

OZARK TRAIL *100 Mile* *Endurance Run*

November 7, 2009 6:00AM

The Ozark Trail 100 is a Point to Point trail run on the Ozark Trail in the Mark Twain National Forest. Mostly single track, plenty of climbs and a few opportunities to get your feet wet. Well blazed with Ozark Trail markers. The Ozark Trail is 350 miles of trail that wind through the Missouri Ozarks. For more information on the trail, go to <http://www.ozarktrail.com>



Start: 6:00am, Saturday November 7, 2009. Highway 72 & P Trailhead on the Ozark Trail.

Time Limit: 32 hours: Sunday November 8th. 2:00pm

Finish: Bass' River Resort. 10 miles east of Steelville, MO

Aid Stations: Aid will be available every 5-9 miles.

Transportation to race Start: Will be available race morning (From the Finish at Bass' River to the start at the Highway 72 & P Trailhead) by pre-registration for \$10.00 per runner. Camping and cabins will be available at the Finish at Bass' River. Parking will be very limited at the Start.

Awards: Overall awards and belt buckles to all finishers.

Limited to 150 runners

Fee: \$150.00 if postmarked by August 31, 2009
\$175.00 if postmarked by September 30, 2009
\$200.00 thereafter

Refund Policy: 75% until September 30, 2009

What is included with entry fee: Technical Shirt, 1 pre-race meal, finisher's buckle, great aid stations, and miles of single track trail.

Contact Info: OzarkTrail100@aol.com
Stuart Johnson or Paul Schoenlaub

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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

Phone # _____

Date of Birth _____ Age on 11/7/09 _____ Sex (Circle): M F

Number of ultras completed _____ Estimated finish time _____

Number of 100's completed _____

Shirt Size S/ _____ M/ _____ L/ _____ XL _____ XXL _____

Entry Fee:.....\$ _____

Bus Transportation (Finish to Start) \$10.00/Person.....\$ _____

Extra Pre-Race Meal \$10.00/Person.....\$ _____

Extra T-Shirts (non-tech) Size _____ QTY: _____ \$10.00/ea.....\$ _____

Total Amount Enclosed.....\$ _____

Name, Address & Phone # of Person to Contact in case of an emergency:

Name	Address	Phone #	Relationship
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Race Waiver - PLEASE READ – This entry contains limitations of your legal rights.
I know that running an ultramarathon race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and 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 and trail, encounters with wild or domestic animals, 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 the race directors and workers, St. Louis Ultrarunners Group, U.S. Forest Service, Bass' River Resort and all 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 race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry.

Signature: _____ Date _____

Please sign, date and return the waiver.
Make checks payable to Ozark Trail 100 and mail to:
Paul Schoenlaub
P.O. Box 261
St. Joseph, Mo 64502