

## Race Location

Starts at Crestview Community Center,  
4801 Shunga Dr.  
Call Bobbie McGirr, 368-2448 for more info.  
E-mail [bmcgirr@topeka.org](mailto:bmcgirr@topeka.org)

## Course

Designed by Joe Schrag and Donnie Palmer, this 8K Cross Country Course will challenge runners of all skill levels. Beginning at Crestview Center, the runners will move through the scenic trails of Crestview Park and the challenging hills of Big Shunga.

## Awards

Medals will be awarded to the top three male/female in each division. High School divisions (13-15) and (16-18). Age groups in 5 year increments ending with 60+

“To see a map of the course go to the following link:

8K Run: <http://www.usatf.org/routes/view.asp?rID=50176>

5K Walk: <http://www.usatf.org/routes/view.asp?rID=149741>

## Entry Fee/Registration

\$20 ages 19+ \$15 ages 13-18  
\$25 Registrations received after July 23  
Sunflower Striders members deduct \$3  
(All participants registered by July 23 will receive a t-shirt. \*Late registrations are not guaranteed a t-shirt)

Packet pick up-Race Day from 6-7 a.m.  
Race day registrations- 6-7 a.m.  
Race will start 7:30 a.m. rain or shine.  
Race timed by the Sunflower Striders  
1 mile fun run begins at 9:00, ages 12 and under. Parental permission needed at starting line. No registration fee.

## Spaghetti Dinner

July 31, 2009 from 6-7:30 p.m. @  
the Crestview Shelterhouse.  
Volunteers, participants, and  
TWCC alums and families welcome. Donations accepted.

\*Participants may pick up packets  
at spaghetti dinner

\*Registrations accepted July 31,  
6-7:30 p.m.

Send registration form and payment to:

Crestview Community Center  
4801 Shunga Dr.  
Topeka, KS 66614

Name

Age on race day

Sex

Address

City/State

ZIP

Phone

E-mail

**Waiver Release Statement:** I hereby, for myself, my heirs, my executors, and administrators, forever release and hold harmless the City of Topeka and Parks and Recreation of Topeka, race directors, sponsors, coordinating groups, and any individual associated with the Topeka Big Shunga 8K Run from any claim for injury or property damage that I may have now or in the future as a result of my participation in said Big Shunga 8K Run and 5K walk.

**Event Cancellation:** The committee reserves the right to alter or cancel even in case of inclement weather. **NO REFUNDS.**

8K Run  5K Walk

Attending Spaghetti Dinner

T-shirt size

S M L XL XXL

Signature

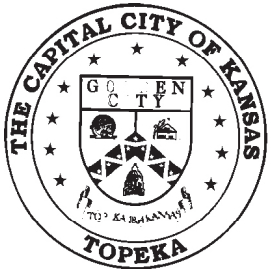
Date

Parent or Guardian signature if under 18

“To be a winner...all you need to give is all you have.”  
Steve Prefontaine

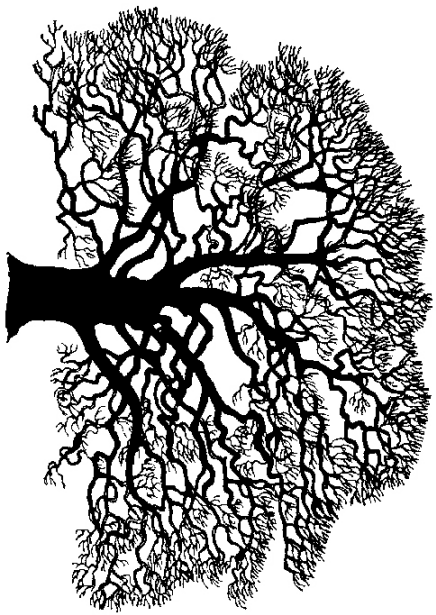


## Topeka Big Shunga Sponsors



Sunflower Striders

Topeka West CC families



# Topeka Big Shunga 8K Run & 5K Walk

Saturday, August 1, 2009

7:30 a.m.