

11th Annual

RUN FOR THE RANCH

Marathon - Half Marathon - 10K - 5K

Springfield, Missouri -- Sunday, Dec. 19, 2010
Benefitting the [Good Samaritan Boys Ranch](#)

<p>Ranch tech shirt graphic:</p> 	<p>3" Ranch medal:</p> 	<p>Register online (or mail entry form)</p> 
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All distances USATF certified! New York & Boston qualifier!

- ✓ **Date & Time:** Sunday, December 19, 2010 (rain, snow, or shine), 1:00 pm for marathon, 2:30 pm for all other events. Timing for the marathon ends at 8:00 pm. **There is NO start earlier than 1:00 pm for the marathon!!!**
- ✓ **Weather:** The average temperature at the race start is 42 degrees.
- ✓ **Registration:** By mail (print entry form), at Ridge Runner Sports ([3057 S. Fremont](#)), at [Active.com](#), or at the race.
- ✓ **Fees:** 5K/10K: **\$20**; Half Marathon: **\$30**; Full Marathon: **\$45**. **Race day:** 5K/10K: **\$25**; Half Marathon: **\$40**; Full Marathon: **\$55**
- ✓ **Packet Pickup/Registration:** On-site registration/packet pickup on 12/18/10 from 12:00-6:00 pm at Ridge Runner Sports ([3057 S. Fremont](#)) and on race day from 12:30-2:00 pm at Plaster Student Union ([Madison & Florence](#)), MSU campus, Springfield, MO (1/4 mile NW of National & Grand).
- ✓ **Location:** Starts and finishes at Plaster Student Union ([Madison & Florence](#)), MSU Campus, Springfield, MO (1/4 mile NW of intersection of National & Grand)
- ✓ **Parking:** Ample free university can be found immediately north of the race start.
- ✓ **Benefiting:** Proceeds benefit the [Good Samaritan Boys Ranch](#) and the [Ozark Mountain Ridge Runners](#).
- ✓ **Shirts:** Each participant gets a technical t-shirt with great ranch artwork. If you register by Dec. 5, your shirt will be waiting for you at the race. All others can be picked up at Ridge Runner Sports ([3057 S. Fremont](#)), available on January 9. **For a \$5 fee, your shirt can be mailed to you.**
- ✓ **Medals:** Great big 3" custom medals for half marathon and marathon finishers.
- ✓ **The Course:** Flat & very fast! This course is a certified 3.275 mi loop so that the marathon is exactly 8 loops and the half marathon is exactly 4 loops. (No extra little loops at the start or finish.) The 5K and 10K starts are adjusted to get the correct 3.1 and 6.2 mile distances, respectively. Very clear directional arrows will be posted. The abandoned college campus course has very low traffic. Each loop around the campus includes a lap on the MSU track inside the football stadium. Those who run the marathon over 4.5 hours will finish in the dark but the course is extremely well lit. **All race distances are certified—the marathon is a Boston qualifier and the half marathon is a NYC qualifier!** P.S. I've done this kind of half marathon and marathon before and it is surprisingly enjoyable—you get into a routine, know what to expect, see lots of runners along the way, see the

spectators many times, and time really flies. **There are no sharp turnaround cones, making it much FASTER!**
Be prepared for a PR!!!

- ✓ **Awards:** Trophies to Overall, Masters (40+), Veterans (50+), and Grandmasters (60+), male and female winners in all events. Trophies to top three in ten-year age groups in all events. All finishers in the half marathon and marathon will receive a big custom medal. All Boston Marathon qualifiers will receive a special plaque.
- ✓ **Aid Stations:** Power drink, water, and gels every 3 miles.
- ✓ **Food & Fun:** Umm, umm, good ranch house grub (free to runners, \$2 for non-runners) with both kinds of music (country *and* western) after the race (4-8 pm). **Local runners are asked to bring desserts to share.**
- ✓ **Accommodations and Attractions:** The race is in the center of the city of [Springfield, MO](#), about one mile east of the city square and 1.5 miles NE of Bass Pro Outdoor World. All [hotels](#) in Springfield are within a 5-15 minute drive of the race start. The mall, movie theaters, and many restaurants are within a two mile radius of the start. Springfield is the home of fried cashew chicken and the former home of Brad Pitt (you might catch a glimpse of him and Angelina visiting family around Christmas), John Goodman, and Kathleen Turner! The [Wilson's Creek National Battlefield](#) (Civil War) is only a few miles SW of the race start. [View visitor information](#) for Springfield.
- ✓ **Race Director:** Richard Johnson, 417 459-9340, RichardJohnson@MissouriState.edu

Official Entry Form for the 11th Annual Good Samaritan

Run for the Ranch

Dec. 19, 2010 Marathon: 1:00 PM All other events: 2:30 PM
Plaster Student Union ([Madison & Florence](#)), Springfield, MO

First name _____ Last name _____ Gender: ___M ___F

Age on 12/19/10 _____ Address _____ City/State/Zip _____

Phone _____ Email _____

Check only ONE race you are entering: ___5K ___10K ___Half marathon ___Full Marathon

T-Shirt size: ___S ___M ___L ___XL

If registering after Dec. 5, pick up shirt at RRS beginning Jan. 9, 2011 Mail shirt to you? ___ (add \$5)

5K/10K: \$20; Half Marathon: \$30; Full Marathon: \$45

Day of race: **5K/10K: \$25; Half Marathon: \$40; Full Marathon: \$55**

Extra donation to **Good Samaritan Boys Ranch (optional)** \$ _____ Thank you!

Total rec'd: _____ cash or check# _____

Make checks payable to OMRR. Mail check and form to RRS, 3057 S. Fremont, Springfield, MO, 65804

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 Mountain Ridge Runners, Ridge Runner Racing Systems, Ridge Runner Sports, the City of Springfield Trinity Lutheran Church, Good Samaritan Boys Ranch, 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: _____ Date _____

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