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For Immediate Release

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SECOND ANNUAL RUN-SHUNGA PLANNED FOR JUNE 18, 2011 AS PART OF WASHUNGA DAYS FESTIVAL IN COUNCIL GROVE, KS

Flint Hills Families and Tri-County Telephone Association, Inc. are proud to announce the second annual Run-Shunga 5K run and 1.5 mile walk. The event will take place on Saturday, June 18, as part of the Washunga Days 2011 celebration in Council Grove, KS.

The run kicks off at 7:30AM. The 1.5 mile walk will begin at 8:30AM, and is stroller accessible. Registration and packet pickup will take place at the tent at the corner of Main (Hwy 56) & Neosho. After the walk, there will be a short awards ceremony for runners and prize drawing held for walkers. After the awards ceremony/drawing, participants can enjoy the Washunga Days parade and festivities.

Medals will be given to the top three runners in each age category: 18 and under, 19-29, 30-39, 40-49, 50-59, and 60+. Categories will be split by gender. Runners will be professionally chip timed by Oz Endurance Racing LLC. All 1st place winners will also receive a plaque.

Pre-registration for participation in Run-Shunga is as follows: From now until June 12, registration for the 5K is \$20 and the walk is \$12 and you are guaranteed a t-shirt. From June 13 - June 17, the registration price for the 5K will be \$25 and the walk will be \$12 and t-shirts are no longer guaranteed. Registration will take place the morning of Run-Shunga-the 5k cost will be \$30 and the walk will be \$15 and t-shirts are not guaranteed. All participants must register online through www.active.com prior to June 18. Once on the active.com web site, search for Run-Shunga in Council Grove.

Proceeds will benefit Child Health Care, Inc. Child Health Care, Inc provides needed financial assistance to children who live in Morris County or attend a USD417 school. Assistance is for medical, dental, vision, or mental health needs.

For more information about this event and a list of sponsors, visit the Run-Shunga website at www.run-shunga.com, "like" Run-Shunga on Facebook, or email the Run-Shunga Committee at runshunga@gmail.com. The Run-Shunga committee is also looking for volunteers for before, during, and after the event.

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Flint Hills Families is a Morris County-based mom's group, founded in January, 2009. The group focuses on socialization and support for local parents and their young children. The group, which uses meetup.com for planning and communication, held over two hundred meetups in its first two years, including play dates, zoo trips, mom's nights, holiday parties, and swim time. www.meetup.com/flint-hills-families