



**2026**

**The Book of Ozark Foothills Endurance Runs  
Presented by Terrain Trail Runners - STL**

# At a Glance

## Date / Location

- Saturday, April 11, 2026 (6:00 AM CST) – Sunday, April 12, 2026 (2:00 PM CST)  
*(5:00 AM CST Early Start Option – 100Mi Runners Only)*
- 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 cut-off 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 Endurance Runs

**June 6, 2025** – Start of registration period.

**March 15, 2026** – Last day for Guaranteed Swag with your registration. Registrations completed online after this date will receive alternative swag.

**March 27, 2026** – Last day to Change Distance.

**March 29, 2026** – Last day to Cancel Registration and End of registration period.

**March 15, 2026** – End of waitlist invitations if the race is sold out.

**March 30, 2026** – Announcement of bib numbers. Mandatory Pre-Race Information for ALL distances (100Mi, 100K, 50Mi, 50K, Night-50K, Marathon, 25K, 25K RUCK) will be recorded and emailed to all registered runners.

## **Race Weekend**

**April 11–12, 2026** – Race Starts

Start of races for: 100Mi, 100K, 50Mi, 50K, 25K RUCK, Night-50K, Marathon, 25K

Check individual distance pages for start times and cutoffs.

**April 12, 2026** – 2:00 PM CST Race Ends

## **Packet Pickup**

**April 10, 2026** – All Distances

5:00 PM – 7:30 PM CST – Packet Pickup for ALL distances.

Greensfelder County Park, Muckerman Shelter

4515 Hencken Rd, Wildwood, MO 63069

*\*Mandatory packet pickup for 100Mi, 100K, and 50Mi runners is on Friday, April 10, 2026, from 5:00 PM to 7:30 PM CST. A friend may pick up your packet if you cannot attend.*

*If you opt for race-morning pickup on Saturday, April 11, 2026, a \$25 CASH-ONLY convenience fee will apply, supporting our Volunteer Programs.*

*Due to limited volunteer availability, race-morning packet pickup is not available for 100Mi, 100K, or 50Mi runners. No exceptions will be made, and we kindly ask that you do not email requesting accommodations.*

**April 11, 2026** – **Mandatory Packet Pickup for 50K and 25K RUCK runners ONLY**

7:00 AM – 7:45 AM CST – Packet Pickup for 50K and 25K RUCK runners ONLY.

7:00 AM – 7:45AM CST – Pack Weigh-In for 25K RUCK

Greensfelder County Park, Muckerman Shelter

4515 Hencken Rd, Wildwood, MO 63069

## **April 11, 2026 – Packet Pickup for Night-50K, Marathon and 25K runners ONLY**

5:00 PM – 8:00 PM CST – Packet Pickup for NIGHT-50K, Marathon, and 25K ONLY

Greensfelder County Park, Muckerman Shelter

4515 Hencken Rd, Wildwood, MO 63069

*\*Mandatory packet pickup for 26.2Mi and 25K runners is on Saturday, April 11, 2026*

*5PM – 8PM CST. A friend may pick up your packet if you cannot attend.*

*If you opt for race-morning pickup on Sunday, April 12, 2026, a \$25 CASH-ONLY convenience fee will apply, supporting our Volunteer Programs.*

*Due to limited volunteer availability, race-morning packet pickup is not available for 26.2Mi and 25K runners. No exceptions will be made, and we kindly ask that you do not email requesting accommodations.*

## **1 Mile Kids Fun Run**

Ozark Foothills 1 Mile Kids Fun Run - Sign up is FREE. The Kids Fun Run will be a short out and back on wide track gravel/dirt trail. Parents are welcome to join their kids!

### **Start Time**

Friday, April 10, 2026 @ 5:30PM

*\*Please visit the race website for details on the Kids Fun Run.*

# **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](mailto:terraintrailrunners@gmail.com). Registration will open on June 6, 2025 and will close at midnight (CST) on March 29, 2026 on UltraSignup.com

In the event the race sells out prior to March 29, 2026 UltraSignup will maintain a WAITLIST and runners will be invited to register based on the order 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 canceled 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 re-issuance 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.*

## **Switching Races/Race Day Distance Changes**

You may switch between the distances offered for this event (100Mi, 100K, 50Mi, 50K, Night 50K, Marathon, 25K, 25K RUCK) 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 27, 2026 and may be done by simply logging on to your UltraSignup Account – Registration History – Make Distance Edits

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

## **Cancellation of Event**

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—hereafter referred to as the “OF 100”—was established in 2015, and 2026 marks the eleventh running of the event. Since its inception, the race has undergone two course changes to accommodate the expansion of local trail systems. In 2019, the 50Mi distance was added to the long-standing 50K and 25K races. The event lineup expanded again in 2020 with the introduction of the 100Mi, Night-50K, and Marathon distances, joining the existing 50Mi, 50K, and 25K offerings. The 2020 race was the only year the event was

cancelled, due to COVID-19. The 100K distance was added in 2024, followed by the introduction of the 25K RUCK division and the 1-mile Kids Fun Run in 2025.

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**

### **Early Start Option – 100Mi Runners Only**

An early start is available only to 100Mi runners who believe they may not make the standard cutoffs. Early starts are not intended for runners who simply prefer not to run at night, have weekend conflicts, or are coordinating with friends in other distances.

Runners choosing the early start must email their intent to [terraintrailrunners@gmail.com](mailto:terraintrailrunners@gmail.com) by March 22, 2026. Requests received after this deadline will not be accommodated.

Early starters will begin at 5:00 AM on April 11, one hour before the official 6 AM start. Early-start runners are not eligible for podium awards, but will still receive their finisher buckle.

\*Please note that the Mustang Aid Station (mile 4.9) will not be fully operational for early starters. A volunteer will be present for check-in and check-out, but aid may not yet be available. Only water will be provided at this station for early starts.

If you believe you will benefit from the early start, please email the race director to be added to the early start check-in list before the deadline.

### **Course Markings**

Please review individual distance course maps for details on the course layout. The loop for 25K/25K RUCK/50K/Night-50K Marathon/50Mi/100K and 100Mi 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 emailed one week prior to the race weekend. PLEASE MAKE SURE YOU STUDY THE COURSE MAPS FOR YOUR RESPECTIVE DISTANCE on our website. The 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 whichever distance you are running and carry the course map with you for any confusing splits. The 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 the course will result in immediate disqualification and future participation in all of our events. There will be spotters on course so Do Not Cut The 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 assortment of snacks to choose from such as chips, pretzels, gummy 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
- Roundhouse 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 are 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 12. 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, 25K RUCK, Marathon, 50K or 50Mi Runners. A pacer may be picked up at Start/Finish, Mustang and or Roundhouse Aid Station after Loop 2 for both 100Mi and 100K runners or 6 PM whichever comes first.

**Pacer Online Registration:** 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 29, 2026. 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 29, 2026.

### **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. *Extra bibs for multiple pacers can be purchased for \$10 at packet pickup.*

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 Roundhouse. Crew access at Roundhouse is 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 Members 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 finisher buckle) for all 100-mile finishers. The top three male, female and non-binary overall performers will receive event-specific awards. In addition, all 100-mile finishers completing the course in under 24 hours will receive a custom leather belt.

- 100K Awards (custom finisher buckle) for all 100K finishers. The top three male, female and non-binary overall performers will receive event-specific awards.
- 50Mi Awards (custom finisher buckle) for all 50-mile finishers. The top three male, female and non-binary overall performers will receive event-specific awards.
- 50K Awards (custom finisher medal) for all 50K finishers. The first male, female and non-binary overall performers will receive event specific awards.
- Night-50K - No Overall Awards - Distance specific custom finisher medal for all Night-50K Runners.
- Marathon Awards (custom finisher medal) for all Marathon finishers. The first male, female and non-binary overall performers will receive event specific awards.
- 25K Awards (custom finisher medal) for all 25K finishers. The first male, female and non-binary overall performers will receive event specific awards.
- 25K RUCK – No Overall Awards – Distance specific custom finisher medal for all 25K RUCK Runners.

**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, Roundhouse Gravel Lot and the Equestrian Shelter off Allenton Road (Mustang Shelter). Please review the Greensfelder County Map for more information on their website. All parking areas are located within a short walking distance of the start/finish area.

[Greensfelder Park - St. Louis County Website \(stlouiscountymo.gov\)](http://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 may be blocking the trail entrance or anywhere you feel like the park ranger will issue a ticket and your vehicle will be towed. **DO NOT PARK ON THE GRASS.**

### **Race Photography**

Race Management will contract a professional photographer for this event.

For ALL distance photos - 100Mi, 100K, 50Mi, 50K, Night-50K, Marathon, 25K and 25K RUCK 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.

### **Post-Race Food**

Volunteer-hosted, individually served buffet-style meals (vegetarian and non-vegetarian options) and one drink per runner will be available as runners finish on Saturday, April 11 starting at 12 PM and Sunday, April 12 starting at 11 AM. Post-race food will be catered by Bolyard’s Meat & Provisions.

A Taco Bar will be provided, featuring veggie (plant-based protein) and non-veg (chicken) options, chips, flour and corn tortillas, and cookies. Post-race food is for runners and volunteers only. Vegetarian food is reserved for vegetarians only.

If crew, family, or friends would like to join for post-race food and beer, they may purchase a meal bracelet for \$10 CASH at check-in or packet pickup on race morning. Quantities are limited, so early purchase is strongly recommended. Wristbands are required for all non-runners and non-volunteers.

## **Safety / Medical Concerns**

Participants voluntarily enter an event that requires significant mental and physical preparation. The race involves inherent risks, from known challenges such as rugged terrain and long distances to unpredictable factors such as severe weather. Runners and pacers are strongly encouraged to ensure they have adequate medical coverage in the event of an emergency.

## **Medical Personnel**

Event personnel will make every effort to provide assistance within their capabilities; however, dedicated medical staff will not be available to treat participants. Each aid station is located within approximately 5–10 miles of a major medical center.

## **Cell Phone Coverage**

Cell phone service is available throughout the course but may vary from strong to nonexistent depending on your provider. For emergencies, runners and pacers are encouraged to carry a whistle.

## **Accidents**

If a runner is injured on the trail, they should stay in place, keep warm, and remember that this is a multiple-lap, out-and-back course. Other runners or Ozark Foothills Endurance Runs volunteers will notify event personnel or provide assistance.

If a runner becomes lost and cannot retrace their steps, they should remain on the trail and wait. Wandering, especially at night, significantly reduces the chance of being located.

## **Dehydration**

Dehydration is one of the most common issues faced by endurance athletes. This risk increases during warm or humid conditions, particularly if temperatures reach 80°F or higher. Each runner is solely responsible for monitoring their hydration level, as race officials cannot do so on their behalf. We will not be weighing participants. Runners should

leave each aid station with at least 32 ounces of water, with 64 ounces strongly recommended.

## **Hypothermia**

Hypothermia may become a concern at night, especially following rain, as temperatures can drop below 60°F. Several sections of the course are exposed and can be windy and wet, increasing the risk. Runners should be prepared with appropriate layers.

## **Road Crossings**

Each lap includes several road crossings, and runners will travel along the road for roughly 100 yards before re-entering the trail. Signs will be posted at all crossings, but runners must exercise extreme caution. Safe road crossing is solely the responsibility of the runner.

## **Terrain**

The course consists of technical trails where footing can be challenging. Rain may create mud and slick rocks, requiring extra attention. Some sections run alongside cliffs with significant drop-offs. Creek crossings may result in wet feet if water levels are high. Staying alert to the terrain underfoot and ahead is essential throughout the event.

## **Lighting**

Participants will need artificial lighting at night, as very little moonlight reaches the trail beneath the forest canopy. Daylight hours are also shorter in the woods than in open areas. Runners and pacers should carry backup lights and batteries, and keep additional supplies in their drop bags. Aid stations will not have batteries available.

## **Hiking Poles**

Hiking poles are permitted on the course. For safety, runners using poles should yield the trail to others when passing or being passed.

## **Headphones**

Devices that impair hearing are discouraged for safety reasons. Runners using headphones should remove them when approaching aid stations to allow clear communication with event personnel.

## **Rules**

Please visit our website FAQs ([FAQ - Terrain Trail Runners](#)) for a more in-depth outline of our event policies, rules, and regulations.

**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

- A. Courteous behavior and sportsmanlike conduct are expected at all times.
- B. 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.
- C. 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.
- D. 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.
- E. 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.**
- F. Muling is not permitted. The runner must carry all his or her supplies between aid stations, at all times.
- G. 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.
- H. Short-roping of Runner, by tether or connected body parts, is not permitted. A 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.
- I. 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).
- J. 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.

- K. Aid-station resources and supplies are intended for runners and pacers. In the unlikely event of a shortage, runners have priority.
- L. 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.
- M. Consumption of alcoholic beverages and illegal substances on any part of the course is prohibited.
- N. 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.
- O. All participants must obey City and County Parks regulations, with special attention to those that involve parking and driving.

## **Runners**

- A. The runner is responsible for knowing ALL rules and procedures.
- B. The 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 25K, 25K RUCK Runners. ONLY 100Mi and 100K runners are allowed pacers. A pacer may be picked up at Start/Finish, Mustang and or Roundhouse Aid Stations after loop 2/50Mi or 6 PM whichever comes first.
- D. Runners must pick up bib number and bag on the designated day and time for individual distances. ***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 2026!
- E. Runners 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

- a. Runner's collection of personal supplies at any one aid station must not exceed the following dimensions: 18" high, 18" wide, and 24" long.
- b. 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.
- c. In order to be accepted, bags must be clearly marked with the following information on a waterproof label.
  - i. Location: Mustang, Fossil Ridge, Roundhouse (i.e., Start / Finish)
  - ii. Runner name
  - iii. Runner bib number
  - iv. 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. Runners must follow the marked course at all times. If a runner departs from the official course, the runner must return to the point of departure on foot before continuing onward.

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

J. If a 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. Runners 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. Runners may be held responsible for the cost of a frivolous Search and Rescue operation.
- N. Cut-off times will be strictly enforced.
  - a. Runner must not continue after exceeding a cut-off time.
  - b. 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 Roundhouse 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. The 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. Roundhouse aid station can ONLY be accessed on foot!

## **Cut-OFF Times / Aid Station Closures**

**Runners are allotted the below listed times to finish their respective race distances:**

**100Mi** – Final Cutoff 32 hours at start/finish, from 6:00 AM on Saturday, April 11 to 2 PM on Sunday, April 12. *\*All runners MUST be at the finish line prior to 2 PM on April 12 for an official race finish.*

- First cutoff for all 100Mi Runners will be enforced at Start/Finish Aid Station starting their 4<sup>th</sup> Loop: All 100Mi runners MUST be CHECKED OUT of the aid station prior to 5 AM on April 12.
- 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 12.

*\*Please note: The above listed cutoff times will apply to all 100Mi runners who opt for the 5 AM early start time.*

**100K** – Final Cutoff 32 hours at start/finish, from 6:00 AM on Saturday, April 11 to 2 PM on Sunday, April 12. *\*All runners MUST be at the finish line prior to 2 PM on April 12 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 12.

**50Mi** – Final Cutoff 30 hours at start/finish, from 7:00 AM on Saturday, April 11 to 1 PM on Sunday, April 12. *\*All runners MUST be at the finish line prior to 1 PM on April 12 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 12.

**50K & 25K RUCK** – Final Cutoff 12 hours at start/finish, from 8:00 AM on Saturday, April 11 to 8 PM on Saturday, April 11. *\*All runners MUST be at the finish line prior to 8 PM on April 11 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 11.*

**Night-50K** – Final Cutoff 12 hours at start/finish, from 9:00 PM on Saturday, April 11 to 9 AM on Sunday, April 12. *\*All runners MUST be at the finish line prior to 9 AM on April 12 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 12.*

**Marathon** – Final Cutoff 8 hours at start/finish, from 6:00 AM on Sunday, April 12 to 2 PM on Sunday, April 12. \*All runners MUST be at the finish line prior to 2 PM on April 12 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 12.*

**25K** – Final Cutoff 7 hours at start/finish, from 7:00 AM on Sunday, April 12 to 2 PM on Sunday, April 12. *\*All runners MUST be at the finish line prior to 2 PM on April 12 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 12.*

## **Contact Info:**

**Race Director – Shalini Bhajjan**

**[terraintrailrunners@gmail.com](mailto:terraintrailrunners@gmail.com)**

*Please direct all Ozark Foothills Logistical questions to Shalini!*

**Asst. Race Director – Jessica Huff**

**[jessh.ttr@gmail.com](mailto:jessh.ttr@gmail.com)**

*Please direct all Ozark Foothills Packet Pickup questions to Jess!*

**Asst. Race Director - Lisa Kennedy**

**[Lisak.ttr@gmail.com](mailto:Lisak.ttr@gmail.com)**

*Please direct all Ozark Foothills Kids Fun Run questions to Lisa!*