
Saturday
FEBRUARY 17,
2024



THE 12TH ANNUAL Heart of the Ozarks

♥ Half Marathon, 10K ♥

♥ Half Marathon Relay ♥

♥ Mindy's Run (2.5 Mile Fun Run) ♥

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

**HISTORIC POST OFFICE EVENT CENTER
204 E. MAIN STREET, WEST PLAINS, MO | 7:30 AM**

RACE PERKS:

- Official race shirt (choose between long or short sleeve tee, or hooded sweatshirt) to all participants
- Half Marathon, 10K & 2.5 mile finishers will receive a beautiful custom finisher's medal
- Amazing race support, ample aid stations, porta pots and volunteers
- Chip timed race
- Hot refreshments provided post race

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
- Custom age division (1st - 3rd place) medals for 13.1 and 10K races
- "12 & Under Club" - Any participant 12 years old or under will receive a special award

Sponsored by:



Wes Gunter, DVM



10K
Presented by:



All Proceeds benefit West Plains Running Club.

Financial assistance for this project has been provided by the City of West Plains Community Development Grant Program.



The 12th Annual Heart of the Ozarks Half Marathon, 10K, Half Marathon Relay & Mindy's Run (2.5 Mile Fun Run)



West Plains, Missouri | Saturday, February 17, 2024

Location: All races will start at the Historic Post Office Event Center at 7:30 AM. 204 E. Main Street, West Plains, MO 65775

Age Divisions: 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. Age division awards will be awarded in 13.1M & 10k races only.

Half Marathon Relay: Relay will consist of 4 person teams. Teams may be any combination of ages and genders. 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: All races will start and finish near The Historic Post Office Event Center located at 204 E. Main Street. 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. 6, registration will only be available online through EnMotive.com or at packet pick-up on Feb. 16, 2024. **RACE DAY REGISTRATION IS NOT AVAILABLE IN 2024.**

Last minute registration is available at packet pick-up on Feb. 16 for an additional \$5 per race. Shirt size, choice or availability are not guaranteed after January 30, 2024.

Packet Pick up: Race packet pick up will take place from 3:00 - 8:00 PM on Friday, February 16 at Holiday Inn Express. **RACE DAY REGISTRATION IS NOT AVAILABLE IN 2024.**

REGISTRATION PRICES

Half Marathon

| | |
|---|---------|
| November 10, 2023–December 31, 2023 | \$75.00 |
| January 1, 2024–January 27, 2024. | \$80.00 |
| January 28, 2024–February 13, 2024 | \$85.00 |
| At packet pick up | \$90.00 |
| No shirt or swag item option | \$55.00 |

10K Pricing

| | |
|---|---------|
| November 1, 2023–January 20, 2024 | \$50.00 |
| January 21, 2024–February 13, 2024. | \$55.00 |
| February 14, 2024–February 16, 2024 | \$60.00 |
| No shirt or swag item option | \$40.00 |

10K Walk

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|--|---------|
| November 1, 2023–January 20, 2024 | \$50.00 |
| January 21, 2024–February 13, 2024. | \$55.00 |
| February 14, 2024–February 16, 2024 | \$60.00 |
| No shirt or swag item option | \$40.00 |
| <i>Add \$5 for all 10k divisions for registration at packet pick up.</i> | |

Relay Pricing

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|--|----------|
| Through January 27, 2024 | \$160.00 |
| January 28, 2024–February 16, 2024 | \$200.00 |

Mindy's Run (2.5 Mile Fun Run)

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|--|---------|
| Until January 27, 2024 | \$35.00 |
| January 28–February 17, 2024 | \$40.00 |
| No shirt or swag item option | \$30.00 |

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

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

Phone: _____ Email Address: _____

Race you are entering: 10K Half Marathon Mindy's Run (2.5 Mile Fun Run)

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

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

T-Shirt Size: Youth Small Youth Medium S M L XL XXL (All sizes are unisex)

Shirt Type: Long Sleeve Tee Short Sleeve Tee

Additional race swag item: Coffee Mug Tumbler Additional Running Tee

Make checks payable to West Plains Running Club. Mail to Wes Gunter, 8663 County Road 9790, West Plains, MO 65775 by February 15th. 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)