



WakeMed Running Clinics

Presented by WakeMed Rehabilitation
and Wake Orthopaedics

Are you new to running or looking to improve your performance? Attend one of WakeMed's FREE Running Clinics in September and learn tips and advice on how to avoid injuries while taking your running to the next level.

Choose from one of the following dates and locations.

Saturday, September 17

10 am - Noon

WakeMed Clayton Outpatient Rehab
555 Medical Park Place, Suite 101, Clayton 27520

Saturday, September 17

10 am - Noon

Alexander Family YMCA
1603 Hillsborough Street, Raleigh 27605

Saturday, September 17

10 am - Noon

WakeMed North Healthplex Outpatient Rehab
Physicians Office Pavilion, Suite 015
10010 Falls of Neuse Road, Raleigh 27614

Saturday, September 24

10 am - Noon

Kraft Family YMCA
8921 Holly Springs Road, Apex 27539

Clinics will include:

- Overview of common orthopaedic injuries in runners with physicians from Wake Orthopaedics
- Shoe fittings
- Assessment of gait and running mechanics, flexibility and lower extremity strength with WakeMed Physical Therapists

All ages and abilities welcome. To register, visit wakemed.org or call 919-350-4179.



WakeMed
Children's
3000 New Bern Avenue
Raleigh, NC 27610

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2011
5K
10K
**SCRUB
RUN
AND FUN FEST**

Saturday, October 1, 2011

8:30 am - 10K • 10 am - 5K

9:45 am - Kids Dash

9 am to 2 pm - FunFest

Moore Square, Downtown Raleigh

events.wakemed.org

WakeMed
WakeMed Health & Hospitals



Saturday, October 1, 2011

9 am – 2 pm

Moore Square, Downtown Raleigh

events.wakemed.org

REGISTER TODAY!

Online at events.wakemed.org or by completing this registration form and include your check, payable to WakeMed Scrub Run and mail to:

WakeMed Scrub Run
C/O BTR Management
1213 Matthews Glen Drive
Knightdale, NC 27545

The physicians and staff at WakeMed Health & Hospitals invite you to participate in the first-ever WakeMed Scrub Run, a 5K/10K event benefitting WakeMed Children's. WakeMed Children's Hospital, opened in 2010, is the latest addition to the WakeMed health system, which is celebrating its 50th year of service to the community in 2011.

Our Scrub Run offers events for both running enthusiasts and families. Featuring competitive 5K and 10K races that accommodate both runners and walkers, along with a 100-Yard Kids dash, this event is designed to get our entire community involved.

Registered participants in all events will receive race shirts. To guarantee availability and size, please register prior to September 23.

WAKEMED FUN FEST

In addition to the race, WakeMed and its community partners will continue the celebration with a Fun Fest from 9 am - 2 pm in Moore Square. Racers, their family and friends, and all members of the community will enjoy a variety of activities, including:

- Games & activities for the whole family
- Live music & entertainment
- Face painting
- Arts & crafts
- Mascots, including Twinkle, the WakeMed Children's mascot

COURSE MAPS

Course maps can be found online at events.wakemed.org or ncraces.com. For information about the course, contact Butch Robertson at butch.robertson@earthlink.net

RACE START TIMES

- **10K** – Starting at 8:30 am
- **100-Yard Kids Dash** – Starting at 9:45 am
- **5K** – Starting at 10 am

ENTRY FEES

- **10K** – \$25 prior to September 15; \$30 after September 15
- **5K** – \$20 prior to September 15; \$25 after September 15
- **100 Yard Kids Dash** – \$5 (no late fee)

AWARDS

Awards will be presented to the Top Three Overall Men and Women and the Top Three Masters Male and Female, and Top Three in the following age divisions for Male and Female:

15 & Under	40 – 44
16 – 19	45 – 49
20 – 24	50 – 54
25 – 29	55 – 59
30 – 34	60 – 64
35 – 39	65 – 69
	70 & Over

REGISTRATION & PACKET PICK UP

Friday, September 30	Saturday, October 1
4 – 6 pm	7 – 9 am
Marbles IMAX Theatre	Moore Square

RULES & REGULATIONS

No pets, skates, bicycles, roller blades or skateboards allowed on the race course. Violation of these rules will result in removal from the course.

Baby joggers, running strollers and participants in wheelchairs are welcome. Baby joggers and running strollers will be requested to start at the back of the race.

10K 5K 100-Yard Kids Dash

SHIRT SIZE

Adult S M L XL **Youth** S M L

AMOUNT ENCLOSED

NAME

AGE ON RACE DAY

GENDER

ADDRESS

CITY

STATE

ZIP

EMAIL

RACE WAIVER

I understand that running a road race is a strenuous activity and I have properly trained for the event I've entered. In addition, I agree to abide by and follow the instructions and rules of the Race Director, volunteers and race officials. As a result, I take full responsibility for my participation in this event and agree to hold harmless the Race Director, Race Committee, WakeMed Health & Hospitals, City of Raleigh and all other associated vendors.

SIGNATURE

DATE

PARENT OR GUARDIAN (IF UNDER 18)