
S a t u r d a y
10
2018
F e b r u a r y

Southern Hills Shopping Center
West Plains, MO | 7:30 am

The 6th Annual

Half Marathon, 10K
& Half Marathon Relay

For more information go to
www.heartoftheozarkshalfmarathon.com
or call 417-293-3554.



Sponsored by: Southern Hills Shopping Center, Dixon Camps, Flo Fitness,
& Wes Gunter, DVM. All Proceeds benefit West Plains Running Club.

Logo and poster design donated by Gunter Creative - www.guntercreative.com

The 6th Annual Heart of the Ozarks Half Marathon, 10K & Half Marathon Relay

West Plains, Missouri | Saturday, February 10, 2018

Location:

• All races will start at the Southern Hills Shopping Center at 7:30 AM. 1310 Preacher Roe Blvd, West Plains, MO 65775

Race Perks:

- Aid Stations and porta-pots will be present along the race.
- Chip timed race • Official race t-shirt to all participants.
- Half Marathon finishers will receive a custom finisher's medal. • Refreshments & massages provided post race.



WES GUNTER, DVM

Awards:

- Overall male and female winners in each race, overall team in half marathon relay, and age division winners will receive awards in each race.
- Sergeant David Finley award given to the first RELAY TEAM composed of uniformed service officers to finish the half marathon relay
- Custom age division (1st – 3rd place) medals for 13.1 and 10K races

Age Divisions are as follows: 12 and Under (10K only), 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up
Must be 13 years old to participate in the half marathon.

Half Marathon Relay: Relay will consist of 4 person teams. Teams may be any combination of ages and genders, but must have at least one member of the opposite gender. Runners will run legs of 4K, 5K, 8K, and 4K in that order. All distances are approximate. More details can be found on the race website.

Course Description: The races will start and finish at the Southern Hills Shopping Center. Courses will run through the scenic streets of West Plains, Missouri. Course maps will be available at www.heartoftheozarkshalfmarathon.com.

To enter: Mail registration to Wes Gunter, 8663 County Road 9790, West Plains, MO 65775. After Feb. 1, registration will only be available online through imathlete.com or at packet pick-up on Feb. 10, 2017. RACE DAY REGISTRATION is discouraged, but available at starting area. (for an additional \$10 fee)

Half Marathon

Apr 01, 2017 - Sep 30, 2017	\$60.00
Oct 01, 2017 - Dec 15, 2017	\$65.00
Dec 16, 2017 - Jan 15, 2018	\$70.00
Jan 16, 2018 - Feb 06, 2018	\$75.00

Late Registration

Feb 07, 2018 - Feb 08, 2018 \$85.00

Half Marathon Special Youth Price (13-18)

Apr 01, 2017 - Feb 01, 2018 \$55.00

Late Registration

Feb 02, 2018 - Feb 08, 2018 \$60.00

10k

Apr 01, 2017 - Dec 15, 2017	\$35.00
Dec 16, 2017 - Jan 27, 2018	\$40.00

Late Registration

Jan 28, 2018 - Feb 08, 2018 \$45.00

10k Special Youth Price (<18 years old)

Apr 01, 2017 - Feb 01, 2018 \$30.00

Feb 02, 2018 - Feb 09, 2018 \$35.00

13.1 M Relay

Apr 02, 2017 - Jan 27, 2018 \$120.00

Late Registration

Jan 28, 2018 - Feb 08, 2018 \$160.00

10 K Walk (limited to 45)

Apr 01, 2017 - Dec 15, 2017 \$35.00

Dec 16, 2017 - Jan 27, 2018 \$40.00

Late Registration

Jan 28, 2018 - Feb 08, 2018 \$45.00

Last minute registration is available at packet pick-up or on race day for an additional \$10 per race. Shirt size, choice or, availability are not guaranteed after February 1, 2018.

Packet Pick up: Race packet pick up will take place from 3:00 - 8:00 PM on Friday, February 9 at Flo Fitness Studio and from 6:00 - 7:00 AM Feb 10 at Race Start Area.

First Name: _____ Last Name: _____ Gender: M F Age: _____

Address: _____ City/State/Zip: _____ DOB: _____

Phone: _____ Email Address: _____

Race you are entering: 10K Half Marathon

Half Marathon Relay Team member names (if in relay) _____

Fee Enclosed: \$_____ (sorry, no refunds)

T-Shirt Size: Youth Large S M L XL XXL (All sizes are unisex sizes) Short Sleeved Long Sleeved

Make checks payable to Junior Olympic Committee. Mail to Wes Gunter, 8663 County Road 9790, West Plains, MO 65775 by February 1st. After this date, registration is only available online, via hand delivery of forms, or at packet pick-up/race day.

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 roads. 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 West Plains Running Club, Dixon Camps, the city of West Plains, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out 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/Guardian MUST sign if under 18 years of age)