REGISTRATION FORM
IronHorse Gravel Grind / Frisco Highline Trail
Sunday, May 3, 2020, 7am—5pm
Willard Trailhead, Frisco Highline Trail
107 E. Jackson Street, Willard MO
(417) 864-2015 / john@ozarkgreenways.org

DETAILS: Pre-register on-line at www.bikereg.com January 1-April 30. April 17 entry fees increase by $10. Race-day check in starts 7:00 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 meal will be served from Noon-5pm.

Enjoy the ride and thanks for raising FUNds for the FHT!

Name: ________________________________________________________________

Address: ______________________________________________________________________________________________________________

Email: ____________________________________________________  Phone: ___________________________________________________

Age: _____________________

Check the route you’re entering:

____ The Grindy (26 mile Ride) - $30  (Must be 12 or older, and with an adult)
____ The Grinder (43 mile Race) - $45  (Must be 18 or older)
____ The Grindest (84 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)