

**From:** NC Triad Affiliate of Susan G. Komen for the Cure [info@komentriad.org]  
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North Carolina Triad Affiliate  
of Susan G. Komen for the Cure Newsletter  
April 7, 2010

AN UPDATE FROM OUR RACE CHAIR, WHITNEY KNOTT

**Less than 4 Weeks to Race Day!**

There is still plenty of time to sign up, form a team or even volunteer! There are participation options for everyone. [Register now to insure you don't miss anything!](#)

**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.

Are you looking for a Race Team to join? Join our Strollers for the Cure team! [Click here](#) to go to our Strollers for the Cure Team page. Register by clicking on the Strollers for the Cure - Join Team button.

**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! Anyone can start a team! You'd be amazed what your group can accomplish! Invite your family, friends, co-workers, neighbors, ANYONE to run or walk with you and make an impact. For more information about teams check out our [Team Captain's Packet](#) on our website.

[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. Set up a Team at your school and recruit your teachers and students to join us!

### 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).

### Tinkled Pink

Show your support for the NC Triad Race and let your name be seen! For \$100 donation, you can underwrite a port-a-potty on Race Day. Celebrate your special someone by decorating a port-a-potty at this year's Race. To participate, send an email to [info@komeenntriad.org](mailto:info@komeenntriad.org).



**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@komentriad.org](mailto:racevolunteers@komentriad.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
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 and Photo

**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

*There will be a Greensboro location for Team Packet Pickup.*

*We are in the process of securing a Greensboro location. More details will be forthcoming once we have them.*

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 will be available at Bowman Gray Stadium on Martin Luther King Drive. There will be shuttles between the stadium and the Race site. More information

about the shuttles will be provided closer to Race day.

## REGISTRATION EVENT

### Haven't registered yet?

There will be an on-site Registration Event this Saturday, April 10, from 11:00 am-3:00 pm at New Balance at Thruway Shopping Center, Winston-Salem.

Representatives from the Race Committee will be on hand with registration forms and to answer any questions.

Come and enjoy snacks and drinks while registering for the Susan G. Komen NC Triad Race for the Cure®! We look forward to seeing you Saturday.



See you at the Race!

## 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](mailto:survivors@komennctriad.org).

### 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 20, 2010. We will have a brief moment of silence after all of the names are read.

Email to: [info@komennctriad.org](mailto:info@komennctriad.org) Or

Mail to : NC Triad Affiliate of Susan G. Komen for the Cure  
Attn: Tribute Ceremony  
1106 Burke Street  
Winston-Salem, NC 27101

## 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!



### Baseball Cares!

The West Forsyth High School baseball team will host Reagan High School for Baseball Cares! on Friday, April 9, at the West Forsyth baseball field. Baseball Cares! is a fundraiser benefitting the Komen NC Triad Affiliate. West Forsyth players will be wearing pink uniforms. The JV team will play at 5:00 p.m. and the Varsity will play at 7:30 p.m., and three cancer survivors will be throwing out the first pitches at the games. For more information, contact West Forsyth High School at 336-712-4400.



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.

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