RUN FOR LIFE is for the entire FAMILY

The feature race is the **10 Mile Run** which is a USATF certified loop for runners, race-walkers, relay teams, and wheelchair competitors. The event is one of 19 races on the 2012 Mid-America Running Association **(MARA) Grand Prix Series**. MARA GP points will be awarded to the top five male and female finishers, in overall and five year age group categories.

This event is also the RRCA Kansas State Championship 10 Mile Event!

The **10 Mile Relay** will consist of teams with two to a maximum of five members who may make exchanges at the 2, 4, 6, and/or 8 mile marks only.

Please contact a race director or our website for more information.

The **2 Mile Run/Walk** is designed for runners of all ages, wheelchair competitors, and especially for noncompetitive walkers. Medals will be awarded to the first ten male and the first ten female finishers only, with overall awards presented to the first male and the first female finisher.

The **Junior Run For Life** is for all those future marathoners. The distance will be adjusted for the age of participants with older runners completing one mile. Please see website for details

SCHEDULE OF EVENTS:

Thursday April 5th	Garry Gribble's Running Sports - 2130 SW Wannamaker Street
3:00 - 7:00 p.m	Early Packet Pickup
Friday, April 6th	Petro Center (Lee Arena) Washburn University - 19th & Mulvane Sts.
5:00 - 7:30 p.m.	Late Registration, Packet Pickup and Participant Reception Featuring the Run For Life Pre-Race Supper
6:00 p.m.	Junior Run For Life in Yager Stadium on the track
Saturday, April 7th	Petro Center (Lee Arena) Washburn University - 19th & Mulvane Sts.
7:00 - 8:00 a.m.	Late Registration & Packet Pickup
7:30 - 10:30 a.m.	Health and Fitness Expo
8:30 a.m.	Start for all 10-Mile Runners & Relays
8:35 a.m.	Start for all 2-Mile Runners & Walkers
9:30 a.m.	Post-Race Breakfast
10:30 a.m.	Awards Ceremony (Start time is tentative)

Win a Free 2011 RFL T-shirt (while supplies last) by registering in person at Garry Gribble's Running Sports located at 2130 SW Wannamaker St. (Next to Target) (check or cash only)

Register online at active.com **or visit www.RunForLife.us for more information**

AWARDS:

Finisher Medals will be awarded to all **Junior Run for Life** participants and to all **10 mile** finishers. For the **2 mile** event, awards will be given to the first male & female finisher. In the **10 Mile**, awards will be given to the overall top three male and female finishers. Additional awards will be given to the **1st masters** (40 to 49 years of age) and **1st Grandmasters** (>50) male and female finishers who are not in the top three overall places. ***Awards will not be duplicated*** in determining age group awards. **Age group awards** will be given to at least the top three male and female finishers in each age group beginning with the 14 and under ages continuing by 5 year increments to 70 and older. Special **feature award categories for top finishers** in both the **2 Mile** and the **10 Mile** events include Living Organ Donors, Transplant Recipients, Organ Donor Family Members, Transplant Recipient Family Members, and Wheelchair Competitors. Check the **Run For Life website** for additional details as the race approaches.

GENERAL INFORMATION:

New Start and Finish Lines and minor course changes will be featured in the newly USATF Certified 10-Mile Course for 2012. The START line will be just east of Yager Stadium on College Ave, while the Finish Line will be located on the track in Yager Stadium on the Washburn University campus. Plenty of free parking is available on the east side of Petro Center. Course maps are provided on our website and in race packets. Aid Stations are positioned every two miles. Average temperatures range between 36° and 60° F. **Insurance regulations require that no unofficial bicycles, headsets, roller blades, skates, pets, baby-joggers, or any unregistered runners be allowed on the race courses.**

FOR INFORMATION CONTACT:

785.670.1565 dave.provorse@washburn.edu

FIRST NAME **MI**

LAST NAME

MAILING ADDRESS

CITY **STATE** **ZIP CODE**

E-MAIL ADDRESS

PHONE NUMBER - - **DATE OF BIRTH** **AGE** (on race day) **SEX** (circle) M F

CHECK ONE EVENT: ☐ 10 Mile Race ☐ 2 Mile Run/Walk ☐ Junior Run For Life
☐ 10 Mile Relay Member (List Team Name)_____

CHECK ANY APPLICABLE CATEGORY: ☐ Transplant Recipient ☐ Transplant Recipient Family Member ☐ Wheelchair Racer ☐ Organ Donor Family Member ☐ Racewalker

CHECK ANY APPLICABLE CATEGORY:

Register by 3-23-12 to guarantee a Long Sleeve Cotton T-Shirt

Complete One Registration For Each Person

☐ Junior Run For Life Registration without t-shirt - FREE
☐ Junior Run For Life Registration with t-shirt - $10
☐ Run For Life Registration before **March 23** - $30
☐ Run For Life ***Late*** Registration after **March 23** - $40
☐ Run For Life **Youth** Team Registration before **Mar. 23** - $15 ea. min. 3 members, reg. on separate forms; mail together
☐ Run For Life Team Registration before **March 23** - $22 ea. min. 3 members, register on separate forms; mail together
☐ Run For Life Family Registration before **March 23** - $22 ea. min. 3 members, register on separate forms; mail together
☐ Sunflower Striders Member Discount - Deduct $3 (*only if you include dues or can verify membership)*
☐ Sunflower Striders Running Club New/Annual Member Dues (Optional) - $20 Individual/$25 Family
☐ Tax-deductible contribution to the Winnie Hesse Memorial Fund $_____

CIRCLE T-SHIRT SIZE: Adult size Long Sleeve T-shirt S M L XL XXL
Kid size Polyester Blend T-shirt S (6-8) M (10-12) L (14-16)

TOTAL AMOUNT ENCLOSED (NO REFUNDS): $_____

Make checks payable to *TOPEKA COMMUNITY FOUNDATION*

I know that running is a potentially hazardous activity and I should not enter unless I'm medically able and properly trained. I also know that although police protection will be provided, there will be traffic on the course. I assume the risk of running in traffic and any and all other risks associated with running in this event, including but not limited to conditions on the roads, with all such risks being known and understood by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree to not wear headsets, roller blades or skates, drive or ride in motorized vehicles, push baby joggers or strollers, or bring animals onto the race course. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who may lay claim on my behalf covenant to not sue, and waive, release and discharge the Sunflower Striders Running Club, Road Runners Club of America, Emergency Services Unit, Run for Life Committee, the City of Topeka, KS and their Police Dept., race officials, volunteers, any and all sponsors' agents, employees, assignees or anyone on their behalf from any claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising from or in the course of my participation in this event, though that liability may arise out of negligence or carelessness on the part of a person named or unnamed in this waiver. The Release & Waiver extends to all claims of any kind whatsoever: foreseen or unforeseen, known or unknown. The undersigned further grants full permission to race officials and/or agents authorized by them to use any photographs, video tapes, or any other record of this event for any purpose. Applications for minors must have a parent's or legal guardian's signature. The adult that signs for a minor agrees to indemnify any and all persons and entities listed in this Release & Waiver against any claims brought against them by that minor at any time, arising out of the minor's participation in this event.

SIGNATURE: _____ **DATE:** _____

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** _____

Mail to: Run For Life, HC 211, Washburn University, Topeka, KS 66621 BEFORE March 30, 2012