

16th Annual Run for Life
Wake Med. Soccer Park, Cary, NC
08/28/2010

Please read the instructions for answers to questions and information.

THE FUN RUN—

The one-mile Fun Run begins at 8:00 a.m. There will be a warm-up and stretching before it starts.

THE 5K RACE—

The 5K Race begins at 8:30 a.m. with warm-up and stretching beforehand.

THE CHIP—

Each entrant will be issued a ChampionChip for scoring on race day. The Chip needs to be worn on the shoe. The Chip must be returned after the race or the entrant will be charged \$35.00.

THE 5K COURSE—

There will be one water stop on the course at the halfway mark. Splits will be called at the 1-mile and 2-mile marks. We will have a digital clock at the finish.

SAFETY CONSIDERATIONS—

Please do not run with your dog or any other animals. We have found the practice of including animals to be both dangerous and irritating to some of your fellow runners. Runners will not be allowed to wear headsets during the race. We want you to be alert and to keep your eyes (and ears) open.

AFTER THE RACE—

Please do not rush off after the race. We will have plenty of refreshments for all runners. The awards ceremony will begin around 10:15 a.m. (as soon as all numbers are in after the 5K Race is complete).

** YOU MUST BE PRESENT TO RECEIVE THE AWARD **

RESULTS—

Complete results will be posted on the web at www.runnc.com.

Please take a few minutes and let us know how we did or how we can improve for next year. Please fill out the runner feedback form that can be found in your runner bag and turn in at the designated location.