

From: NC Triad Affiliate of Susan G. Komen for the Cure [info@komeennctriad.org]
Sent: Wednesday, April 28, 2010 11:28 AM
To: rsears@komeennctriad.org
Subject: IT'S RACE TIME!! SEE YOU SATURDAY!



North Carolina Triad Affiliate
of Susan G. Komen for the Cure Newsletter
April 28, 2010

IT'S RACE TIME!!

LAST MINUTE NEWS FROM RACE CHAIR, WHITNEY
KNOTT

Saturday is Race Day!

There is still time to sign up. [Register now to insure you don't miss anything!](#)

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

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

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

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

**Participants can register via a paper form from 7:00 am until 8:30 am on Race Day
(May 1, 2010) or at the Southeast Gateway YWCA:**

April 28: 12:00 pm-6:00 pm

April 29: 10:00 am-7:00 pm

April 30: 10:00 am-6:00 pm

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

Pickup dates and times are noted above with Registration.



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

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.

Bring Your Water Bottle!

For green purposes, we are asking that you bring a water bottle with you...Primo Water will have plenty of water stations available for filling them up!

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 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.

[Susan's Garden](#)

Forgot to get a tulip for Susan's Garden? Come by our tent next to the garden to purchase a tulip and decorate it right on the spot!

[T-shirt Contest](#)

Please stop by our T-shirt tent and vote for your favorite T-shirt via donations during the Race! T-shirts will be displayed; and the winner will be determined by the amount of money collected for their shirt. The winning Team of the T-shirt contest will receive a free place in Team Village for the 2011 Race. There will be receptacles in a special booth to collect the vote donations for each t-shirt entry. Votes can be in any amount, so tell your teams and supporters to bring change, bills, and checks! Check out our Rovers who will modeling the T-shirts. They will be holding signs that read "Vote for Me".

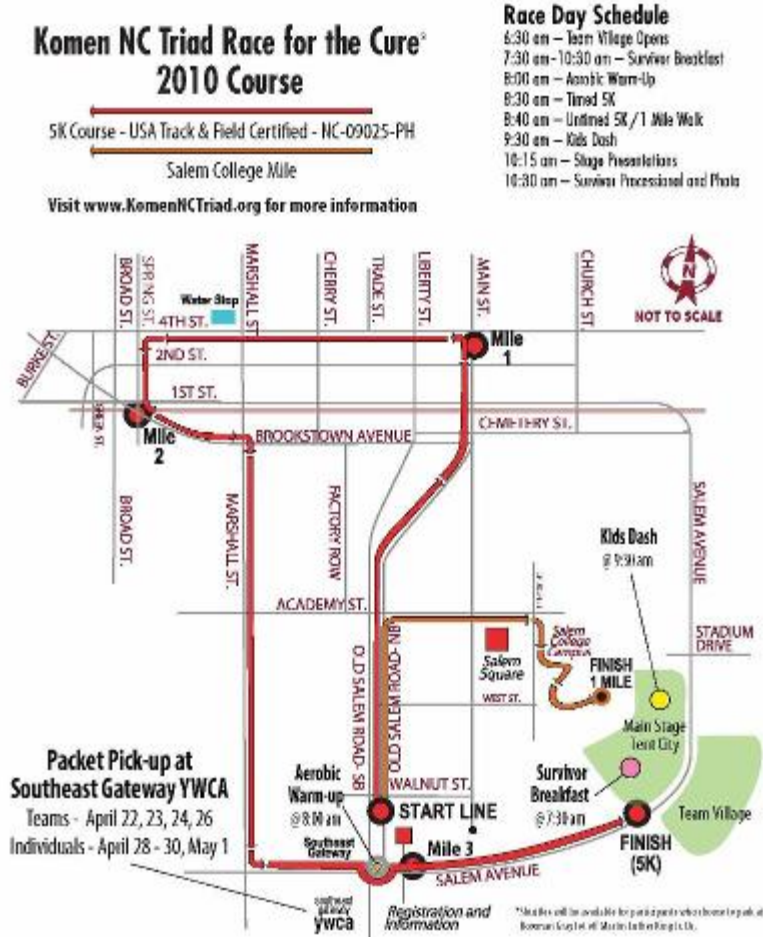
[Strollers for the Cure](#)

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.

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.*

Komen NC Triad Race for the Cure 2010 Course Map



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!



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.

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