**The Book of Ozark Foothills
Endurance Runs – 2024**

Presented by Terrain Trail Runners - STL

At a Glance

Date / Location

• Saturday, April 6, 2024 (6:00 AM CST) − Sunday, April 7, 2024 (2:00 PM CST)

• Greensfelder County Park, Muckerman Shelter, 4515 Hencken Rd, Wildwood, MO 63069

Event Overview

• Review individual race distance tab for course layout, trails/terrain, maps, elevation profile, race start and cutoff times on the race website ([Ozark Foothills - Terrain Trail Runners](#))

• 99% dirt trails, 1% asphalt.

• 3-5 aid stations per lap depending on what distance you are running. Review the individual race distance maps for aid station layout.

Important Dates – Ozark Foothills 100

5/26/2023	Start of registration period
3/03/2024	Last day for **Guaranteed Shirts** with your registration
3/29/2024	Last day to **Change Distance**
3/30/2024	Last day to **Cancel Registration**
3/31/2024	End of registration period

3/24/2024   End of waitlist invitations in the event race
             is sold out

4/01/2024   Announcement of bib numbers

4/05/2024   Packet Pickup for ALL distances at 5 PM –
             8:00 PM CST At Greensfelder County Park,
             Muckerman Shelter, 4515 Hencken Rd,
             Wildwood, MO 63069

4/05/2024   Mandatory Pre-Race Meeting to be attended
             by 100Mi, 100K, 50Mi, 50K, Night-50K,
             Marathon and 25K Runners at Muckerman
             Shelter 7 PM – 8 PM CST
             **Pre-Race meeting will be live streamed
             on the race Facebook page***
             *If you are unable to attend the mandatory
             meeting and/or choose not to attend you are
             responsible for course layout, markers and
             all other race day logistics as we will not be
             covering any of this race morning. Bring a
             camping chair for the meeting!*

4/06/2024   Packet Pickup for NIGHT-50K, Marathon and 25K distances at 5PM – 8:30PM
             CST at Greensfelder County Park, Muckerman Shelter, 4515 Hencken Rd,
             Wildwood, MO 63069 *Race Day Registration for Night 50K ONLY*

             *Race day packet pickup is available for a convenience fee of $25. We
             will utilize this convenience fee towards our Volunteer Programs!
             CASH ONLY

4/6 - 4/7, 2024 Start of race 100Mi, 100K, 50Mi, 50K & Night-50K
             Marathon and 25K (Check Individual Distance for Start Times and Cutoffs)

4/07/2024   End of race 2 PM CST

Race Registration Policy

Sign up – Ozark Foothills Endurance Runs

This event is open to participants who are at least 18 years of age. For any individual

under the age of 18 years please contact the race management at

terraintrailrunners@gmail.com. Registration will open on

May 26, 2023 and will close at midnight (CST) on March 31, 2024 on UltraSignup.com

In the event the race sells out prior to March 31, 2024 Ultra Signup will maintain a

WAITLIST and runners will be invited to register based on the ordered they signed up

for the waitlist should entries become available.

*No Charge until you accept the invitation, officially register to get off the waitlist!

Refund Policy / Transfers / Deferment

Entry fees are non-refundable; race numbers and entries cannot be transferred/deferred to another year. No exceptions. This means once we have received your entry, you will not receive a refund if you cannot participate, or if the event is cancelled because of weather, natural disaster or other unforeseen circumstances.

We will provide a 50% race credit on UltraSignup towards a future Terrain Trail Runners - STL events if the runner withdraws/cancels their online race registration 30 days out from the event.

*Auto credits kick in when a user cancels their registration 30 Days prior to an event. Users can cancel their registration via their registration history, or via the "Edit" link on their receipt. No need to contact us!

- No race credit will be issued post the 30-days withdrawal/cancellation period.

- Credits will be good for one year from the date of issuance and can only be used once. If you withdraw from an event for which credits were used, you will not be reissued those credits.

- This reissuance policy also includes credits earned and used by volunteering.

- No cash refunds or transfers will be issued under any circumstance.

- No selling of entries is permitted.

- No refunds or credits will be provided for dropping down in race distance.

- No full deferments. Entries cannot be transferred to another year. No exceptions.

Please consider these factors carefully before completing your registration.

Thank you for your cooperation!

<u>Switching Races/Race Day Distance Changes</u>

You may switch between the distances offered for this event (100Mi, 100K, 50Mi, 50K, Night 50K, Marathon, 25K) plus the difference in entry fee at the time of the switch. If you have already paid more than the current price of the event you are switching to, you will not receive a refund. If you have paid less than the current entry fee of the event you are switching to, you will owe the difference in what you have paid.

Deadline to switch distance is Friday, March 29, 2024 and may be done by simply logging on to your Ultra Signup Account – Registration History – Make Distance Edits

Race day distance drop downs are not allowed If you drop out of the race your results will reflect DNF (Did Not Finish)

<u>Cancellation of Event</u>

This event is held on public land, under the management of the St. Louis County Parks. As a result, the race directorate does not have the final say as to whether or not the event will be held, or the course altered. In the event of an emergency cancellation, no refunds will be given.

Event Details

Introduction

The Ozark Foothills Endurance Run, referred to hereafter as the "OF 100", was established in 2015 and 2024 will be the ninth year running of this event. Since 2015, the race has seen two course changes as a result of the addition of new trail systems and in 2021 the race offered 100Mi, Night-50K and Marathon distances along with the already established 50Mi, 50K and 25K distances. In 2024 we are adding the 100K distance!

The course is designed for the adventurous and well-prepared trail/ultra-runner. The terrain is challenging with single-track trails, small sections of fire/dirt road with substantial rocks, roots and /or ruts along with few small creek crossings to keep you present along the way. This is a hilly course; total climbs between 50-150 feet per mile with a few long ascents and descents of 360 feet per mile.

A detailed course map of each distance can be found on the race website under individual distance.

Climate

Temperature

Average Maximum for St. Louis, MO in April – 75.0° Fahrenheit

Average Minimum for St. Louis, MO in April – 45.0° Fahrenheit

Humidity and Precipitation

Humidity levels in St. Louis, MO in April are comfortable with approximately 30% - 40% chance of precipitation. Please check the current weather conditions as you prepare for the race weekend.

Race Logistics

Course Markings

Please review individual distance course maps for details on the course layout. The loop for 25K/50K/Night-50K Marathon/50Mi/100K and100Mi will be marked with RED in-ground pin flags for clear demarcation for each distance along with directional signs to help runners follow along. Course marking details will be reviewed in the mandatory pre-race meeting. All other details will be email one week prior to the race weekend. PLEASE MAKE SURE YOU STUDY THE COURSE MAPS FOR YOUR RESPECTIVE DISTANCE on our website. Course will be marked but, there are a few points of overlap that can be confusing, so we highly recommend you study the turns/splits for which ever distance you are running and carry the course map with you for any confusing splits. Course GPX files are available on the race website and can be uploaded to your watch and followed on race day!

It is the athlete's responsibility to know the course. While we mark the course to the best of our ability with signs, flour, volunteers, etc., in the end it becomes the athlete's responsibility to know the course, based on the maps provided. We are not responsible for course sabotage or non-race personnel misdirecting athletes. If you follow a pack of runners and know it's the wrong way, don't follow them. If there are any official course changes, a revised map will be posted on the website prior to the event AND announced at the race prior to the start

Race Drop Out

If you DROP out of the race, you MUST report to the nearest Aid Station location! This is extremely important as we will send people out to look for you if we think you are missing. If you cut the course or take a wrong turn, you must go back (on foot) to where you first got off course and run the correct section. Cutting course will result in immediate disqualification and future participation in all of our events. There will be spotters on course so Do Not Cut Course!

Dogs are NOT allowed on the course. It's not because we don't love our four-legged fur babies. Our decision is simply based on the nature of the course and the fact that there will be other users on the trails. BUT feel free to bring your pups to the start/finish as long as they are on a leash and monitored at all times AND they get along with other pups.

Aid Stations

All aid stations will be stocked with water, an electrolyte drink (Hammer Heed), Hammer Nutrition Assorted Gels and carbonated beverages. Hot and cold food will be available, with vegetarian options in each category. Food items will include the traditional fare that is provided at most 100-mile runs, as well as a local variation of the standard theme. An assortments of snacks to choose from such as chips, pretzels, gummie bear, crackers, pickles, fruit, PB &J, soda etc. but please bring salt tablets or painkillers if you use them, as these items will not be available.

Runners will be responsible for their own gels, energy bars, electrolyte supplements, medications (e.g., anti-inflammatory products), personal hygiene products (e.g., sunscreen, lip balm), and typical first-aid items (e.g., bandages, blister treatment). ***Those with strict dietary requirements or special medical conditions are advised to pack needed items in personal drop bags.***

REVIEW RESPECTIVE DISTANCE COURSE MAPS FOR AID STATION BREAKDOWN

This Is a Cup-Free Event

PLEASE NOTE: Ozark Foothills Endurance Runs is a CUP-FREE race, which means there won't be any paper cups at aid stations, and there won't be any paper or plastic cups at our finish-lines (Exceptions for hot beverages). If you don't bring your own reusable soft flask (for soda & electrolyte drink, etc.) come race-weekend, you'll want to purchase a collapsible cup available for $5 CASH ONLY at packet pickup

*In 2023 we introduced our Zero-Waste racing pledge to help reduce our environmental footprint because we believe every little action matters, we will no longer have paper plates and/or plasticware for post-race food. Runners and their crew are encouraged to PLEASE bring their own (non-disposable) plate and utensils/camping mess kit to help reduce the trash from our events.

Please help us keep our races eco-friendly, minimize the trash in the landfills and our trails clean. Together we can make a difference!

You can read more about our Sustainability Pledge here: [SUSTAINABILITY - Terrain Trail Runners](#)

Drop Bags

Runners may have personal supplies at any of the below listed Drop Bag Aid Stations, attention to resource planning is important. Due to space limitations and to facilitate handling, the size of drop bags is limited, as detailed under 'Rules'

- Start/Finish Aid Station

- Mustang Aid Station

- Fossil Ridge Aid Station

- Round House Aid Station

Toward the end of the event, as aid stations close, race personnel will transfer drop bags from the respective aid stations back to the Start / Finish. Bags of runners who dropped out may be transferred back earlier. Runners and their crew is welcome to retrieve drop bags at any given time after finishing the race. Participants are responsible for gathering their drop bags by 2 PM on Sunday, April 7. Any items not collected by then will be donated, recycled, or discarded. *We will not be mailing any items left behind for any participants*

Pacers / Crews

The Ozark Foothills Endurance Runs is a competitive race for some, a running event for others, but an independent challenge and personal test of fortitude for all. A pacer is allowed as a safety companion during the latter part of the event only, not a way to gain advantage over fellow runners. A similar sentiment applies to crews, which are also considered nonessential as ample and regular support is provided by aid-station personnel. Runners need to be able to carry necessary supplies and maintain forward progress independently, from start to finish. **NOTE:** Runners are responsible for finding their own pacers/crew and for the conduct of their pacers, regardless of how the pacers/crew are acquired.

Pacer Pickup: ONLY 100Mi and 100K runners are allowed pacers. NO Pacers are allowed for 25K, Marathon, 50K or 50Mi Runners. A pacer maybe be picked up at Start/Finish, Mustang and or Round House Aid Station after Loop 2 (50Mi) or 6 PM whichever comes first.

Pacer Bibs will be required!

Pacer Online Registration – New for 2024

All pacers MUST register online and sign the waiver for the Ozark Foothills Endurance Runs, on the UltraSignup race registration page under the "pacer" tab prior to Sunday, March 31, 2024. If a runner has multiple pacers then it's the runner's responsibility to ensure that their pacers are registered to pace them prior to the online race registration closing deadline on UltraSignup. No pacers will be allowed on course to pace a runner without signing the online liability waiver. Please contact the race management if you have any questions and/or last minute changes to your pacers after March 31, 2024.

Pacer Bibs will be required!

Your pacer/pacers MUST check-in at start/finish before they start pacing duties and pick up the pacer bibs. Runners are NOT allowed to pick up the pacer bibs. One pacer bib per runner will be

available so if you have multiple pacers they'll need to swap/share the pacer bib as they switch pacing duties.

Pacers are not allowed to carry (muling) supplies for the participant.

*An entrant over the age of 60 or with a special medical condition (cleared by the race director in advance) may be paced from the start of loop 2 at start/finish for 100Mi 100K and 50Mi distances.

Crew Access: Crew Access Aid Stations: Start/Finish, Mustang and Round House (crew access by foot only). There is NO crew access at the Fossil Ridge aid station so please advise your crew NOT to go to that aid station. In the event a runner's crew is found around the Fossil Ridge aid station area it will result in a disqualification. No aid is permitted once you are outside the view of the aid station volunteers. Aid received outside this area will result in a disqualification.

* Crew Member are not allowed on any part of the course/trail with the exception of the crew accessible aid stations. If at any given point your crew is found/reported wandering along the course/trail the runners will be disqualified from the event. No questions asked!

Please advise your crew to adhere to the above guidelines.

PLEASE REVIEW THE COURSE MAPS FOR DISTANCE BETWEEN EACH AID STATION.

Awards

- 100Mi Awards (custom belt buckle) for all 100-mile finishers. The first male and first female overall performers will receive event-specific awards.
- 100K Awards (custom belt buckle) for all 100K finishers. The first male and first female overall performers will receive event-specific awards.
- 50Mi Awards (custom belt buckle) for all 50-mile finishers. The first male and first female overall performers will receive event-specific awards.

- 50K Awards (custom large medal) for all 50K finishers. The first male and female overall performers will receive event specific awards.

- Night-50K - No Overall Awards – Distance specific custom medal for all Night-50K Runners.

- Marathon Awards (custom medium medal) for all Marathon finishers. The first male and female overall performers will receive event specific awards

- 25K Awards (custom small medal) for all 25K finishers. The first male and female overall performers will receive event specific awards

PLEASE NOTE: All awards will be given immediately at the time of race completion, if you fail to pick up your medal/buckle/award, we will not be mailing these items. All medals, buckles and awards must be collected locally.

Parking

- Parking is limited; carpooling and arranging rides are recommended. **DO NOT PARK AT MUCKERMAN SHELTER AS WE WILL BE USING THAT ENTIRE LOT FOR RACE SETUP AND VOLUNTEER PARKING ONLY.**

There is parking at the Visitor Center, Dogwood Shelter, Round House Gravel Lot and the Equestrian Shelter off Allenton Road (Mustang Shelter). Please review the Greensfelder County Map for more information on their website.

Greensfelder Park - St. Louis County Website (stlouiscountymo.gov)

Make sure you are following parking guidelines and only parking in the designated parking spaces/lots. While your car is parked you are not blocking the entry and exits to the parking lots and emergency vehicles can pass through without obstructions. Do not park your cars where you maybe blocking the trail entrance or anywhere you feel like the park ranger will issue a ticket and your vehicle will be towed.

Race Photography

Race Management will contract a professional photographer for this event.

For ALL distance photos - 100Mi, 100K, 50Mi, 50K, Night50K, Marathon and 25K runners. More details will be posted on Facebook! For Runners Crew: The best places to see a runner and capture photographs are near aid stations/start/finish. Please do not venture onto the course as this will result in disqualification of your runners. Only access to your runner is at "crew access" aid stations.

Safety / Medical Concerns

Participants have voluntarily entered an event which requires a significant amount of mental and physical preparation. In addition, the race involves inherent risks ranging from the known (e.g., terrain, 100-mile course) to the unknown (e.g., "acts of God"). Runners and pacers should ensure adequate medical coverage in the event of mishap during this event.

Medical Personnel

Although event personnel will make all efforts to provide aid within their capabilities, medical staff will not be available to take care of participants. Each aid station is located within a 5-10-mile radius of a major medical center.

Cell Phone Coverage

Cell phone service is available on the entire course, however, it can range erratically from adequate coverage to none at all depending on your service provider. For emergencies, carrying a whistle is recommended for both runners and pacers.

Accidents

If a runner gets hurt on the trail, he or she should stay put, keep warm, and remember that this is a multiple-lap, out and back course. Other runners or the Ozark Foothills Endurance Runs Volunteers will direct event personnel to the incident location or assist in another manner. Similarly, if a runner gets lost and is unable to retrace their steps and

get back on course, he or she should stay on the trail and wait. Wandering aimlessly, especially at night, reduces the chance of being found.

Dehydration

One of the most common medical problems for endurance athletes is dehydration. This is especially relevant for the Ozark Foothills Endurance Run if the temperatures hit upwards of 80.0° Fahrenheit when conditions on the course can be hot and humid. Each runner is solely responsible for monitoring his / her hydration level as race officials will not be weighing participants. Runners should leave each aid station with a minimum of 32 ounces of water, with 64 ounces being highly recommended.

Hypothermia

Hypothermia may pose a threat at night, especially if it has rained, as temperatures can drop below 60 degrees Fahrenheit. Sections of the course are exposed and can be very windy and wet.

Road Crossings

On each lap, runners have to make a few road crossings and run on the road for 100 yards or so before picking up the trail again. We will post signs at each road crossing but runners must use extreme caution when running across or along roadways. Crossing roads safely is solely the responsibility of the runner.

Terrain

Participants will be running on technical trails where footing is adequate at best. If it rains, there can be an abundance of mud and slick rocks. Attention to the terrain underfoot and directly ahead is critical in this event. Some trails are located adjacent to cliffs with extreme drop-offs. Runners may get wet feet when crossing the creeks if the water level is high.

Lighting

Race participants will need artificial light at night as very little moonlight penetrates the forest canopy with the exception of aid station lighting. Runners (and pacers) are reminded that daylight hours are shorter in the forest than in the open. Participants should carry backup batteries and lights, and keep extras in drop bags. Aid stations are not stocked with batteries for runners to use.

Hiking Poles

Poles are permitted on the course. For safety reasons, those with poles should yield the trail to other runners.

Headphones

Use of any device that impairs the senses is discouraged for safety reasons. Runners wearing headphones are asked to remove them when near aid stations to facilitate communication with event personnel.

Rules

Introduction: Ozark Foothills Endurance Runs Rules are designed with the following goals in mind:

A. The safety, enjoyment, and well-being of everyone involved in the race, including runners, pacers, crews, volunteers, neighbors, race personnel, spectators, and others using the trails ("the public").

B. The staging of a fair and sportsmanlike event that is solely based upon individual effort. Failure to comply with rules and procedures may result in disqualification of Runner. Depending upon severity of the offense, Runner may be disqualified for this race and future Terrain Trail Runners-STL events. Additionally, the race

directorate may refine, generate, or reinterpret a rule at any time if doing so is deemed necessary to promote goals A and B. At all times, the intent and spirit of the rules will govern how they are implemented and enforced by race officials (e.g., Race Directorate, Ozark Foothills Endurance Runs Volunteers, Aid Station Captains). By attending this event as Runner, Pacer, or Crew, each participant acknowledges and agrees with this sentiment.

All Participants

1. Courteous behavior and sportsmanlike conduct are expected at all times. Sharing the trail: Ozark Foothills Endurance Runs participants do not have exclusive use of the trails. These paths are well used by equestrians, MTB and hikers. Caution should be exercised when approaching casual hikers (and their pets). Runners should warn others of their approach and, when in doubt, yield.

2. Ozark Foothills Endurance Runs participants do not have exclusive use of public toilets or drinking fountains at the Greensfelder County Park. These should be used with care, keeping in mind that they are shared with hikers and the public.

3. The forest is fragile and subject to damage simply by being trod upon. Runners and pacers are expected to stay on the trail at all times.

4. Littering on the course is grounds for immediate disqualification. Littering is contrary to land use ethics and affects Ozark Foothills Endurance Runs ability to hold future events. **NOTE: Dropping waste (including aid-station cups) twenty yards, or more, from any aid station is considered littering.**

5. Muling is not permitted. Runner must carry all his or her supplies between aid stations, at all times.

6. Runner's lighting system is to be used for personal illumination of the trail only. Pacer may not deploy lighting systems to illuminate the trail for Runner except temporarily in case of an emergency.

7. Short-roping of Runner, by tether or connected body parts, is not permitted. Runner must complete the course under his or her own power without being pulled, pushed, balanced, towed, carried, supported, or physically guided over the course.

8. Stashing of supplies is not permitted at any time or place on the course. This includes leaving water bottles on out and back sections of the course, even during the event itself (a form of littering).

9. Aid from Crew or Pacer may ONLY be given at official aid stations. Crew and Pacer may not retrieve bottles from Runner for filling until within the confines of the aid station.

10. Aid-station resources and supplies are intended for runners and pacers. In the unlikely event of a shortage, runners have priority.

11. Smoking is not permitted on the trail or at aid stations. Smoking is strongly discouraged at any location where runners, pacers, crews, and race personnel congregate.

12. Consumption of alcoholic beverages and illegal substances on any part of the course is prohibited.

13. Dogs are not allowed anywhere on the course, and their presence is discouraged around aid stations for safety and sanitary reasons. Dogs brought to the Start/Finish area must be under control and leashed at all times.

14. All participants must obey City and County Parks regulations, with special attention to those that involve parking and driving.

Runners

A. Runner is responsible for knowing ALL rules and procedures.

B. Runner is responsible for the actions of his / her Pacer(s) and Crew. Any rule transgression by Runner or associated Pacer and Crew can be grounds for either immediate or post-run disqualification.

C. No Pacers are allowed for 50Mi, 50K, Marathon and 25K Runners. ONLY 100Mi and 100K runners are allowed pacers. A pacer maybe picked up at Start/Finish, Mustang and or Round House Aid Stations after loop 2/50Mi or 6 PM whichever comes first.

D. Runner must pick up bib number and bag on the designated day and time for individual distances and either attend or review the live stream Mandatory Runner Meeting on the race Facebook page. **Race morning packet pickup will be available for a $25 convenience fee – CASH ONLY.** *$25 Convenience fee for race morning packet pick will be used towards Volunteer Appreciation Projects for 2024!

E. Runner must check in on race morning prior to starting the race in order to be an official participant. All runners MUST check-in at the Start/Finish and at every Aid Station. Bib numbers MUST be visible at all times and worn on the front of your clothing. If you fail to check-in with us race morning and at aid stations your results will not be properly posted.
ALL YOU NEED TO DO IS CALL OUT YOUR BIB NUMBER as you pass the Aid Station.

F. Drop Bags
   1. Runner's collection of personal supplies at any one aid station must not exceed the following dimensions: 18" high, 18" wide, and 24" long.
   2. Drop bags are to be brought to the event Start Line (Muckerman Shelter) morning of your race at least 30 minutes prior to the race start time.
   3. In order to be accepted, bags must be clearly marked with the following information on a waterproof label.

- Location: Mustang, Fossil Ridge, Round House (i.e., Start / Finish)

- Runner name

- Runner bib number

- Distance Running

G. Accepting supplies on rare occasions from another runner is tolerated, however, multiple such instances may be interpreted as muling.

H. No course cutting. Runner must follow the marked course at all times. If Runner departs from the official course, Runner must return to the point of departure on foot before continuing onward.

I. Artificial systems devised to cool Runner (cooling vests or similar), are not allowed to be used or worn while forward progress is being made.

J. If Runner undergoes an infusion of intramuscular / intravenous / subcutaneous fluids of any type
(Except for prescription medication) during the race, immediate disqualification will occur.

K. Race officials reserve the right to remove runners from the course who are deemed incapable of continuing safely.

L. Runner must check in at every aid station for reasons of safety and timekeeping / tracking. It is every runner's responsibility to make sure their time is logged in at each aid station. NOTE: Runner exceeding one hour in an aid station must report it to the timer.

M. Runners dropping out during the event must inform a race official. If a Runner retires without doing so and fails to show up at the next aid station, officials may notify Eureka/Wildwood Fire Department Search and Rescue specialists. Runner may be held responsible for the cost of a frivolous Search and Rescue operation.

N. Cut-off times will be strictly enforced. Runner must not continue after exceeding a cut-off time. Race staff will make every attempt to shuttle Runner back to the Start / Finish (Muckerman Shelter) if this occurs. NOTE: The official race time clock is managed by race timers and corresponds to satellite time.

Pacers

A. Pacer must review and be familiar with ALL rules and procedures.

B. Pacer may start accompanying Runner after 50 miles/Loop 2 or beginning at 6:00 PM on
Saturday, whichever comes first.

C. Pacer must start pacing duty at the Start/Finish, Mustang and or Round House aid station.

D. Pacer will not be assigned a bib number and will not be tracked. Pacer Bib is required!

E. Only one pacer is allowed to accompany a runner at a time.

F. Pacer may only receive aid at the official aid stations.

G. Pacer may assist Runner in the aid station but may not enter the checkpoint ahead of Runner or
depart after Runner for this purpose.

H. If Pacer falls out of visual distance from Runner for longer than dictated by the course, Runner may continue on without Pacer, but Pacer must exit the course at the next aid station.

I. Race officials reserve the right to remove Pacers from the course who are deemed incapable of continuing safely.

*An entrant over the age of 60 or with a special medical condition (cleared by the race director in advance) may be paced from the start of loop 2 at start/finish for 100Mi, 100K and 50Mi.

Crews
A. Crew must review and be familiar with ALL rules and procedures.

B. Crew members may not consume supplies provided at aid stations, including food.

C. Crew may only park in authorized areas.

D. Crew may only support Runner and Pacer within 100 yards of an aid station, and not on the course.

E. Crew access only at designated aid stations. Round House aid station can ONLY be accessed on foot!

Contact Info:
Race Director – Shalini Bhajjan
Direct all questions via email

terraintrailrunners@gmail.com

Role Definitions
Ozark Foothills Endurance Runs Patrol

Patrols will be on the course to monitor progress of runners, assist during emergency situations, assess course conditions, refresh course markings, and prevent / report rules violations. Members of the Ozark Foothills Endurance Runs Patrol serve as extensions

of the race directorate. As such, they are authorized to warn runners, pacers, and crews of any violations and advise them to correct transgressions.

Aid Station Captain

Aid Station Captains plan and organize aid stations, as well as supervise their setup and disassembly.

During the event, they direct volunteers and oversee operations related to runner support and safety. Aid Station Captains serve as an extension of the race directorate. As such, they are authorized to warn runners, pacers, and crews of any violations and advise them to correct transgressions.

Event Schedule

NOTE: There is no pre-race meal.

Date	Time	Ozark Foothills Endurance Runs Events	Location
Friday, April 5	5-8 PM	Mandatory Runner Packet Pickup – All Distances	Muckerman Shelter, Greensfelder Park
"	7-8 PM	Mandatory Pre-Race Meeting – All Distances	"
Saturday, April 6	5:30 AM	Mandatory Runner Check-in and Drop Bag collection for 100Mi and 100K	Muckerman Shelter, Greensfelder Park
"	6:00 AM	Race Start 100Mi and 100K	"
"	6:30 AM	Mandatory Runner Check-in and Drop Bag collection for 50Mi	"
"	7:00 AM	Race Start 50Mi	"

"	7:30 AM	Mandatory Runner Check-in and Drop Bag collection for 50K	"
"	8:00 AM	Race Start 50K	"
"	Starting at 12:00 PM	Post-Race Taco Bar for Runners Only	"
Saturday, April 6	5-8:30 PM	Mandatory Runner Packet Pickup – Night-50K, Marathon & 25K *Race Day Registration for Night 50K ONLY*	Muckerman Shelter, Greensfelder Park
"	8:30 PM	Mandatory Runner Check-in and Drop Bag collection for Night-50K	"
"	9:00 PM	Race Start Night - 50K	"
Sunday, April 7	5:30 AM	Mandatory Runner Check-in and Drop Bag collection for Marathon	"
"	6:00 AM	Race Start Marathon	"
"	6:30 AM	Mandatory Runner Check-in and Drop Bag collection for 25K	"
"	7:00 AM	Race Start 25K	"
	Starting at 11:00 AM	Post-Race Taco Bar for Runners Only	
Sunday, April 7	2 PM	Race Ends	"

See following text for description of event listed

Mandatory Runner Packet Pickup: Runners are to pick up bib numbers and bags. Parking is limited; participants are advised to carpool and / or arrive early. Runners should not bring drop bags to any of the events scheduled for Friday (they will be collected on Saturday morning).

Mandatory Pre-Race Meeting: Distribution of information including logistics / course updates, safety, and other topics, in addition to an optional question and answer session. The briefing will be held in the Muckerman Pavilion/Lot parking area. Participants are encouraged to bring fluids, and a folding chair or beach towel for comfort.

Mandatory Runner Check-in: Runners need to check in prior to entering the race in order to be officially recognized. Times will only be kept for official runners.

Drop Bag Collection: The official and only occasion that drop bags are collected for distribution to the Mustang, Fossil Ridge and Round House aid stations.

Post-Race Food: Volunteer-host - individually served, buffet-style food with non-vegetarian and vegetarian options, and one drink per runner will be available post-race for all runners as they finish their respective distances on Saturday, April 6 and on Sunday, April 7, with ample opportunity for mingling. Post-Race food is for Runners ONLY but tickets ($10/meal) can be purchased online when registering for the race for crew/pacers. Early purchase is strongly recommended! Wristbands will be required for meals by all Non-Runners and Non-Volunteers.

*Since 2023 we have been working towards our Zero-Waste racing pledge to help reduce our environmental footprint because we believe every little action matters, we will no longer have paper plates and/or plasticware for post-race food. Runners and their crew are encouraged to PLEASE bring their own (non-disposable) plate and utensils to help reduce the trash from our events.

Please help us keep our races eco-friendly, minimize the trash in the landfills and our trails clean. Together we can make a difference!

Cut-OFF Times / Aid Station Closures

<u>Runners are allotted the below listed times to finish their respective race distances:</u>

100Mi – Final Cutoff 32 hours at start/finish, from 6:00 AM on Saturday, April 6 to 2 PM on Sunday, April 7. *All runners MUST be at the finish line prior to 2 PM on April 7 for an official race finish.

- *First cutoff for all 100Mi Runners will be enforced at Start/Finish Aid Station starting their 4th Loop: All 100Mi runners MUST be CHECKED OUT of the aid station prior to 5 AM on April 7*

- *A second cutoff for all 100Mi Runners will be enforced at Fossil Ridge Aid Station on Loop 4: All 100Mi runners MUST be CHECKED OUT of the aid station prior to 9 AM on April 7*

100K – Final Cutoff 32 hours at start/finish, from 6:00 AM on Saturday, April 6 to 2 PM on Sunday, April 7. *All runners MUST be at the finish line prior to 2 PM on April 7 for an official race finish.

- *All 100K Runners will have a cutoff at Fossil Ridge Aid Station on Loop 3: All 100K Runners MUST be CHECKED OUT of the aid station prior to 9:00 AM on April 7*

50Mi – Final Cutoff 30 hours at start/finish, from 7:00 AM on Saturday, April 6 to 1 PM on Sunday, April 7. *All runners MUST be at the finish line prior to 1 PM on April 7 for an official race finish.

- *All 50Mi Runners will have a cutoff at Fossil Ridge Aid Station on Loop 2: All 50Mi Runners MUST be CHECKED OUT of the aid station prior to 7:30 AM on April 7*

50K – Final Cutoff 12 hours at start/finish, from 8:00 AM on Saturday, April 6 to 8 PM on Saturday, April 6. *All runners MUST be at the finish line prior to 8 PM on April 6 for an official race finish.

- *All 50K Runners will have a cutoff at Fossil Ridge Aid Station on Loop 2: All 50K Runners MUST be CHECKED OUT of the aid station prior to 5:00 PM on April 6*

Night-50K – Final Cutoff 12 hours at start/finish, from 9:00 PM on Saturday, April 6 to 9 AM on Sunday, April 7. *All runners MUST be at the finish line prior to 9 AM on April 7 for an official race finish.

- *All Night-50K Runners will have a cutoff at Fossil Ridge Aid Station on Loop 2: All Night-50K Runners MUST be CHECKED OUT of the aid station prior to 6:00 AM on April 7*

Marathon – Final Cutoff 8 hours at start/finish, from 6:00 AM on Sunday, April 7 to 2 PM on Sunday, April 7. *All runners MUST be at the finish line prior to 2 PM on April 7 for an official race finish.

- *All Marathon Runners will have a cutoff at Fossil Ridge Aid Station: All Marathon Runners MUST be CHECKED OUT of the aid station prior to 9:30 AM on April 7*

25K – Final Cutoff 7 hours at start/finish, from 7:00 AM on Sunday, April 7 to 2 PM on Sunday, April 7. *All runners MUST be at the finish line prior to 2 PM on April 7 for an official race finish

- *All 25K Runners will have a cutoff at Fossil Ridge Aid Station: All 25K Runners MUST be CHECKED OUT of the aid station prior to 10:00 AM on April 7*