

“One MO Mile”

May 21, 2023 12pm



Come join us as Joe Duncan, Charter member of the Columbia Track Club, races to etch his name in the state age records for the mile!

Parking: Please park at Rock Bridge High School and walk to the start using Executive Drive. Please do not park on North Cedar Lake Drive or John Garry Drive, which is part of the course.

Course: One loop course starting and finishing near the entrance to the Columbia Performing Arts Center. **USATF certified # MO20006MU** Effective 10/28/2020 to 12/31/2030.

Race Limits: Due to the course limitations for runners and traffic control, there may be two heats of the mile to safely accommodate all runners.

Entry Fee: Free. Timing will be provided.

Awards and T-shirts: None, because it is free! Possible state record if you run fast enough!

Aid Stations: Everyone should provide their own fluids.

Bathroom: Bathroom at the Rock Bridge track will be open.

Name _____ **Age on 5/21/2023** _____

Gender M F

Address _____

City/State/Zip Code _____

Phone _____ **Email** _____

In consideration for entering the One MO Mile, I, for myself, my heirs and personal representatives, waive, release and promise not to sue the organizer, the Columbia Track Club, the City of Columbia, the State of Missouri, and the officers, agents, employees and servants of those entities, for any injury or damage I suffer as a result of my participation in the One MO Mile. I realize and assume the risks involved in running in an event of this nature, and the risks involved in running on public streets, trails and highways with vehicle traffic. I certify that I am properly trained for this event and that I am in good health. I understand that by signing this document I am giving up valuable rights, including the right to bring a lawsuit or otherwise seek compensation for injuries or damages from anyone associated with this event. I have read this document and am signing it with full understanding of its meaning, and I know it is a binding legal document.

Signature: _____

Parent/Guardian if entrant is under 18: _____

