



Saturday, January 17, 2009
11:00 AM

Register online: www.active.com

START: There will be one start only, at 11:00am near the KTKA-TV 49 station building located at 2121 SW Chelsea Drive, Topeka, KS. Packet pickup and registration will be available at Great Plains Running Company, 5967 SW 29th St., from 5:00pm to 8:00pm on Thursday, January 15th and from 10:00am to 5:00pm on Friday, January 16th. Also packet pickup and registration will be at the KTKA-TV 49 station building beginning at 9:00am on race day. Participants are requested to gather inside the west entrance of the Fairlawn Plaza Shopping Center before the race to reduce congestion at the KTKA-TV 49 station building.

BUSING: We are going to bus participants before the start of the race from the finish area to the start in Topeka. Buses will begin loading near the Auburn Community Center, which is west of the finish line, beginning at 8:30am and will continue until 10:00am. Parking is available south of the Community Center, along the north side of the ball diamond and in the Presbyterian Church parking lot east of the finish line. Busing is provided for runners only. Clothing bags will be transported from the start to the Auburn Elementary School, same as in the past. Refer to the race link at www.sunflowerstriders.org for more details.

FINISH: Near Auburn Presbyterian Church in Auburn, Kansas. Wear MIZUNO shoes or apparel and receive a prize at the finish. Post race clothes pickup, pancake feed and awards ceremony will be at Auburn Elementary School, 251 W. 8th St., Auburn, KS (one block south and one block west of the finish line).

COURSE: Complete course directions along with course map can be found at www.sunflowerstriders.org.

AWARDS: The awards ceremony will begin at approximately 2:00pm. Awards will be presented to the first three overall male and female finishers, the first three male and female masters finishers, and the first male and female senior masters finishers (50 or over). Age group awards will be given accordingly in standard five-year age groups. Awards will not be mailed, so please make arrangements as necessary.

MISCELLANEOUS: Clothing bags will be transported from the start to the finish in Auburn, where changing rooms will be available at the elementary school. There are no showers available at the elementary school. There will be a free pancake feed for all participants and volunteers at the elementary school following the race.

NEW TRAINING PROGRAMS: Is this your first half marathon? Are you looking for guidance on how to improve your half marathon time? Visit www.sunflowerstriders.org for some helpful half marathon training programs for Beginner, Intermediate, and Advance runners.

QUESTIONS: Contact Brad Rhoden at (785) 224-5193 or striders@sunflowerstriders.org or visit the race link on the Sunflower Striders web site at www.sunflowerstriders.org.

Special thanks to Great Plains Running Company, Mizuno, KTKA-TV 49, Auburn Community Center and Auburn Elementary School. Race to be announced by B.J. the D.J. Photos by Dick Ross of seekcrun.com.

REGISTRATION FORM

Name: _____ Age on 1/17/09: _____ Sex (M/F): _____

Address: _____ City/State/Zip: _____

Telephone: _____ E-mail: _____

Will you need bus transport from Auburn to the start in Topeka on race day? Yes: _____ No: _____

A Mizuno DryScience L/S shirt is included with your entry fee.

Please select one: (sizes are unisex) XS S M L XL XXL

Entry Fee (Please do not mail after 1/10/2009)

_____ \$25 Sunflower Striders Member (postmarked by January 10, 2009)

_____ \$30 Non-Sunflower Striders Member (postmarked by January 10, 2009)

_____ \$40 Race Day Registration or postmarked after January 10, 2009

Total: _____ Payable to Sunflower Striders Running Club

Mail registration to: Sunflower Striders, C/O Kelly Christensen, 3377 SW Timberlake Ln., Topeka 66614

Waiver (must be signed)

In consideration of your acceptance of my entry, I hereby for myself, my heirs and executors waive and release any and all rights and claims for damages against the Sunflower Striders Running Club, race officials and volunteers for any injuries suffered by me in this event. I have read all warnings on the entry form pertaining to the race. I certify that I am in good physical condition to participate in this endurance event. I understand that race officials and medical personnel reserve the right to pull any competitor from the race due to any physical problem.

Disclaimer: Runners may be exposed to severe weather conditions including ice, sleet, snow, and freezing temperatures. Hypothermia is a danger! Footing may be hazardous as some of the race is over unpaved rural roads and the course is quite hilly. Headsets, headphones, strollers and dogs are not allowed on the course.

Signature: _____ Date: _____

Parent or Guardian Signature if participant ins under age 18: _____