



The First Annual
**5K / 10K
 HALF / FULL MARATHON
 2015**

www.MOWDYRANCH.com

The Mowdy Ranch Mustang Run will wind through Mowdy Ranch, which is located 12 miles NE of Coalgate, Oklahoma. Runners will navigate dirt roads and trails up the rocky hills and down into the heavily wooded creek bottoms. The wild horses will be moved to adjacent pastures but they will be visible to the runners. Run with nothing but the sound of the birds and wind to interrupt your thoughts. All proceeds from the run are donated to the continued care and maintenance of these beautiful animals. Millions of these wild horse once roamed this country, but the press of civilization now limits the land available for these horses. When their numbers get too great, the BLM is forced to capture and move horses to ranches like Mowdy Ranch where they are allowed to live and run free for the rest of their lives. Unfortunately ranches willing to take these beautiful horses are few and limited. Your help is needed to insure the continued existence of the wild mustangs.

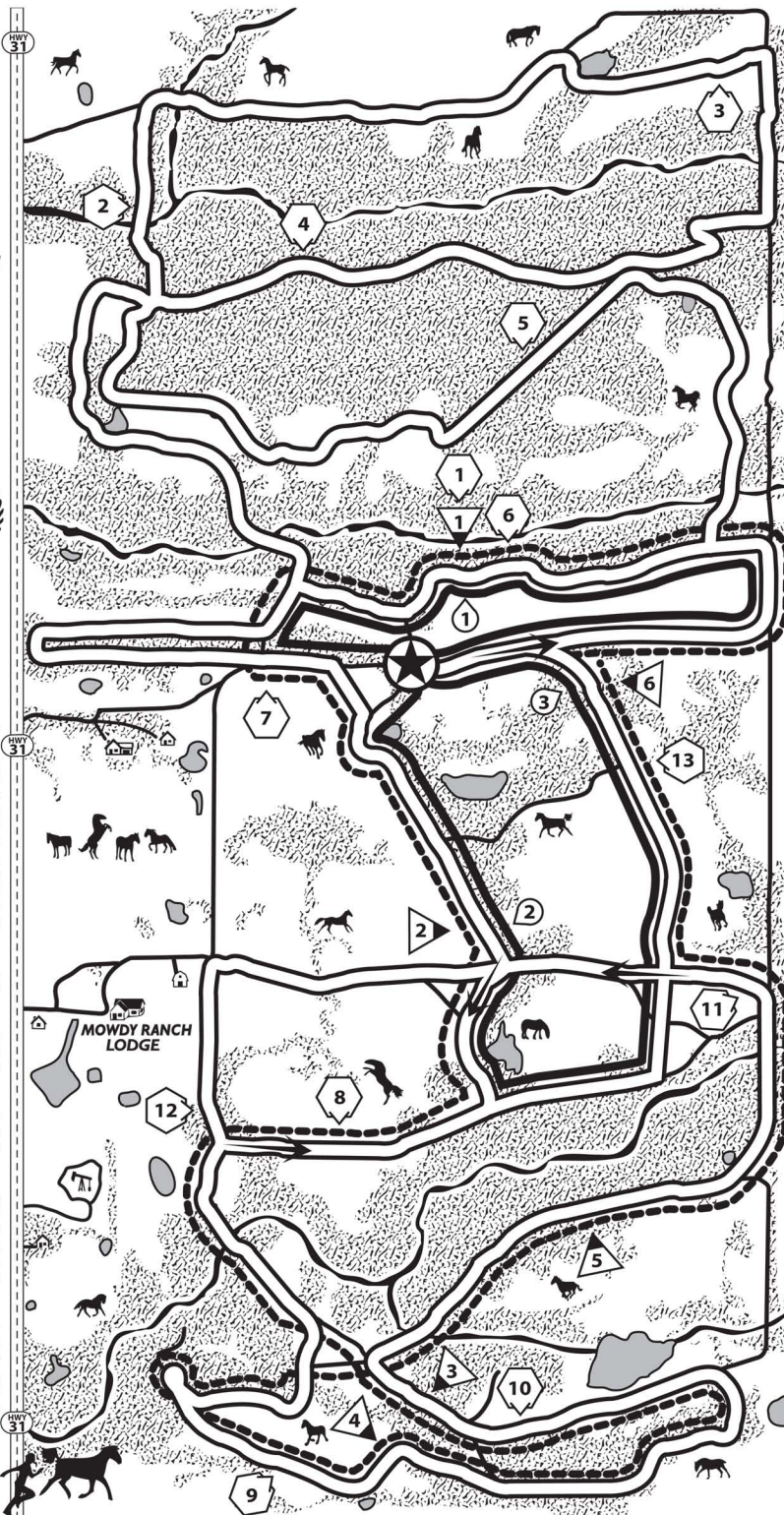
These trails have plenty of rocks, roots, stumps and other tripping hazards. There are stream crossings with stepping-stones. The trails are narrow at times and could be crowded as faster runners overtake slower ones.

A faster runner might, therefore, knock you to the side, causing you to slam headfirst into a tree or get impaled on a jagged root. There might be poison ivy, ticks, bugs, bees, snakes and other woody things you find in the great outdoors.

Wind and rain may create mud holes, fell trees and limbs and create hazards that race officials don't even know about. If we know about a hazard, we will try to warn you, but there may be hazards we don't know about and therefore can't warn you. You're on your own.

Vandals may swipe trail markings. You could veer off course and run straight into a horse's ass for all we know. We suggest you yield to said horses if you see them. They have the right of way. In addition, race officials may deliberately create extra hazards. Just for fun. There will be water stops, but feel free to carry a water bottle and any food that you want. If you get dehydrated, it could be months before we find your pile of vulture-picked bones.

But even though you might get hurt or lost, you're agreeing to all this crap because you want to run this race. You are therefore releasing and discharging all race officials, volunteers, sponsors and municipalities, as well as the rocks, roots, bugs, tree limbs, and other stuff, dead or alive, gnarly or not, that might poke an eye out or otherwise hurt you because you know that trail running is a high-risk activity. Now get out there, have fun and be safe.



- START & FINISH POINT
- 5K TRAIL
- 10K TRAIL
- MARATHON TRAIL
- 5K MILE MARKER
- 10K MILE MARKER
- HALF MARATHON & FULL MARATHON MILE MARKER
- ROADS
- CREEKS
- PONDS
- TREES



MOWDY RANCH
Mustangs

Mowdy Ranch is the Bureau of Land Management's (BLM)'s second wild horse ecosystem in the United States open to tourism. Located 12 miles NE of Coalgate in the hills of southeastern Oklahoma, Mowdy Ranch is now offering daily photographic tours and lodging facilities for wild horse enthusiasts. Mowdy Ranch comprises 4000 acres of wooded hills and open valleys in southeastern Oklahoma, the historical home of the legendary Choctaw ponies. The Choctaw ponies were famous for their toughness and endurance which was showcased in the film "Hidalgo". Mowdy Ranch has now dedicated 1280 acres of the ranch as a wild horse sanctuary and currently houses 153 wild horses on a long term basis. Mowdy Ranch is owned by Clay and Kit Mowdy whose children are the fifth generation to live and work on the ranch. The ranch has two lodges which are capable of sleeping up to 32 people and has kitchen and dining facilities which can accommodate larger groups and special events.

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