
  - Marathon: **\$60**, \$70 race day
  - Half Marathon: **\$50**, \$60 race day
  - 8K **\$25**, \$30 race day
  - 50K Relay Team **\$150/team**, \$175/team race day
- **Time Limits:**
  - 50 Mile: 12 hours (01:30 pm cutoff halfway)
  - 50K and 50K Relay: 9 hours (11:30 am cutoff halfway)
  - Marathon: 7 hours (11:00 am cutoff halfway)
  - Half Marathon: 3 hours ( 9:30 am cutoff halfway)
- **Airport:** [Springfield-Branson Airport](#) is just a few miles from Willard, MO (or use KC, St. Louis, Tulsa and drive about 3.5 hours to Springfield area)
- **Hotels:** Many hotels within 6-10 miles of Willard, MO (search hotels.com or orbitz.com)
- **Contact:** Race director Richard Johnson, [RichardJohnson@MissouriState.edu](mailto:RichardJohnson@MissouriState.edu), 417 459-9340

Official Entry Form for the 4th Annual Frisco RR Run  
**50 Mile, 50K, Marathon, Half Marathon, 8K, 50K Relay**  
 Saturday, April 28, 2012, [Willard M.S.](#) Gym, Willard, MO

First name \_\_\_\_\_ Last name \_\_\_\_\_ Gender: \_\_\_M \_\_\_F Age on 4/28/2012 \_\_\_\_\_

DOB \_\_\_/\_\_\_/\_\_\_ Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Check only ONE race YOU are entering: \_\_\_8K \_\_\_Half Marathon \_\_\_Marathon \_\_\_50K \_\_\_50 Mile \_\_\_50K Relay

T-Shirt size: \_\_\_S \_\_\_M \_\_\_L \_\_\_XL

If on a relay team: Name of Your Team \_\_\_\_\_

**ALL relay team members must complete a separate form and sign the waiver!**

**Fee enclosed:** \$ \_\_\_\_\_ (no refunds please)

*Extra donation to Ozark Greenways (optional) \$ \_\_\_\_\_ Thank you!*

**Make checks payable to OMRR. Mail to Richard Johnson, 724 S. Weller Ave., Springfield, MO, 65802-3345 by April 21, 2012**

**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 Ozark Racing Systems, 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:** \_\_\_\_\_

Parent MUST sign if entrant is under 18 yrs. of age

**Date:** \_\_\_\_\_

*Office use only: Total rec'd: \_\_\_\_\_ cash or check# \_\_\_\_\_*