

# 28th Annual Shandon Turkey Trot 8K & 4K

The twenty-eighth annual running of the Shandon Turkey Trot 8K and 4K will be held on Saturday, November 21, 2009, at 8:00 AM. This traditional neighborhood run is sponsored by the Shandon Neighborhood Council and is a part of the Tour de Columbia.

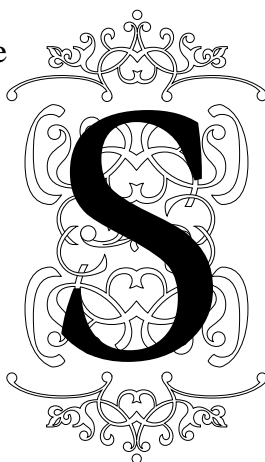
**SPONSORS:** A special thanks to our Sponsors:

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Palmetto Pediatric

**DATE:** Saturday, November 21, 2009

**EVENTS:** 8K Road Race 8:00 AM  
4K Fun Run/Walk 8:00 AM

**LOCATION:** The start and finish is at Hand Middle School at the corner of Woodrow and Duncan Streets.



**THE COURSE:** The 8K is a USATF certified (#SC98014BS) double loop on the tree lined streets of Duncan, Queen, Monroe, and Prospect in the heart of Shandon. The 4K will share the first loop of the 8K course.

**REGISTRATION:** Preregistration entry fee for the 8K and 4K is \$22 if registered online or \$27 if postmarked by November 11th. Late registration fee is \$30 and can be made from 7:00 to 7:45 AM at Hand Middle School on the day of the race. All registrants receive a Turkey Trot T-shirt while supplies last.

**PACKET PICK-UP:** Race packet pick-up will be from 7:00 to 7:45 AM at Hand Middle School the day of the race.

**AWARDS:** \$100 cash award for new course record - male and female. The course records are held by Eric Ashton and Selwyn Blake (24:15) and Valerie Young (28:24).

Awards will be given to the top 3 finishers in each age division for the 8K and to the top finisher in each age division for the 4K.

Register online at [www.strictlyrunning.com](http://www.strictlyrunning.com) for a discounted rate of \$22 or fill out the form below and include a \$27 pre-registration fee.

## Shandon Turkey Trot Entry Form

8K Race  4K Fun Run

Name \_\_\_\_\_

Age Race Day \_\_\_\_\_ Gender: M ( ) F ( )

Shirt Size Adult: S M L XL

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

*I realize this is a strenuous event which requires prior training and I release all sponsors, awards and prize donors, promoters, and officials of this event from all claims or damages arising out of my participation. I am in good health and proper physical conditioning to run a race of this length and type.*

\_\_\_\_\_  
Runner's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian (if under 18)

Fee enclosed: \$ \_\_\_\_\_  
\$27 Preregistration \$30 After November 11, 2009  
Check should be made payable to:  
Shandon Neighborhood Council and mailed to:

Shandon Turkey Trot  
736 Harden Street  
Columbia, SC 29205