OMC Superhero Fun Run
1.5 mile • 5K • 10K • Dog Show
8 a.m. • April 22

OMC Superheroes & the Cancer Treatment Center
Funds from this event benefit the OMC Cancer Treatment Center Emergency Fund. This fund helps patients that need assistance in getting to their treatments.

27TH ANNUAL
OZARKS MEDICAL CENTER
SUPERHERO FUN RUN
1.5 MILE / 5K / 10K / DOG SHOW

Couch to 10K - Class starts February 27
Join in the fun this year! Ozarks Medical Center is offering FREE Couch to 5K training! Participate with groups or workout on your own with the Couch to 5K phone app. At the end of the 8-week program, you will be ready for your Fun Run event! All Couch to 5K participants will receive a free “Superhero in Training” t-shirt in addition to their Fun Run t-shirt. To sign up, attend the Couch to 5K Information Session on Tuesday, February 16 at 5:30 p.m. at the OMC Parkway Center or drop off your registration form to the OMC Public Relations Department (located in OMC Parkway Center) before Friday, February 24 at noon. The workout schedule is Mondays, Wednesdays and Thursdays at 5:30 p.m. beginning Monday, February 27 at the West Plains Civic Center. Workouts also will be held at Carmichael Field when weather permits.

EARLY REGISTRATION ~ DUE APRIL 13
Participants wishing to receive a free Fun Run t-shirt must submit their registration forms by 5 p.m. April 13. Participants registering after April 13 will not receive a t-shirt. Participants may also opt out of receiving a t-shirt and designate these funds to further assist the OMC Cancer Treatment Center.

TEAM DISCOUNT
Teams of five or more qualify for a discount of $5 off each individual registration. Please see the reverse side for details. All team members do not need to be entered in the same event. The discount is available to those registering online as well.

ONLINE REGISTRATION
Participants may register online at raceroster.com. A processing fee is charged by the site. Online registration ends at 11:59 p.m. April 20.

PACKET PICKUP ~ APRIL 21
The Superhero Fun Run Packet Pickup will be held from 3:30 to 5:30 p.m. April 21 at OMC Parkway Center, Willard Hunter Classroom. Participants are encouraged to pick up their t-shirts (if registered before April 13), bibs if running in the 5K or 10K, and swag bags. A registration table also will be available. Participants in the 5K & 10K must still check in the morning of the race to receive their timing chip if they are requesting one. Participants must pick up their own packet unless they have made arrangements prior to April 21 by calling 417-257-6737 or e-mailing melissa.smith@ozarksmedicalecenter.com.

SUPERHERO SIGNS
New this year! Help us line the race course and honor a survivor or the memory of one who has lost the battle. For $5 a Superhero Sign will be placed with a name of your choice to honor.

PARKING ON EVENT DAY
Parking at the Shaw Building will be limited and reserved for handicap participants and visitors of the hospital. Parking is available in lots on the OMC campus and at the OMC Parkway Center.

EVENT DAY REGISTRATION
Entrants may register the day of the race for an additional $5 fee. Registration will begin at 6:30 a.m. at the start line area in front of the Shaw Medical Building, 1111 Kentucky Avenue. Event day registration will close at 7:15 a.m.

RACE EVENTS & TIMING
The OMC Fun Run will include 1.5 mile, 5K and 10K events. The 5K and 10K will be electronically timed using Champion Chip timing. Timing chips are available for $5 for the 5K and 10K events. Chips must be returned at the finish line. There will be a $10 charge to change your race event after April 20.

STRETCHING CLINIC
OMC Wellness and Rehabilitation Services will conduct a stretching clinic to help participants warm up for their event. The clinic will be held near the start line at 7:50 a.m.

START LINE
The race will begin and end at the Shaw Medical Building, 1111 Kentucky Avenue, West Plains. Porta-Potty facilities will be available near the start line. The race begins at 8 a.m.

AWARDS & RACE DAY EVENTS

Awards Ceremony: The Awards Ceremony for the 5K will be held at 9:00 a.m., 10K Awards Ceremony will be held at 9:45 a.m., and the Spirit Awards and Corporate Team Awards will be held at 10:00 a.m. in front of the Shaw Building.

5K & 10K Finishing Times: Trophies will be awarded in the 5K and 10K events to the five overall male and female finishers. Medals will be awarded to three male and female finishers in each age division, who are not in the top five overall.

Spirit Awards: Superhero spirit awards will also be awarded to one child, one adult and one team. These awards are given to those who demonstrate the most spirit on race day. Spirit judging will take place near the start line at 7:40 a.m. You must be present for the judging in order to win.

Corporate Team Award: West Plains Bank (last year’s Corporate Team Award winner) has issued a challenge to the community encouraging other businesses & groups to find creative ways to support the Cancer Treatment Center prior to the Fun Run! Join your coworkers or teammates in a fundraiser. The team who raises the most money will be awarded the Corporate Team Award, a special award to display at your business or organization. All donations must be collected and turned in by the close of the Packet Pickup at 5:30 p.m. Friday, April 21. The winner will be announced during the Fun Run Awards Ceremony on April 22.

Race Day Village: New this year! Plan to hang around for fun & food! There will be a concession stand serving breakfast and snacks, live music, Superhero face painting for the kids, vendor booths & more!

Dog Show & Costume Contest
Back again this year! Bring the pooch out for a fun morning! If you want to participate in a walking or running event with your dog, complete the registration form on the reverse side and pay the entry for yourself and your dog, then follow all other race instructions. To just enter your dog in the Dog Show and Costume Contest the morning of the event beginning at 7:30 a.m. All dogs must be registered for the Dog Show & Costume Contest by 8:45 a.m. All dogs must be on a leash and have current rabies vaccination per city ordinance.

Dog Show Awards: Awards given for the Dog Show include: Best Small Dog, Best Medium Dog, Best Large Dog, Best Costume Small Dog, Best Costume Medium Dog, Best Costume Large Dog, and Best of Show. Judging will take place during the Dog Show that begins at 9:15 a.m. on April 22. Awards will be given following the show.

OMC Superheroes & the Cancer Treatment Center
Funds from this event benefit the OMC Cancer Treatment Center Emergency Fund. This fund helps patients that need assistance in getting to their treatments.

Couch to 10K - Class starts February 27
OMC Fun Run 2017 Registration Form

One registration form per person. Mailed registrations must be received by April 20 with payment.
Mail along with your entry fee to: Fun Run • Ozarks Medical Center • PO Box 1100 • West Plains, MO 65775

Name ____________________________________________________________

☐ Male ☐ Female ☐ Couch to 5K Participant

Phone Number________________________________ Date of Birth ____________________________

Mailing Address _____________________________________________________________________________________

E-mail Address ______________________________________________________________________________________

Event you are entering (check all that apply) ☐ 1.5 mile ☐ 5K ☐ 10K ☐ Dog Show

Age Division
☐ 9 & Younger ☐ 13-19 ☐ 30-39 ☐ 50-59
☐ 10-12 ☐ 20-29 ☐ 40-49 ☐ 60 & up

Registration

<table>
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<tr>
<th>Registration On or before April 13</th>
<th>1.5 mile (not timed)</th>
<th>5K (not timed)</th>
<th>10K (not timed)</th>
<th>5K (timed)</th>
<th>10K (timed)</th>
<th>Dog Show</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child (12 &amp; younger)</td>
<td>☐ $15</td>
<td>☐ $20</td>
<td>☐ $25</td>
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<tr>
<td>Adult (13 &amp; older)</td>
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<td>☐ $30</td>
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</tr>
<tr>
<td>Dog</td>
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<td>☐ $5</td>
<td>☐ $5</td>
<td>☐ $5</td>
<td>☐ $5</td>
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</tr>
</tbody>
</table>

Day of Registration (April 22) is $5 extra per entry.

T-Shirt

Participants registering by 5 p.m. Thursday, April 13 will receive a free t-shirt on the day of the Fun Run.
Those registering after April 13 will not receive a t-shirt.

☐ Child X-Small ☐ Adult Small ☐ Adult 2X ☐ No T-Shirt
☐ Child Small ☐ Adult Medium ☐ Adult 3X
☐ Child Medium ☐ Adult Large ☐ Adult 4X
☐ Child Large ☐ Adult X-Large ☐ Adult 5X

Team

Teams consist of five or more individuals and qualify for a $5 discount off each individual registration. Teams also are eligible to compete for the Team Spirit Award. Are you registering as part of a team?

☐ No ☐ Yes If yes, please subtract $5 off your registration fee and enter your team name: __________________________

Dog Show & Costume Contest

Back again this year! Dog Show & Costume Contest. $5.00 entry per dog. You may also pay for Dog Show & Costume Contest day of event.

Race Day Signs

New this year! Help us line the race course and honor a survivor or the memory of one who has lost the battle. For $5 a Superhero Sign will be placed with a name of your choice to honor. (Please indicate if survivor or in memory. Use additional paper if needed.)

Name(s) to honor ____________________________________________________________ Qty____ x $5 = $___________

How did you learn of this event?

☐ Facebook ☐ Newsletter ☐ Email ☐ Direct Mail ☐ Newspaper ☐ Radio ☐ Word of Mouth
☐ I am a past participant ☐ OMC Website ☐ Raceroster Search
☐ Other

Total enclosed $________________

Waiver

In consideration of the acceptance of this entry, I, the undersigned, assume full and complete responsibility for injury or accident that may occur during the event or while I am on the premises of the event, and hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with the event from any and all injury or damage. Ozarks Medical Center regularly produces photographs of people in its publications, news releases, promotional and marketing material and on its website in order to promote OMC. By signing this waiver, I agree to allow OMC the right to use any photographs in the manner explained above.

This waiver must be completed and signed by the appropriate person for the entrant to participate.

Participant signature________________________________________________     Date_____/_____/_____

Parent signature (for minor)________________________________________________     Date_____/_____/_____

No T-Shirt (donate my t-shirt proceeds to the OMC Cancer Treatment Center)

Child X-Small ☐ Child Small ☐ Child Medium ☐ Child Large
☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult X-Large ☐ Adult 2X ☐ Adult 3X ☐ Adult 4X ☐ Adult 5X

Total enclosed $________________