

FRISCO HIGHLINE TRAIL — SUNDAY, MAY 5, 8AM-5PM

IRONHORSE GRAVEL GRIND

Ozark Greenways presents
this unique ride to raise funds for
Frisco Highline Trail maintenance.

Retrace the path of historic steam engines
that once traveled the Frisco Highline Trail and
explore the scenic gravel backroads of Polk County.



Three options to choose from!

- The Grindy (20 mile Ride) — \$30
- The Grinder (40 mile Race) — \$45
- The Grindest (100 mile Race) — \$45

Willard Trailhead / Frisco Highline Trail
107 E. Jackson Street, Willard MO
5 miles north of Springfield, off Hwy 160



REGISTRATION FORM

IronHorse Gravel Grind / Frisco Highline Trail
Sunday, May 5, 2019, 8am—5pm

Willard Trailhead, Frisco Highline Trail
107 E. Jackson Street, Willard MO
(417) 864-2015 / john@ozarkgreenways.org

DETAILS: Pre-register at www.bikereg.com. Race-day check in starts **7:00 a.m.** All rides start **8:00 a.m.** Riders of all three courses will need to possess **self-supported** cycling skills for navigation and repairs. Carry water, food, and other supplies as needed with you for the duration of your ride. **Post-race lunch will be served from 11:45 - 4:45.** Enjoy the ride!

Name: _____

Address: _____

Email: _____ Phone: _____

Age: _____

Check the route you're entering:

___ **The Grindy** (20 mile Ride) - \$30 (Must be 12 or older, and with an adult)

___ **The Grinder** (40 mile Race) - \$45 (Must be 18 or older)

___ **The Grindest** (100 mile Race) - \$45 (Must be 18 or older)

PRE-REGISTER AT — www.bikereg.com

OR MAIL CASH/CHECK — Make checks to: "Ozark Greenways," P.O. Box 50733, Springfield MO 65805

WAIVER:

In consideration of accepting this entry, I, the undersigned, assume full responsibility for participating on bicycle on the course during this event, as well as any and all other risks associated with participating in this event, including falls, body contact and weather. In consideration of these facts, I hereby release Ozark Greenways, Inc., and any and all sponsors of this event from any and all claims of any nature for injury or loss that may result from participation in this event.

Signature: _____ Date: _____

(Signature of parent or guardian if under 18)