

SATURDAY, FEBRUARY 21<sup>ST</sup>  
FROZEN FEET 6 HR ULTRA RUN & RELAY RUN/WALK

**Charity Event**

Come support a great cause by participating in a 6 Hour Ultra-Marathon or Team Relay. Net proceeds will go to Team Bethany to help with transportation and medical costs for 11 year old Bethany, daughter of Bob & Amy Kelly, who has a brain tumor that has caused her to become legally blind. Bethany must undergo chemo treatments every week in St. Louis for 18-24 months. Your participation and/or support is greatly appreciated by Bethany, family & friends. There will be warm food and drink, concession and an aid station for participants. Spectators welcome!

**Location: Hood Park, Thoroughbred Drive, Cuba, MO**

**Course: 1 mile gravel loop**

**Start: 8:00 am    Finish: 2:00 pm, Awards immediately following                      Time Limit: 6 Hours**

**Individual Ultra-Marathon: Participant runs as many miles as they can in 6 hours. Person with most miles accumulated wins.**

**Team Relay: A Team consists of 2-6 members, teams determine upon registration to enter as a run or walk team. Team decides in what order each member will run or walk, only one team member on course at a time, each must start and finish at start/finish line. Teams can opt for corporate sponsorship. Walk and run teams will be divided into two categories for awards. The team in each category with the most miles accumulated in 6 hours wins.**

**Only COMPLETE laps will be counted. One fully stocked aid station will be located at start/finish area.**

**Registration Fees: \$55 for the Ultra-Marathon      Team Fees: \$40 per team member**

**Registration includes: Event t-shirt (guaranteed if registered by 2/7/15), bib with chip, & Top Finisher medals for male & female of ultra-marathon & medals for each member of the 1<sup>st</sup> place running and walking teams, if winning team has a corporate sponsor then a sponsor receives a trophy.**

**Packet Pickup: Race packets can be picked up on Friday, February 20<sup>th</sup> from noon until 8:00 pm at Country Kitchen private dining room in Cuba and on race day morning at Hood park beginning at 7:00 am. A 10% discount will be given to registered participants who choose to eat a meal at Country Kitchen during this time. Also, if you should need accommodations the night before the race Super 8 will be offering discounts to registered participants.**

**Race Day Registration and Check-In Time opens at 7:00 am, \$10 extra for race day registration.**

**\*\*Must be 18 yrs of age or older to participate.**

**Register online at [split-secondtiming.com](http://split-secondtiming.com), or mail to Split-Second Timing, 1411 Ramsey Place Rd, Rolla, MO 65401.**

**For more information call or text Amanda Swyers at 573-205-2957 or email at [ajmcas@misn.com](mailto:ajmcas@misn.com)**

**Name (First & Last): \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_**

**Address: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_**

**Emergency Contact & Phone: \_\_\_\_\_**

**Shirt Size: Adult XS \_\_\_ Adult Sm \_\_\_ Adult Med \_\_\_ Adult Lrg \_\_\_ Adult XL \_\_\_ Adult 2XL \_\_\_ Adult3XL \_\_\_**

**RELEASE & WAIVER (Please read & sign):**

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume any and all risks associated with this running event including, but not limited to falls, contacts with other participants, and the effects of weather or conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event.

Knowing these facts and in consideration of our acceptance of my entry I hereby for myself, my heirs, executors, assigns, agents, and administrators waive and release any and all rights and claims of liability for death, personal injury, property damage, or any kind of injury of any nature whatsoever arising out of or in the course of my participation.

The undersigned further grants full permission to use and ownership of any photographs or videos taken during event to promote on event website or Facebook page for future event purposes. Must be 18 years of age or older to participate in this event.

I hereby waive all claims against Split Second Timing, LLC, Team Bethany, as well as any other personnel, agencies, or volunteers connected with this event. We reserve the right to cancel the event in case of dangerous, inclement weather. In the event the Frozen Feet Ultra & Relay is cancelled and not rescheduled no refunds will be issued. March 7, 2015 will be our tentative re-schedule date if weather does not cooperate.

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Signature

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Date