

Frequently Asked Questions

We make every attempt to post all the information you'll need on our Race web site, but here are some FAQs that might also help in your Race planning.

RACE DAY SCHEDULE *

6:30 a.m.	Shuttle service begins The Pavilion and Team Village open
7:30 a.m.-10:30 a.m.	Survivor Breakfast at the K&W Survivor Café
8:30 a.m.	Timed 5K Run
8:40 a.m.	Non-timed Run/Walk and Salem College Mile
9:30 a.m.	Texas Pete Kids Dash
10:15 a.m.	Awards & Presentations at the main stage
10:30 a.m.	Survivor Recognition Processional
10:45 a.m.	Survivor Photo
10:50 a.m.	Butterfly Release
11:00 a.m.	Ceremonies close
12:30 a.m.	Shuttle service ends

* All times are subjects to change.

REGISTRATION

How can I register?

Online registration is convenient, easy, and helps Komen reduce expenses and **Go Green** and protect the environment.

To register online, go to www.komennctriad.org >Komen Race for the Cure>Register and click on the Individual or Team Registration icon.

To register offline (via paper), go to www.komennctriad.org >Komen Race for the Cure>Register and download an Entry Form and mail it along with your entry fee to the address on the form.

Please see the Race Packet and Bibs section of this document for dates and times of our Pre-Race Team Captain and Individual pick up sessions.

For Team Members:

Team Members mailing in their paper forms (offline) must have their entries postmarked by Wednesday, April 11th for their packets to be included in their Team Captain's packet.

Team members who register online must register prior to midnight on April 18th to have their packets included in their Team Captain's packet.

Team Members can register for a Team up until Race day. However, Team members registering after the cutoffs listed above, will need to pick up their bib and t-shirt during our Individual Packet pick up sessions or on Race Day.

For Individual Participants (non-Team Members):

Individual participants mailing in paper forms (offline) must have their entries postmarked by Wednesday, April 25th to be able to pick up their packets during our Individual Packet Pick Up sessions. Entries received via mail after that date will be processed for pick up on Race Day.

Online registration closes Friday, May 4th at 6:00pm.

You may also register in person at our Pre-Race Packet Pick Up sessions, and at the Registration area on Race Day.

How much are the entry fees?

There are various registration categories, and the fees are the same for Individual participants or Team members. Early bird registration is new for 2012.

Before April 1st, the fees are:

\$30 Adult (timed 5K)
\$25 Adult (non-timed run/walk)
\$20 Youth 6 - 15 (timed 5K)
\$15 Youth 6 - 15 (non-timed run/walk)
\$0 Child under 5 (no T-shirt)
\$25 Sleep in for the Cure

After April 1st, the fees are:

\$35 Adult (timed 5K)
\$30 Adult (non-timed run/walk)
\$25 Youth 6 – 15 (timed 5K)
\$20 Youth 6- 15 (non-timed run/walk)
\$0 Child under 5 (no t-shirt)
\$30 Sleep in for the Cure

What if I am a Breast Cancer Survivor?

Breast Cancer Survivors receive an additional pink t-shirt, pink bib and cap. They will also receive special parking privileges, a survivor gift and entry to our Survivor Café. Don't forget to answer "yes" to the Breast Cancer Survivor question when filling in your registration information.

I forgot my username and/or password.

Go to the Participant Center under www.komennctriad.org >Komen Race for the Cure and scroll down.

To retrieve your username, enter your email address in the 'Send Me My Username' section.

To retrieve your password, enter your username and email address in the 'Send Me My Password' section. Your username and/or password will be sent to your email address. Or send an email to registration@komeennctriad.org requesting this information.

When is the online registration deadline?

The deadline to register online is 6:00 p.m. on Friday, May 4th.

When is the offline registration deadline?

Individual paper (offline) entries must be postmarked by Wednesday, April 25th to have their packet available for pick up during our Pre-Race Registration sessions. Entries received after that date will be processed for pick up on Race Day.

Individuals can register in person (via paper) at our Pre-Race Registration sessions (May 2, May 3, and May 4 and at the Race site on Race day, Saturday, May 5.

Is my entry fee tax-deductible?

No. The IRS does not allow deductions when you receive items of value for the entry fee. However, personal donations and donations collected from others are tax-deductible to the full extent allowed by law.

Who should I contact if I had problems registering or if need to change something on my registration?

Please send a message explaining your issue to registration@komeennctriad.org or call Hermes Sports & Events toll-free at (877) 506-0058.

Do I have to register my child?

Yes. For liability reasons, everyone who attends the Race must register, even if they do not plan to run or walk in the Race itself.

What if I am registering someone online that does not have an email address?

You will have to create a fake email in order to register. For example, john@smith.com.

If it rains Race Day, can I get my money back?

The Race will occur rain or shine. We, however, reserve the right to cancel the event in extreme or unsafe circumstances. In the event that the Race should be cancelled due to circumstances beyond our control, there will be no refunds. Your entry fee will be considered a donation to the NC Triad Affiliate of Susan G. Komen for the Cure®.

TEAMS

What is a Team?

For the purposes of Team Awards, a team must have 10 or more members. We encourage teams to recruit as many members as they can – the more the merrier.

How do I register a Team?

Go to www.komennctriad.org >Komen Race for the Cure>Register>Form a Team and register yourself and your team. The first person to register a Team must be the Team Captain. Only after the Team Captain has registered the Team, may others join it. Only a person who was on the team in the previous year can register a team. If you have trouble registering a team contact, registration@komennctriad.org.

How do I join a Team?

Go to www.komennctriad.org >Komen Race for the Cure>Register>Join a Team. Enter the Team Name and click Search for a Team. The Team along with the Team Captain name pulls up – click join located to the far right. Scroll to the bottom of the page to see teams with similar names.

What is the Team registration deadline?

You can join a team at any time prior to the Race. **However, you must register online by midnight on Wednesday, April 18th to have your t-shirt and race bib included in your Team Captain's Team Packet.** Anyone registering after midnight Wednesday, April 18th cannot pick up their t-shirt and race bib until Individual Packet Pick Up (May 2-4th) or on Race morning at the Pre-Registration Tent.

Team Captains may set different deadlines for the purposes of their Team.

What is the Race Rally on March 8?

The Race Rally is a new event this year and will be a pep rally/ kick-off of sorts for all team captains that have registered a team. It will be an opportunity to network with other team captains and share success stories. It will be held the evening of March 8 at WinMock in Advance (directly across from Bermuda Run on Hwy 158). Food and drink will be provided.

What is Sleep in for the Cure®?

Sleep in for the Cure® is for anyone who wants to fundraise, but isn't able to come to the Race. Sleep In participants will receive a Susan G. Komen NC Triad Race for the Cure® T-shirt.

Can we wear Team T-shirts instead of the Komen Race T-Shirt?

Yes! We encourage teams to design and wear their own team T-shirts. Please be aware that the official Susan G. Komen for the Cure® logo and the official Komen Running Ribbon may not be used in your design. There are Official Team logos that you may use on your T-shirt. These can be found at www.komennctriad.org > Komen Race for the Cure> Teams > People's Choice T-shirt Contest.

We respectfully request that you not wear pink T-shirts, as this color is reserved to honor breast cancer survivors.

Will there be a Team T-shirt Contest?

Yes. A sample of your T-shirt should be submitted to the Komen NC Triad Affiliate office by 5:00 p.m. on Friday, April 27th. All entries will be displayed Race Day for viewing in the T-shirt Contest Tent, and the *People's Choice Award* will go to the T-shirt that raises the most money that day. So, tell your team members to bring plenty of money to vote.

Who should I contact if I have questions about Teams?

Please send a message to Adrienne Connor and Michelle Hemric at raceteams@komeennctriad.org.

FUNDRAISING

Do I have to collect donations to participate in the Race?

No, you don't have to collect donations. However, **Race for the Cure is a fundraiser** to support local breast health education, screening, and treatment support programs.

We encourage everyone to raise money—beyond your entry fee (which is non-tax-deductible)—for the fight against breast cancer. If everyone who participated in 2011 collected just \$100 in donations, we would have raised more than \$1 million to help find the cures!

Where does my money go?

75% of net proceeds go to fund local breast health programs, including education, screenings, and treatment support. The Komen NC Triad Affiliate serves 11 counties, including: Alamance, Davidson, Davie, Forsyth, Guilford, Randolph, Rockingham, Stokes, Surry, Wilkes, and Yadkin.

25% goes to help fund life-saving research through the Susan G. Komen for the Cure® Grants Program.

When can I turn in my fundraising money?

All donations should be entered online on an Individual or Team page prior to turning in to either the Team Captain or to the Komen NC Triad Affiliate office.

Team members should turn in their money to their Team Captain.

Individuals may turn in money anytime M-F from 8:00 a.m.-5:00 p.m. at the Komen NC Triad Affiliate office (1106 Burke Street, Winston-Salem).

Money can also be turned in at pre-Race Packet Pick Up days and on Race Day at the Fundraising Tent.

Can fundraising continue after the Race?

Yes! Fundraising will remain open for 30 days following the Race. Donations can be entered online or turned in at the Komen NC Triad Affiliate office through 5:00 p.m. on Tuesday, June 5th. All confirmed donations turned in by that date will count toward your team total and incentive prize totals.

How do I enter my offline donations in my Participant Center?

When you receive a cash or check donation, you can enter it in your Participant Center so that your fundraising thermometer changes. Log into your Participant Center, click on "Progress" located across the top bar beside "Home" "Email" "Progress" and then click on the Enter a new gift button located on the right hand side and enter each gift received. Be sure to download a Fundraising Donation Form to record your donations so they get credited correctly. Please note on the form that you have entered these as offline donations.

Will tax receipts be issued to those who made donations?

The IRS mandates that any donation of \$250 or more receive a receipt from the charitable organization. For donations of \$250 or less, a copy of the check is sufficient proof for tax purposes. However, upon request, the Komen Affiliate Office will gladly issue an acknowledgement letter. All online donations automatically receive a computer generated acknowledgement letter.

My donation did not go to the right Individual/Team. Can this be corrected?

Yes. Please send an email to komen.race.online@komennctriad.org with the name of the donor, amount of donation, current designation, and to whom the donation should be designated.

What is a Personal Page?

A personal page is an online promotional tool for your use when asking friends and family to join your team or sponsor you by making a donation. Once you sign up for an event online, by default, you will have a personal page created for you. You have the option of personalizing this page by going to your Participant Center. You will be able to customize images, text, and personalize the style/color layout of the page.

What is the difference between making my personal page private or public?

By default, a personal page is Public, meaning your name will appear in the participant search list, and anyone accessing the site will be able to support you. Setting your personal page to Private means your name will not appear in the participant search list and only people you personally invite will be able to support you.

How do I connect my Participant Center to my Facebook Page?

Instructions are on our website under Komen Race for the Cure/Fundraise at the bottom of the page.

Who do I contact if I have questions about fundraising?

Please send a message to Holly Vestal at racefundraising@kومنnctriad.org.

RACE PACKETS and BIBS

When and where is Team Packet Pick Up?

Team packets will be available for pick up prior to Race day at 680 Peters Creek Parkway (the former Triad Dodge dealership & the Salvation Army Christmas Distribution Center). Dates and times are:

April 27, Friday; 10:00am – 2:00pm
April 28, Saturday; 10:00am – 2:00pm
April 30, Monday; 10am – 2:00pm and 5:30 – 8:00pm

Team packets for teams in Guilford/ Alamance/ and surrounding counties can be picked up **by request only** on Monday, April 30 from 10am – 2pm at the Junior League office at 3101 West Friendly Avenue, Greensboro. To request picking up your team packet in Greensboro, please email raceteams@kومنnctriad.org. If you do not make this request, your team packet will not be there.

When and where is Individual Packet Pick Up?

Individual packets will be available for pick up prior to Race Day at 680 Peters Creek Parkway (the former Triad Dodge dealership & the Salvation Army Christmas Distribution Center). Pick up dates and times are:

May 2, Wednesday; 10:00 a.m. – 6:00 p.m.
May 3, Thursday; 10:00 a.m. – 7:00 p.m.
May 4, Friday; 10:00 a.m. – 6:00 p.m.

Packets not picked up prior to Race Day will be available at the Pre-Registered Tent on Race morning.

If I register for the Race, will I get a Race T-shirt?

Yes. Everyone that registers will receive the 2012 Susan G. Komen NC Triad Affiliate Race for the Cure® T-shirt. However, anyone registering on Race Day may not receive a T-shirt in their size.

If I miss the Race, will you mail me my T-shirt?

No. If you're registered as a Team member, you can get your T-shirt from your Team Captain. If you're registered as an Individual, you may pick up your T-shirt at the Komen NC Triad Affiliate office the week following the Race.

Will there be Packet Pick Ups outside of Forsyth County?

Yes, for Teams only. Locations and times TBD.

RACE DAY INFORMATION

Where does the Race take place?

The Race and its activities take place on the grounds of Salem Academy & College in Winston-Salem. The Race itself starts beside the Old Salem Visitor's Center (900 Old Salem Road), and the post-Race activities take place on the Salem Academy & College athletic fields (across from Winston-Salem Federal Credit Union at 711 Salem Avenue).

Where can my team meet before the Race?

Teams that purchased space in Team Village may gather there, however only those with a Team Village wristband will be admitted—no exceptions!

What is Team Village?

Team Village is a special area where teams may reserve a 12'x12' space to meet and socialize before and after the Race. Teams are responsible for supplying their own tent, tables, chairs, and any food and drink. Water will be available, courtesy of Primo Water, and Dewey's will provide sugar cake and muffins (while supplies last).

Only registered Team Village members wearing special wristbands will be allowed in Team Village. Please do not bring additional guests. To download a Team Village Reservation Form and rules, go to www.komennctriad.org > Komen Race for the Cure > Teams > Team Village Information.

What is the Team Village reservation deadline and how do we pay?

The deadline to reserve a space is 5:00 p.m. on Wednesday, May 2. The fee is \$50 for non-profit groups and \$75 for all others. This fee only reserves the space and does not include a tent. You may pay by cash, check, or credit card.

When will I be assigned a Team Village spot?

Team Village spots will be assigned by Thursday, May 3. You'll receive an e-mail containing a site map with your spot marked.

Can our Team bring banners or signs to the Race?

Yes! Our emcees will be recognizing teams as they cross the Start Line to begin the Race. So, company banners or signs are welcome. As a courtesy to other runners and walkers, we ask that banners be no larger than 4'x12'.

When will the timed 5K Race begin?

The timed Race will start at 8:30 a.m. (prior to the non-timed run/walk). Runners should report to the Runners' Corral (at the Start Line) no later than 8:15am. Only timed runners with the appropriate colored bib will be allowed into the Runners' Corral.

How do I schedule my team photo?

Teams with ≥ 50 members may schedule a time to have their photo taken. Call the NC Triad Affiliate office the week before the Race at (336)-721-0037 or email office@kومنnctriad.org to schedule your time.

Teams with < 50 members will be on a first-come first-served basis.

Will there be a Survivor group photo?

Yes. A group photo will be taken at approximately 10:45 a.m. at the main stage after the Survivor Processional. Every Survivor will receive a coupon for a free photo, courtesy of Walgreens.

Can I bring a stroller?

Strollers are welcome, but strongly discouraged from the timed 5K. If you're participating in either the timed or non-timed 5K with a stroller, we ask that you please begin the Race in the back to avoid potential collisions with faster runners and walkers.

Are there any activities for young children?

Yes! The Chick-fil-A Kids Area and the Texas Pete Kids Dash are located next to The Pavilion. The Kids Area activities will be posted on the Race Activities web page as soon as they become available.

What is Susan's Garden?

Susan's Garden is a visual tribute, located next to the K&W Survivor Café, that recognizes breast cancer survivors, those currently battling breast cancer, and those who we've lost, as well as Co-survivors.

For \$15.00 each, you can purchase a pink or white tulip for the garden, online at www.kومنnctriad.org > Komen Race for the Cure > Fundraise > Susan's Garden or at the Komen NC Triad Affiliate office (1106 Burke Street in Winston-Salem). There will also be a Tulip Sales & Decorating tent located next to Susan's Garden on Race Day.

What is a Co-survivor?

A Co-survivor is an individual (spouse, friend, relative, etc...) who supported someone throughout their breast cancer journey.

Where do I park?

Free parking will be available at Bowman Gray Stadium (1250 S. Martin Luther King, Jr. Drive). Shuttle buses, courtesy of PART and WSTA, will run from 6:30 a.m. – 12:30 p.m. from the

stadium parking lot to the Race site. Parking and site maps will be posted on the Race Information page on the Komen NC Triad Race for the Cure® website.

Parking will also be available at the BB&T Ballpark, however no shuttle service will be provided to and from the ballpark.

Will there be water available?

Water refill stations, courtesy of Primo Water, will be stationed at various locations throughout the venue. Water will also be available at the Hydration Station, courtesy of Fleet Feet of Winston-Salem, at the mid-way point of the Race route. **GO GREEN** and bring your own bottle and refill it.

Can I bring my dog or pet?

Not all Race participants enjoy being around pets, and not all pets respond well to large crowds. For the safety of participants and the animals themselves, please do not bring them to the Race.

Are rollerblades, skateboards or bicycles allowed at the Race?

No. For the safety of all participants, the items are not permitted at the Race.