

Scrambler Packet

The Ozark Scramble: 9-miles, 50+ obstacles to give forgotten and abused kids hope!

The Ozark Scramble is a blood-pumping, sweat-soaking, adrenaline-surfing, mud-marinating, water-logging, purpose-driven TEAM obstacle run set at the Meramec Adventure Ranch in Steelville, MO.

A 2.3-mile Fun-Run Obstacle Course (The Scrambled-Over-Easy) will also be available for younger participants and those wanting a little-less-intense experience.

About the Ozark Scramble:

Your chosen team of at least three people (...or as big as 25), have the opportunity to take on “The Ozark Scramble” as it traverses 50+ obstacles on the Meramec Adventure Ranch for an 9-mile *EPIC TREK!* **Scramblers** have up to 6 hours to complete the course as a team. During the course, **Scramblers** move by leg-power (and hand-power). Scramblers should be prepared to negotiate challenges including jumping, climbing, mud crawling, and swinging across, over, and through obstacles, as well as negotiating steep hills and ravines. Scramblers should also be prepared for 2 swimming obstacles and be prepared to swim 150m (with a PFD). For swimming obstacles, PFD’s are required and provided or Scramblers may bring their own. Teams must remain together at all times and are encouraged to help other teams. Successful completion of the event is measured by getting all teammates to complete the course or as far as possible through the course in the designated amount of time. Bring your own watch, because no time will be kept for the course!

...And your team must accomplish this task while carefully carrying an EGG!

...Don’t worry, Eggs will be provided.

What’s with the Egg?

Each team will carry one egg with them throughout the entire course, protecting it from breaking at all costs. This egg represents what this run is all about- The youth who come to the Meramec Adventure Ranch. It represents the idea that you are yoked or “Yolked” together with them in your belief that they have the ability to overcome the challenges of their pasts and to move forward successfully. It represents your desire to inspire and believe.

Eggs may be packaged in whatever manner the team decides (foam, tape, egg cartons, socks, whatever you want), and must be carried by one of the Scramblers in each team at all times.

Why get “Yolked:” How you are giving hope to abused and forgotten youth.

The Ozark Scramble is hardcore and intense. It is not for the faint of heart. The run will test every person on your team: your grit, your physical and mental stamina, and your determination. It is

about taking on obstacles that will challenge you, try you, push you to the limit. It is about being there for someone else when they need you...and having someone there for you. It is about the sense of accomplishment you feel as you stand completely exhausted having completed a ridiculously-tough adventure. *AND...It is about an opportunity for you to inspire the youth who come to the Meramec Adventure Ranch to do the same.*

The young men and young women who come to the Ranch throughout the year are also fighting to take another step in an incredibly difficult journey. These youth have had many people give up on them, write them off, and leave them behind. They've made had things happen to them and have made mistakes that have left them feeling unchangeable, undeserving, stuck, and hopeless. The programs at the Ranch seek to use adventure and the wilderness as a way for youth learn skills for living, earn respect for themselves, and to experience their true capability, connection with others, and purpose in the world.

By completing this run, you are helping to provide the funding necessary to provide essential programming for these kids, and even more importantly, you are showing these youth that no matter what has happened to them in the past, no matter what their decisions have been, and no matter what challenges lie ahead, **YOU ARE NOT GIVING UP ON THEM**. The journey is long, exhausting, difficult beyond belief, but **NOT IMPOSSIBLE**. You and many others like you are standing beside them in the belief that they have what it takes to **GROW**, to **PERSEVERE**, to **OVERCOME**, to **HEAL**, and to **HOPE**.

If scrambling through 9-miles of hell is not your cup of tea, you can still “yolk” yourself together to support these youth. Text “ranch” to 855-958-6021 to find an opportunity just right for you to be able to save lives through adventures at the Ranch.

Date and Times:

Saturday 3 June 2023 at the Meramec Adventure Ranch, Steelville, MO

7:30am – 9:00am – Registration

8:30am – 9:00am – Egg Scramble Brief and warm-up time

9:00am – 3:00pm – Egg Scramble Run Time

9:20am-9:30am—Scrambled Over Easy Brief and warm-up time

9:20am-12:30pm—Scrambled Over Easy Run Time

3:00pm – 5:00pm – Post-Run Awards and Celebration

On the Day of the Scramble:

- Registration will open at 7:30am on Saturday.
- Park in the designated parking area. Shuttles will be provided, or you may walk the ¼ mile to the registration area at the Lodge
- Bring your ticket and have it ready at the registration table.
- If there are over 200 Scramblers, Scramblers will be divided into heats 20 minutes apart, and based on time of arrival. The Scrambled Over Easy start time will be moved back accordingly. Watch the “Meramec Adventure Ranch” facebook page for updates.

Scramblers will be notified NLT 48 hours out from the race if there will be multiple heats/start times.

- If you have any questions, please come to the registration table on the day of the event or feel free to contact the Meramec Adventure Ranch at 573-775-5513 or email MALR-trips@greatcircle.org at any time prior.

Scramble Rules:

- All participants must be at least 12 years old for the Great Egg Scramble. Any age is welcome for the Scramble-Over-Easy.
- All teams with minors on them must have at least one adult 18 years of age or more and an adult to child ratio of 1:10 (for example: a team of 8 participants who are minors must have 1 adult over the age of 18 with them).
- Minors running the course must have a chaperone present, but they do not have to run the course.
- Teams can be made up of any number of participants greater than or equal to 3 and any combination of male and female participants.
- Any obstacle may be bypassed, including the swim. Participants are encouraged to challenge themselves to try everything.
- Participants may “re-try or re-do” an obstacle as many times as they want before moving on.
- Participants will have a maximum of 6 hours to complete as much of the course as possible.
- Teams must remain together (all members within 100’ of each other) at all times during the Scramble. If one team member is injured, or drops out, stay with your buddy until they are picked up by the Scramble staff. Designated vehicles are available at all times for injuries and emergencies. All checkpoint staff have radios for communication.
- The designated course must be followed at all times. If a specific line/path is marked or established, teams must follow it and cannot take shortcuts. If no specific path is designated, teams have the freedom to move to the next challenge/checkpoint any way they prefer.
- Participants may carry additional food/water/clothing with them. Water points are located throughout the course.

Age Requirements:

Ozark Egg Scramble:

- Must be 12 years or older
- All teams with minors must include at least one adult and an adult to child ratio of no greater than 1:10

Scrambled Over Easy:

- All ages are welcome
- All teams with minors must include at least one adult and an adult to child ratio of no greater than 1:10
- Youth ages 7 to 17 must have a chaperone present, but they do not have to run the course.
- Youth under 7 may run the course with a parent or guardian. Kids under 7 may not participate in the water obstacle course.

Eggs:

- Each team's egg must be carried by a member of the team at all times during the course.
- The egg may be packaged in any manner the team decides.
- If the egg breaks at any time on the course, the entire team must go back to the last encountered egg station to get a new egg. ...OR...The team may continue forward and buy a new egg "on credit" for \$5. Once a new egg is obtained, the team may continue on the course. Teams may not pass an egg station with a broken egg. Teams may pay for additional eggs at the registration table after the race.

Sportsmanship:

- If a Scramble official from their own observation or a report, received from any source, believes that a participant may have committed a gross breach of a rule, good manners or sportsmanship, or may have brought the sport into disrepute, that participant's team will face official review, possible disqualification, and removal from the site.
- Participants CANNOT intentionally hinder the progress of any other participant for any reason. Doing so is grounds for immediate disqualification. All teams are encouraged to help their fellow Scramblers at all times and in every way possible.

Safety:

- All Participants must complete a Health History and Release of Liability form during registration. Minors must have a parent/guardian signature. Scramblers are encouraged to complete the form electronically during online registration to save time the day of the event.
- All participants must keep their Scrambler number on them and visible at all time.
- PFD's are required for the initial swim and for the water obstacle course. Participants will be provided a PFD, or may bring their own. Personal PFD's should be labeled with name and phone number of the owner. Participants will begin the Scramble with PFD's on and drop them after the first obstacle. Scramble staff will reposition PFD's at the swim obstacle and then return them to the bag drop at the conclusion of the Scramble.
- If you do not feel comfortable completing any obstacle, DO NOT attempt it; simply continue on to the next obstacle.
- Obstacles are designed to be completed with fellow scramblers. If you are alone on the course, wait for others to complete each obstacle, or bypass it.
- Water stations will be provided at points along the way. However, runners should be prepared to bring additional water and containers that they need. Do not drink from natural bodies of water!
- Medical officials may require any participant to submit to a medical check at any time throughout the event. If the medical official deems a participant unfit to continue competition, the participant shall be removed from the event. The medical official's decision is final and not subject to appeal.
- The Scramble Officials reserve the right to close any obstacle for any length of time for any reason without regard for such closure's impact upon the event's completion.
- No participant may use a performance enhancing drug or procedure. Participants may be requested to undergo drug testing before and after the event. Failure to participate in drug testing will result in immediate disqualification.
- No Participants are allowed to be under the influence of alcohol or any illegal drugs at any time during the Scramble event, including pre- and post-Scramble.

- Any and all disputes will be settled by the Scramble Official, whose decision is final and not subject to appeal.
- It is strongly recommended for participants to obtain a sign-off from their doctor certifying that they are fit enough to participate.

What to bring

- Ticket from Active.com- You can find it in your inbox, sent from noreply@awntx3.email.active.com or [login to view it on your Active account](#).
NOTE: We recommend taking a screenshot of your QR Code for quick-reference when you check in at Registration!
- Credit Card or Cash- Purchases may be made by credit card or cash. Feel free to bring either or both.
- Change of Clothes- You will be wet, sweaty, and muddy after the Scramble. A change of clothes feels good to watch the rest of the event and recognition ceremony.
- Weather-proof bag- you can check your bag in and out as needed at the bag drop at registration.

Optional Items:

- PFD- Everyone is REQUIRED to wear a PFD for the Lake Swim (150m) and Lake Obstacle course. PFD's will be provided to all Scramblers, however, Scramblers are welcome to bring their own PFD. Please ensure that it has your name and phone number written on it. The PFD crew will move your PFD to each pick up location and return it to the bag check when the scramble is complete. The Meramec Adventure Ranch is not responsible for lost or stolen items.

What To Wear and Carry

- Watch the weather and dress for it!
- Be sure to bring sunscreen.
- Wear sturdy shoes with good tread and grip that drains well
- Synthetic, quick-drying clothes that can go through mud, brush, water, and obstacles.
- Personal or team first aid kit for minor cuts/scratches.
- Tether hats and glasses to you, so they don't fall off.
- Whistle—to help with a quick reaction if anyone on your team gets injured.
- Water bladder/bottle/etc.
- Trail Snacks
- Zany Team Costumes (Highly encouraged!) ...there is an award for the stand-out team!
- **Don't forget Egg Packaging to keep your team's egg safe!** You must show your egg at each Egg Check during the course!

Hydration & Nutrition

- Water stations will be available at the Lodge/Registration area, the Lake Pavilion and Game area, and throughout the course. Bring your own bottle, or use our disposable cups.
- Teams are encouraged to carry any necessary snack with them on the course.
- Grab a complimentary Powerade when you cross the finish.

Directions

Address:

Meramec Adventure Ranch
1203 Meramec Wilderness Lane
Steelville, MO 65565

From the West or St. Louis:

- Take I-44 to exit 208 (Cuba).
- Turn off the exit ramp onto 19 South.
- Follow 19 South for approx. **9 miles** to the only stop sign in Steelville.
- Go straight thru the stop sign on Hwy 8 East for **1.75 miles** to Hwy TT (at the top of the hill outside town).
- Turn Left on Hwy TT and travel exactly **1 mile**.
- Turn left at the "Meramec Ranch" Sign (on your left) onto Trails End Rd. and follow for **1.3 miles**.
- At 1.3 miles, the road makes a 90 degree turn to the left. Go STRAIGHT thru the gate onto Meramec Wilderness Lane.
- Follow the gravel road past several houses and barns for **1/2 mile** to the parking area.

From the East:

- Take 1-55 to Missouri exit 150 (St Genevieve/Farmington).
- Go Left on Hwy 32 for **24 Miles**
- Turn onto Hwy 67 north for **3.5 miles**
- Take ramp right for Hwy 67 / Hwy 32 West toward Leadington / Park Hills for **.2 miles**
- Turn left onto Hwy 67 Bus for **1.6 mi**
- Take ramp right for Hwy 67 / Hwy 32 toward Park Hills for **0.1 mi**
- Turn right onto Hwy 67 Bus for **0.3 mi**
- Turn left to stay on Hwy 67 Bus / E Main St for **0.5 mi**
- Turn right to stay on Hwy 67 Bus / Coffman St for **1.0 mi**
- Turn left onto Hwy 8 West for **50.3 mi**
- As you get near Steelville, you will pass a lumber mill on your left. Turn right onto Hwy TT and travel exactly **1 mile**.
- Turn left at the "Meramec Ranch" Sign (on your left) onto Trails End Rd. and follow for **1.3 miles**.
- At 1.3 miles, the road makes a 90 degree turn to the left. Go STRAIGHT thru the gate onto Meramec Wilderness Lane.
- Follow the gravel road past several houses and barns for **1/2 mile** to the parking area.

Parking

- Parking is located in the field just past the barns.
- Shuttles will run continuously throughout the event between the parking area and the Lodge/Event Area.
- Scramblers and Spectators are welcome to also walk the ¼ mile to/from the parking area to the event area.
- The parking area is monitored, however, please lock your vehicles. The Meramec Adventure Ranch is not responsible for lost or stolen goods or damage to vehicles or other property.

Bag Drop

- Bag drop is included in your ticket price, and requires no additional fee.
- You may drop off and pick up your bag at the registration table as needed.
- Please do not leave any valuable items in your bag. The Meramec Adventure Ranch is not responsible for lost or stolen items.

Spectators

- Spectators are welcome at the event.
- Spectators must stay clear of Scramble lanes, park/drive only in designated parking areas and driving routes, and must remain within designated observer areas where applicable.
- Only registered participants may participate in the event or attempt any obstacle.
- Minors running the course must have a chaperone present, but they do not have to run the course.

Photography

- There will be several event photographers placed on various obstacles on the course.
- Pictures will be posted on the Meramec Adventure Ranch facebook page several days after the event.

Pro Tips

- At the end of the Scramble you will be wet, muddy, and exhausted. A fresh change of clothes can make a big difference. Change shelters and rinse stations are located near the lodge/registration area. The rinse stations are cold water only.
- Pack any additional equipment, clothes, etc. in a bag labelled with your name. Bag check is included in your ticket price. Don't leave any valuables in your bag!
- Arrive in time to register and be at the starting area in time for the Scramble Brief. Key information and tips will be discussed.

Scrambled Over Easy Pro-Tips

- Younger participants and those wanting a little-less-intense experience may participate in the Scrambled over Easy.
- There is no minimum age for participants. However, kids under 7 must run the course with a parent or guardian. Kids under 7 may not participate in the water obstacle course.
- All teams with minors on them must have at least one adult 18 years of age or more and an adult to child ratio of 1:10 (for example: a team of 8 participants who are minors must have 1 adult over the age of 18 with them).
- Participants between 7 and 17 must have a chaperone present, but they do not have to run the course.
- Each team must be made up of at least 2 participants with no maximum number of teammates. If you do not have a teammate to run with, don't worry! The Scramble crew will help you get paired up on a team.
- Chaperones are encouraged to keep your Scramblers within your sight at all times during the Scramble.

- All participants over 7 must successfully complete the 25m swim obstacle/test (Scramblers will complete this during the course) to be able to participate in the water obstacles (Obstacles may be bypassed, including the swim).
- All participants under 7 OR those who cannot pass the 25m swim obstacle/test must bypass the water obstacles, but can participate in the mud obstacles.
- All Scrambled-over-easy scramblers must wear a PFD (provided or bring your own) for all water obstacles and all minors must wear a pfd for the Mud Course portion of the Scramble.

Kid Scramblers- a Parent Guide

Ozark Egg Scramble

- All participants must be at least 12 years old for the Great Egg Scramble. Any age is welcome for the Scrambled-Over-Easy.
- All teams with minors on them must have at least one adult 18 years of age or more and an adult to child ratio of 1:10 (for example: a team of 8 participants who are minors must have 1 adult over the age of 18 with them).
- Minors running the course must have a chaperone present, but they do not have to run the course.

Scrambled-Over-Easy

- There is no minimum age for participants in the Scrambled-Over-Easy. However, kids under 7 must run the course with a parent or guardian. Kids under 7 may not participate in the water obstacle course.
- All teams with minors on them must have at least one adult 18 years of age or more and an adult to child ratio of 1:10 (for example: a team of 8 participants who are minors must have 1 adult over the age of 18 with them).
- Parents with minors running the course, but who are not running the course themselves are encouraged to use the spectator areas and move around the course to observe their kids. Please make sure to stay off course lanes, away from obstacles, and stay in designated spectator areas where applicable.

Course Highlights

- The Meramec Adventure Ranch is 1200 acres of quintessential Ozark terrain. You'll be moving across a great deal of it! Steep ravines, rocky slopes, and dense forest are found throughout. The route is marked with arrows on signs and the ground (**Egg Scramble: Orange signs and arrows. Scrambled-Over-Easy: Green signs and arrows**) Familiarize yourself with the routes and obstacles. The Scramble Brief can be very helpful as well.
- A Full Course Map will be posted soon.

Other Stuff to Do During and After the Scramble

- Lodge/Registration Area:
 - Registration
 - Bag Check
 - Concession Stand- Drop by for extra snacks, drinks, and food! Every cent goes directly to provide programming at the Ranch to give hope to abused and forgotten kids.

- Change Areas
- Rinse Areas
- Cooling Area- come on in the lodge for air-condition and an area to rest.
- Lake Pavilion Area:
 - Volleyball, Dodgeball, Basketball
 - Shaded play area
 - Big Game Area: Gaga Ball, Slacklines, Horseshoes, Cornhole, Giant Chess/Checkers, Connect 4, Jenga, Kerplunk, and more.
- Make sure to stop by the Registration Area to purchase your Ozark Egg Scramble and Meramec Adventure Ranch apparel and gear.

COVID Safety

- Our complete COVID Safety Plan is available upon request.
- Participants ***are welcome*** to wear facial coverings at any or all times, however, **no masks are required**. We will have additional masks to provide to participants who wish to use one.
- Hand sanitizer, will be available throughout the site, but not on the course.
- If you have been exposed to COVID or have tested positive within the past 14 days or suspect you may have symptoms, you are not permitted to attend the event. Please contact customer services at MALR-trips@greatcircle.org for more information.