

From: NC Triad Affiliate of Susan G. Komen for the Cure [info@komeenntriad.org]
Sent: Tuesday, April 20, 2010 2:26 PM
To: info@komeenntriad.org
Subject: News from the NC Triad Affiliate of Susan G. Komen for the Cure



North Carolina Triad Affiliate
of Susan G. Komen for the Cure Newsletter
April 20, 2010

ATTENTION TEAM CAPTAINS!

NOTICE FOR ALL TEAM CAPTAINS!

TEAM CAPTAIN TRAINING

Join our Team Chair, Leslie Brown, for one last Team Training Session. Please join us to review last minute fundraising tips, team village information, the t-shirt contest, and general race information. This is also a time for you to ask questions that you might have. Team packet pick-up is also open from 5 pm - 7 pm that night.

Date: Thursday April 22

Time: 6:15pm

Place: Southeast Gateway YWCA - 1300 S. Main Street, Winston-Salem, NC 27127- Teen Room

TEAM PACKET PICK UP - WINSTON SALEM

Team packets will be available for pick up at the Southeast Gateway YWCA - 1300 S. Main Street, Winston-Salem, NC 27127 on the following dates and times:

Thursday, April 22: 11:00 am-1:00 pm and 5:00 pm-7:00 pm

Friday, April 23: 11:00 am-1:00 pm

Saturday, April 24: 11:00 am-1:00 pm

Monday, April 26: 5:00 pm-7:00 pm

Team Captains! Please bring a copy of your team rosters to check against ours! We want to make sure you have what you need!

TEAM PACKET PICK UP - GREENSBORO - By reservation only!

We have made arrangements for Greensboro Team Captains to pick up their packets at Off N Running Sports. However, Team Captains MUST email Barbara Ryan at bpryan0723@lexcominc.net by 5:00 pm on Friday, April 23, to confirm their pickup at this location.

Packets can be picked up on:

Sunday, April 25: 12:00 pm - 1:00 pm

Monday, April 26: 5:00 pm - 7:00 pm

Off 'N Running Sports is located at 2201 Joan Avenue, Greensboro, NC 27455

ATTENTION SURVIVORS

*There has been a change in the Survivor Group Photo Time. Please note that the new time for the Group Photo is **7:45 a.m.** at the Survivor Tent.*

PERTINENT RACE INFO FROM RACE CHAIR, WHITNEY KNOTT

Less than 11 days to Race Day!

There is still plenty of time to sign up. [Register now to insure you don't miss anything!](#) Team registration closed as of April 15, but you can still register as an individual participant.

5K Timed and Fun 5K Walk/Run

The only difference between these two events is a timing chip used by the timed/competitive runners. Timing chips will be provided for those who signed up for the Timed Run. You will receive these chips when you pick up your Race packet (tee shirt and bib). The Timed Run starts at 8:30 am on Race Day, 10 minutes earlier than the Fun Walk/Run. Timed Runner, please don't forget to bring your chip with you Race Day!

Salem Family One Mile Walk

Just a fun and casual walk with friends, family and the younger walkers in your life.

Strollers for the Cure

Decorate your child's stroller to show your Komen Spirit! There is no additional fee to participate in Strollers for the Cure but you must be a registered Race participant. Prizes will be awarded to those with the most creative designs.

Kid's Dash - Ages 10 and under

After the 5K event, kids from 1 to 10 years old can join us at the Kids for the Cure® area for our Kid's Dash. The first 400 participants in the Dash will receive a special prize at the finish line!

Please help us reach our goal of 12,000 participants this year!

[Click here to register for the Race now!](#)



There are other ways to participate as well!

High School Team Challenge

Help us empower students to get involved in the fight against breast cancer! Competing in the challenge is a great way to boost school spirit and fun competition against other local schools.

Sleep in for the Cure®

Can't make it to the Race? Then Sleep-In! Register as a Sleep in for the Cure® Participant and receive a special gift along with your Race tee-shirt and bib. If you are part of a team, your Team Captain will have your tee and gift. If you register as an individual, you can pick up your tee and gift at the Gateway YWCA during our Individual Packet Pickup times on April 28, 29 and 30 (see below).



Fundraise: *Your registration fee gets us to the starting line; your fundraising gets us to the Cures!*

Go the extra mile and help defeat breast cancer by collecting donations from family, friends, and co-workers. If each participant asked 10 people for \$10, we could raise more than \$1 million to support the fight against breast cancer!

Volunteer

This race would not be possible without all of our wonderful volunteers! We still have positions available for office support, packet pick up and Race day. Contact racevolunteers@kومنnctriad.org for more information on volunteering.

2010 NC Triad Race for the Cure® Event Information

Race Day Schedule: Saturday, May 1, 2010

6:30 am	Team Village opens
7:30-10:30 am	Survivor Breakfast
7:45 am	Survivor Group Photo (Survivor Tent)
8:00 am	Aerobic Warm Up
8:30 am	Timed only 5K
8:40 am	Untimed 5K and Salem College Mile walk
9:30 am	Kid's Dash
10:15 am	Stage Presentations, Survivors line up for procession
10:30 am	Survivor Procession

Registration Fees

- o \$20 Survivor
- o \$25 Adult (Untimed)
- o \$30 Adult Competitive (Timed)
- o \$15 Child 12 and under (competitive & untimed)
- o Free Child under 5 (no t-shirt)
- o \$30 Sleep in for the Cure

Register online, by mail or in person!

The deadline for registering online as an individual is 5:00 pm on April 30, 2010.

Participants can register via a paper form until 8:30 am on Race Day (May 1, 2010)

[Click here for a copy of our INDIVIDUAL PARTICIPANT paper registration entry form!](#)

By Mail: Complete our paper entry form and send your payment to:
Komen NC Triad Race for the Cure®
1106 Burke Street Winston-Salem, NC 27101

Packet Pickup is at the Southeast Gateway YWCA 1300 S. Main Street, Winston-Salem, NC 27127

Team Captains can pick up their Packets at the Southeast Gateway on:

- April 22: 11:00 am-1:00 pm and 5:00 pm-7:00 pm
- April 23: 11:00 am-1:00 pm
- April 24: 11:00 am-1:00 pm
- April 26: 5:00 pm-7:00 pm

Individual and Sleep in for the Cure® Participants can pick up their Packets at the Southeast Gateway on:

- April 28: 12:00 pm-6:00 pm
- April 29: 10:00 am-7:00 pm
- April 30: 10:00 am-6:00 pm Race Day: At the Race Site ONLY before 8:30 am

In Person Registration - Southeast Gateway YWCA
1300 S. Main Street, Winston-Salem, NC 27127

- April 28: 12:00 pm-6:00 pm
- April 29: 10:00 am-7:00 pm
- April 30: 10:00 am-6:00 pm

or Race Day: At the Race Site ONLY before 8:30 am

Computer Chip Timing

The 2010 Komen NC Triad Race for the Cure will use disposable computer chips to time the competitive 5K runners. You must be wearing a timing chip to obtain an official race time. Disposable chips will be provided with your tee and bib at packet pick-up times (see above). You can register as a Timed Runner up through 8:00 am on Race Day, May 1.

Safety

While we encourage strollers at our event and want you to consider participating in our Strollers for the Cure activities, we ask that those who participate with children begin the race closer to the back of the crowd as to not injure themselves or other participants. For the safety of all participants, inline skates, roller skates, skateboards and pets are discouraged from participating in this event. Thank you for your cooperation. The Race will occur rain or shine. We reserve the right to cancel the event under extreme circumstances. If the event is cancelled, there will be no refunds; rather, your entry fee will be used as a donation to the Komen NC Triad Race for the Cure®.

Parking

Parking has been improved!

You shouldn't have to struggle to find a parking space and then have to walk a 5K

just to get from your parking spot to the Race. So, this year, ample free parking will be available in the East Lot of Bowman Gray Stadium (1250 S. Martin Luther King Drive), and complimentary shuttle buses will carry you to the Race site and return you to your vehicle after the Race.

Directions to Bowman Gray Stadium:

From I-40 Business East or West: Take the Hwy 52 South exit, and immediately exit right onto Stadium Drive. At the stoplight, turn left onto Stadium Drive. At the next stoplight, turn right onto Martin Luther King Drive. Follow the signs to Bowman Gray Stadium which will be on the right.

From I-40 Bypass East or West: Take the Hwy 52 North exit. Follow Hwy 52 to the Stadium Drive exit. Turn left onto Stadium Drive. At the next stoplight, turn right onto Martin Luther King Drive. Follow the signs to Bowman Gray Stadium which will be on the right.

Lot attendants will direct you to parking locations and shuttle pick up stations. Shuttles to the drop off point (intersection of Waughtown and Main St. across from the Gateway YWCA and near registration and start line) will run from 6:30-8:30 a.m.. Shuttles will begin returning participants from the same drop off point at 9:30 a.m and will run until 11:30.

Some of the parking decks uptown will also be open for your convenience should you choose to park there rather than at Bowman Gray Stadium. However, there is no shuttle service provided from uptown to the Race site.

Komen NC Triad Race for the Cure 2010 Course Map

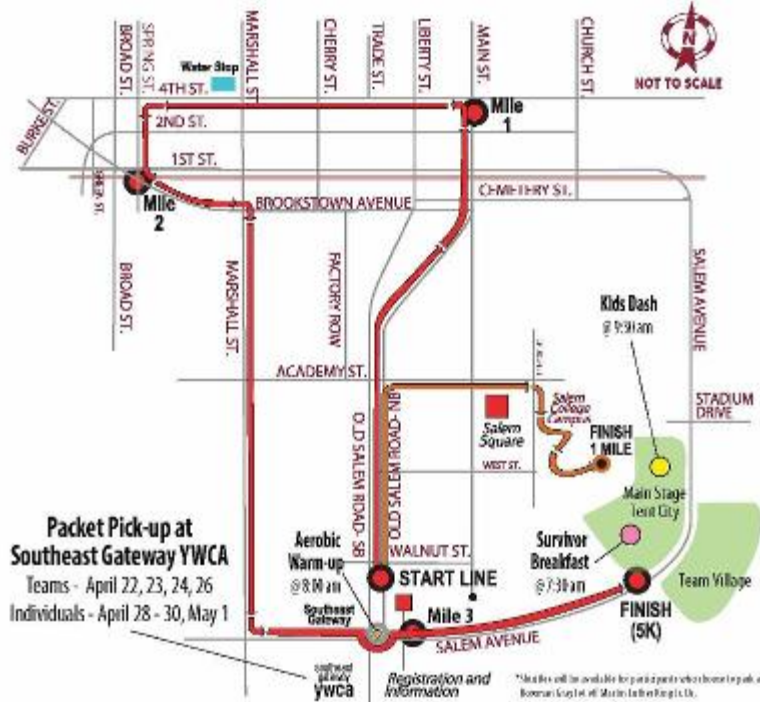
Komen NC Triad Race for the Cure® 2010 Course

5K Course - USA Track & Field Certified - NC-09025-PH
Salem College Mile

Visit www.KomenNCTriad.org for more information

Race Day Schedule

6:30 am - Team Village Opens
7:30 am - 10:30 am - Survivor Breakfast
8:00 am - Aerobic Warm-Up
8:30 am - Timed 5K
8:40 am - Untimed 5K / 1 Mile Walk
9:30 am - Kids Dash
10:15 am - Stage Presentations
10:30 am - Survivor Processional and Photo



SURVIVOR AWARD AND TRIBUTE CEREMONY

WHO'S YOUR SURVIVOR?

On May 1, at our Komen NC Triad Race for the Cure®, we will be awarding this year's Survivor Award. Please help us select this year's honorary by answering the question:

"Who's Your Survivor?"

Tell us the story - the struggle and the ultimate victory, and most of all, show us the determination and inspiration that it takes to conquer this devastating disease. Why does this person deserve to be known as the Triad's honored recipient of the Survivor Award this year? Submit your essay (500 words or less) to: survivors@komenncTriad.org by April 22, 2010.

TRIBUTE CEREMONY



This year, during the Komen NC Triad Race for the Cure, we want to pay tribute to the very special women and men who have recently (within the past year) lost their battle with breast cancer. Our Race is about hope and celebration, but we cannot overlook the enormous loss that is experienced when someone we love is no longer with us.



Please send the name, age, how many years they fought breast cancer, picture (optional) and a brief write up about your loved one by April 22, 2010. We will have a brief moment of silence after all of the names are read.

Email to: info@komennc triad.org

UPCOMING PROMOTIONS BENEFITTING US!



Primo Pink Caps

From now through June 30, five gallon bottles of Primo Water will have pink caps and Primo will donate \$25.00 each time a new customer signs up for any Primo Water delivery program or Komen Bundle and references Komen. To sign up, call 336-499-7000 and don't forget to reference Komen!



Help Knockout Breast Cancer at a Wacoal Fit for the

Cure event. Receive a complimentary fitting in a Wacoal or b.tempt'd bra from a Wacoal fit specialist, and Wacoal will donate \$2 to Susan G. Komen for the Cure®. Wacoal will also donate an additional \$2 for every Wacoal bra, shapewear piece or b.tempt'd bra purchased at these events.

Thursday, April 22 from 10:00-5:00 at Belk of Friendly Center in Greensboro

To schedule a fitting, call 336-292-0960 ext. 208



Friday, April 23 from 10:00-5:00 at Belk of Hanes Mall in Winston-Salem

To schedule a fitting call 336-768-9200 ext. 253



The Dash Fashion Show for Breast Cancer

Awareness

The Dash will be holding an exclusive fashion show to benefit breast cancer awareness on Saturday, April 24, at Gusto (854 W. 4th Street) in Winston-Salem. The event will be from 8:00 p.m. to 1:00 a.m. and will feature local designers and breast cancer survivors as models. Tickets are \$15 and include complimentary hors d'oeuvres. There will also be a raffle or silent auction. For more information, please call 336-529-6593.



Skirt! Magazine is hosting Sip with Skirt! an evening to wine, dine, and network on Sunday, April 25, from 5:00 p.m.-7:00 p.m. at Misty Creek Vineyards in Mocksville. Komen NC Triad Affiliate Race for the Cure® representatives will be in attendance to register people for Race for the Cure® and to collect donations. For more information, contact Skirt! magazine at 336-727-7288.



Buckets for the Cure™

From April 5 through May 30, KFC locations will sell specially designed pink buckets of chicken. KFC has pledged 50 cents to Komen for every pink bucket ordered by its restaurant operators with a minimum donation of \$1 million. Twenty-five percent of the funds raised will be earmarked to the 120 plus Komen Affiliates for breast cancer programs in their communities with the remainder going to fund Komen's National Research and Community Programs.

To view our Privacy Policy, please visit www.komennctriad.org.

[Forward email](#)

[SafeUnsubscribe®](#)

This email was sent to info@komennctriad.org by info@komennctriad.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



NC Triad Affiliate of Susan G. Komen for the Cure | 1106 Burke Street | Winston-Salem | NC | 27101