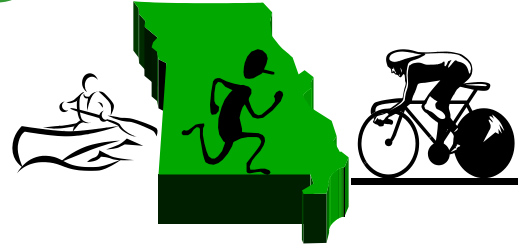


Race Across Missouri



Rules

1. Competition begins February 18th and ends May 18th. There will be two levels of competition. Group A will be beginners and Group B will be intermediate to advanced.
2. Participants must run on treadmill or outside to St. Louis (130 miles), ride on a stationary bike or go to spinning class to Kansas City (155 miles), and row or use the elliptical to go to the Lake of the Ozarks (45 miles). If in Group B, participants must also bike to Springfield (135 miles), and use either a treadmill, elliptical, or rowing machine to go to Hannibal (105 miles).
3. Participants must complete entire course to be eligible for entry in our grand prize drawing. We will have a different drawing for Group A and Group B.

Competition Includes

- “Race Across Missouri” T-shirt
- Invitation to our post-competition party
- A chance to win prizes