**1st Annual “Running the Rails on Route 66”**

4 Mile/1 Mile Race in Cuba, Missouri

Saturday, March 23rd, 2019 at 9:00 a.m.

This is a competitive, timed 4-mile, scenic run in historic downtown Cuba, Missouri along the Cuba rails. The race **begins at Frisco’s Grill and Pub in downtown Cuba. Registration will be at Frisco’s Grill and Pub at 5:00 pm on Friday or 8:00 am on Saturday.** All other race information including parking and more will be sent via e-mail to early registrants. **Please include your e-mail when you register** to get this important information. We will again be utilizing professional, automatic CHIP TIMING with Big River Running Co. Our goal for 2019 is 1,300 registrants!

**Registration Fees**

Proceeds of the race will go toward community/school improvement projects. No refunds will be given.

**Adult Fee**: $25 if pre-registered by March 1st or $30 after March 1st.

**Child Fee**: (13 and under) $15 if pre-registered by March 1st and $20 after March 1st.

**Race shirt included with paid registration. Shirts cannot be guaranteed for registrations after March 1st.**

**1 Mile Fun Run** (New this year) – **FREE!** (No t-shirt included)

Runners and walkers are welcome. No animals or bicycles please. Jogging strollers are allowed.

**For online registration, go to** [**www.bigriverrunning.com**](http://www.bigriverrunning.com/) **or find more info at** [**www.racetotherocker.com**](http://www.racetotherocker.com/) .

**You may also enter the race with a team!** Must be at least 5 racers on a team to qualify for the TRAVELING TEAM PLAQUE. There can be unlimited members on a team, but only the top five finishers will earn points. We will also issue a trophy for the largest team. You must be a paid participant to be eligible for the team trophies.

**AWARDS**

Presentations will take place at Frisco’s shortly after the race!

**FASTEST RUNNER TO BREAK 19:55 (male) 23:33 (female)--$250 PRIZE!!!!**

1st, 2nd, and 3rd place awards will be given to the top 3 **overall** males and females.

Awards will be given to 1st, 2nd, and 3rd Male and Female participants in the following age groups:

10 and under 11-15 16-20 21-30 31-40 41-50 51-60 61-70 71 and over

All registrants who are PRE-REGISTERED will also be eligible for prizes donated by area sponsors.

To register, please complete the following form and sign. Please make checks payable to Race to the Rocker and mail to: Race to the Rocker, Attn: Tanya McKellips 662 Westbrook Rd. Cuba, MO 65453 [www.racetotherocker.com](http://www.racetotherocker.com/) Registration can also be completed online at [www.bigriverrunning.com](http://www.bigriverrunning.com/)

**4 mile race**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**1 Mile Fun Run**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Adult Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_T- Shirt: S M L XL XXL

Male\_\_\_\_\_\_\_\_Female\_\_\_\_\_\_\_\_\_\_Age as of March 24, 2018\_\_\_\_\_\_\_\_\_

Mailing Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_E-mail address (IMPORTANT for receiving race instructions) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ T-Shirt: YS YM YL S M L XL

Male\_\_\_\_\_\_\_\_Female\_\_\_\_\_\_\_\_\_\_\_Age as of March 24, 2018\_\_\_\_\_\_\_

**If you are entering on a team, indicate your team name here:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Walk/Run Release: By signing this form, I for myself, my heirs assigns, executors and administrators, waive and release any and all rights and claims for damages, actions and causes of action against any sponsors (including Big River Running Company) or their representatives, successors and assigns any and all other sponsors, for any and all injuries suffered by me while participating in and traveling to and from events/group runs. I fully understand that this association involves strenuous physical activity and I acknowledge that I am physically fit and sufficiently trained to participate.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_