



REGISTRATION FORM

Read carefully before completing this form. Each competitor must complete and sign this form, agreeing to the waiver described below.

PLEASE PRINT ALL INFORMATION CLEARLY.

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

DAY PHONE: _____ EVENING PHONE: _____

EMAIL: _____

BIRTHDATE: _____ AGE AS OF 1/16/10: _____ SEX: MALE FEMALE

Will you need bus transport from auburn to the start in Topeka on race day? YES NO

MIZUNO DRYSCIENCE SHIRT (UNISEX): S M L XL XXL

ENTRY FEES: (NOTE DEADLINES)

- SUNFLOWER STRIDERS MEMBER* (postmarked by 1/6/10) - \$20
- SUNFLOWER STRIDERS INDIVIDUAL MEMBERSHIP FEE **AND** RACE ENTRY (postmarked by 1/6/10) - \$40
- SUNFLOWER STRIDERS FAMILY MEMBERSHIP FEE **AND** (1) RACE ENTRY (postmarked by 1/6/10) - \$45
- NON-SUNFLOWER STRIDERS MEMBER (postmarked by 1/6/10) - \$30
- RACE DAY REGISTRATION or POSTMARKED AFTER 1/6/10 - \$40

TOTAL AMOUNT ENCLOSED: \$ _____

WAIVER OF LIABILITY:

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 this 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 this 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 is under age 18: _____

*Regular Sunflower Striders dues are \$20 for individual or \$25 for family per year and renewable on or before April 1st each year. Benefits include a bi-monthly newsletter, discounted entry fee to Sunflower Striders Sponsored events, including most local road races, weekly group runs, annual banquet, discounts at Great Plains Running Company and Garry Gribble's Sports, and club membership in the Road Runners Club of America (RRCA).


RACE PACKET PICK-UP & LATE REGISTRATION

Thursday, January 14th from 5:00 - 8:00 PM and Friday, January 15th from 10:00 AM - 5:00 PM at:

Great Plains Running Co.

5967 SW 29th St.

Topeka, Kansas

 **NEW THIS YEAR!** Race day packet pick-up and registration will be at Fairlawn Plaza Mall, 2114 SW Chelsea Dr., Topeka KS, beginning at 9:00 AM.

POST-RACE PANCAKE FEED

The post-race ceremony is at Auburn Elementary School at 251 W. 8th St. (one block south and one block west of the finish line.) A free pancake feed will be provided to all participants and volunteers by the Auburn Elementary School PTO. Family and friends may also eat for a small monetary donation to the Auburn Elementary School PTO fundraiser.

AWARDS

The awards ceremony will begin at approximately 2:00 PM at Auburn Elementary School. 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). All masters overall awards will be age graded. Age group awards will be given accordingly in standard five-year age groups. Masters age group awards will not be age graded. Awards will not be mailed, so please make arrangements as necessary.

RESULTS

Results will be posted on our website **www.sunflowerstriders.org** the day after the race.

VOLUNTEERS

Volunteers are always wanted, needed and appreciated. You can't have a successful race with the expertise of many volunteers. At Topeka to Auburn many volunteers are stationed at various locations along the course for a long time providing direction and support for the runners and walkers. If you would like to volunteer or know someone who would please contact Norma Weiser at 785-640-3102 or n.weiser@cox.net.

CONFIRMATIONS

Confirmation of your race entry and race instructions will be provided via email. Also, a list of confirmed runners will be available online at www.sunflowerstriders.org.

SPECTATOR DRIVING INSTRUCTIONS

All spectators are asked to remain off of the course. Driving the course can be hazardous for the runners and we request all vehicles other than officially marked vehicles stay off the course. Driving directions to the finish line: Chelsea St. north to 21st St., left (west) on 21st St. to Auburn Rd., left (south) on Auburn Rd. to SW 85th St. entering the City of Auburn. The finish line is near the Auburn Presbyterian Church.

BAG PICK-UP AND CHANGING ROOMS

Personal belonging bags may be picked up in the hallways of the elementary school. Changing rooms are available; there are no shower facilities.

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 Advanced runners.

QUESTIONS?

Contact race director, Brad Rhoden, at 785-224-5193 or striders@sunflowerstriders.org or visit the race section of our website, www.sunflowerstriders.org.

A SPECIAL THANK YOU TO OUR VALUABLE SPONSORS



Auburn Elementary School



START LOCATION

Near the west end of Fairlawn Plaza Mall on Chelsea Drive, Topeka KS.

START TIME

11:00 AM, Saturday, January 16, 2010

FINISH LOCATION

Near Auburn Presbyterian Church in Auburn, KS.

COURSE

The race goes through the streets of southwest Topeka, into Clarion Woods subdivision, along the residential area of Lake Sherwood, then south and west on country roads to Auburn. Complete course directions along with course map can be found at www.sunflowerstriders.org/tta/htm. No vehicular traffic will be allowed on the rural sections of the course. Please take Auburn Road or an alternate route to the finish in Auburn.

SAFETY

As the course is run entirely along city streets and country roads, please be aware there is live traffic and use caution as necessary. There is a roundabout at SW 37th St. and Wanamaker Rd. which will require more caution in that area. The use of headphones or headsets during the race is strictly prohibited. Strollers, skateboards, roller blades, bicycles and dogs are not allowed on the course.

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 8:30 AM and will continue until 10:00 AM. 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.

BAG DROP-OFF

Personal belonging bags may be dropped off at the start and will be taken to the finish at Auburn Elementary School. Bags may be checked in with the official TTA vehicles parked outside of the Fairlawn Plaza Mall west entrance. Please properly label your personal bag with your name and a contact phone number.

AID STATIONS

Aid stations are located at approximately 3.8 miles, 6.8 miles, 10.0 miles, and 11.8 miles. Water and Gatorade will be at all aid stations.

RESTROOM LOCATIONS AT THE START

Restrooms are located Fairlawn Plaza Mall, Hastings Video (east end of Fairlawn Plaza Mall near Dillons), McDonald's (on 21st St, NW of the start) and port-a-johns near the start area.

EMERGENCY MEDICAL SUPPORT

There will be EMTs stationed on the course. If emergency medical assistance is needed, volunteers at the aid stations will be able to contact EMTs for assistance. Course marshals traveling in officially marked vehicles may also be summoned for emergency help.

WEATHER

The unpredictability of Kansas's weather is a certainty, even during the middle of winter. With the course traversing mainly north to south and with a predominately north or northwesterly wind, there is usually a tail or side wind. That normally means colder temperatures. Race day has featured temperatures as low as the single digits and readings well below zero with the wind chill factored in. Conversely, there has been occasion when the sky has been clear and under bright sunshine mid-day temperatures reached into the 50s or 60s and shorts and singlets were the apparel norm. Snow, sleet, or even rain before or during the event is also a possibility. Be sure to check local weather the week of the race to be adequately prepared.

Sunflower Striders Running Club
PO Box 67054
Topeka, KS 66667

PRSRRT STD
US Postage
PAID
Topeka, KS
Permit No 268

28th Annual



Saturday January 16, 2010 11:00 AM

Start: Topeka, KS
Finish: Auburn, KS

EVENT SANCTIONED BY:



MAIL REGISTRATION FORM TO:
Sunflower Striders Running Club
PO Box 67054
Topeka, KS 66667

ONLINE REGISTRATION:
www.active.com

FOR MORE INFORMATION,
PLEASE VISIT OUR WEBSITE AT:
www.sunflowerstriders.org