

# 5K Race Course



The Course is a USAT&F certified 5K loop (NC07104NW). It starts and finishes on Halifax Street between the Community Center and Pilot Mill and winds through parts of the historic Mor-decai and Pilot Mill Village neighborhoods.

Halifax Street Community Center is located at 1015 Halifax Street north of Peace College in Raleigh, North Carolina.

## Information

Race Director, Rebecca Sitton:  
[run4roses@ncroadrunners.org](mailto:run4roses@ncroadrunners.org)

Note: No refunds. If, for any reasons out of our control (i.e., an ice storm or such) we are unable to hold the event on the scheduled day, the race will be cancelled and not rescheduled. However, we will make all T-shirts available to those that registered before 1/30. We will make every effort to run the race as long as it is safe to do so.



Run for the Roses is the 2nd race in the Second Empire Grand Prix series.

For more information on the Series and other races visit:

[www.second-empire.com](http://www.second-empire.com)



**North Carolina Roadrunners Club**  
P.O. Box 97336  
Raleigh, NC 27624-7336  
[www.ncroadrunners.org](http://www.ncroadrunners.org)

**North Carolina Roadrunners Club Presents:**



**31st Annual**

**Run for the Roses 5K**

**Sunday, February 13, 2011**

**2:00 PM**

**Race Day Events Include:**

- 5K Run
- Coed Pairs Competition
- Pump'N Run
- 1/4 Mile Children's Run
- 100 Meter Children's Run

*Beautiful Downtown Raleigh  
Neighborhood Course  
Registration & Race Start:  
Halifax Community Center  
Raleigh, NC 27604*

## Race Information

We invite you to join us with the support of Inside-Out Sports and other sponsors for the 31st Annual Run for the Roses, the oldest 5K in the Triangle area. This year we will run a great course that starts and finishes in the Historic Mordecai District and includes a trot through Pilot Mill Village.



A portion of the proceeds from this race will benefit Carolina Canines. Plenty of parking is available at Pilot Mill north of the Halifax Community Center near Halifax and Cedar Streets. Parking on the Peace College campus is for their faculty, staff, and students, and visitors. Please respect their private property.

## Registration & Packet Pickup

Late Registration and packet pick up will be held at Inside-Out Sports in Cary on Saturday, February 12 from 2:00-6:00 PM. Race day registration and packet pick up will take place at the Community enter beginning at 12:30 PM. All runners will be issued a MyLaps® timing chip on race day.

## Post Race Activities

Please join us for a post race party that will include food, fun, and Awards that will take place immediately following the race. Race Results will be posted after the race at [www.ncroadrunners.org](http://www.ncroadrunners.org).

You may also want to plan a visit to nearby Mordecai Historic Park. The Mordecai mansion is the oldest house in Raleigh still standing on its original location. The house is said to be haunted by the ghost of Mary Mordecai and was featured on an episode of the Sci-Fi Channel's "Ghost Hunters". Also on the property is the original birthplace home of Andrew Johnson. Or, if you're in the mood for some shopping, plan to visit The Shops at Seaboard Station located off Peace St.

## Inside-Out Sports 5K Run

The 5K run will be held at 2 PM and will include a commemorative race shirt for runners that pre-register by 1/30 only.

## Co-ed Pairs Competition

Entrants can register as a male/female pair (NOTE: you may race as an individual OR a pair, NOT both) Co-ed pairs will be ranked by the sum of their finishing times. Inside-Out Sports gift certificates will be awarded to the top three co-ed pairs as well as the top 2 in each age category: 39-under, 40-49, 50-59, 60-69, 70-79, 80-89, 90-99, 100-over

## Pump'N Run Competition

Entrants can also sign up on race day for the Pump'N Run competition Beginning at 12:30 p.m. on race day, male entrants in this competition will be required to bench press their weight. Women will be required to bench press 50% of their weight. For each bench press, 30 seconds will be subtracted from their 5K times. Awards will be presented to the top three males and the top three females with the lowest "net" times. There is an additional cost of \$5 for entering this competition which is paid at weigh in on race day.

## Children's Runs

The children's runs will start at 3 PM. Race distances are 100 meters for 6 & Under and 1/4 mile for 6-10 year olds. Parents are welcome and encouraged to run with their children. Medals will be presented to the children's run participants. will start at 3 PM. Race distances are 100 meters for 6 & Under

## Awards

Awards will be given to men and women, 1st, 2nd, 3rd for each category: Overall, Masters, Grandmasters, Pump'N Run, and age group categories: 12 & Under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-74, 75-79, 80+. Co-ed awards as listed above. Entrants only qualify for an individual or co-ed award not both.

## Entry Form

One person per entry  
On-line Registration available at

[www.ncroadrunners.org](http://www.ncroadrunners.org) or [www.sportoften.com](http://www.sportoften.com)

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on 2/13/11 \_\_\_\_\_

Sex: male \_\_\_ female \_\_\_

**5K Run (no t-shirt if received after 1/31)** **\$25**

\_\_\_ Individual or \_\_\_ Coed Pair

Name of Partner: \_\_\_\_\_

\_\_\_ T-Shirt Size (5K only) SM M L XL XXL

**Children's 100 Meter Run (6 & Under)** **Free**

**Children's 1/4 mile run (6- 10 year olds)** **Free**

**Carolina Canines Donation** \_\_\_\_\_

**NCRC Member Discount** **-\$3**

**Total:** \_\_\_\_\_

**Entry Fees:** **Make all checks payable to:**  
**North Carolina Roadrunners Club**

**Mail to: NCRC, PO Box 97336, Raleigh, NC 27624**  
**Please do not mail after 2/5/2011.**

WAIVER: I know that running a road race is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event. Including, but not limited to: falls, contact with other participants, effects of the weather including heat and/or humidity, traffic, and the condition of the road or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself or anyone entitled to act on my behalf, waive and release NCRC, RRCA, Halifax Community Center, Inside Out Sports, Jim Young, Young & Associates, and all sponsors, their representatives and successors from all claims or liabilities of any kind resulting from my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose. I understand that bicycles, skateboards, baby joggers and strollers, roller skates or blades, animals, and radio headsets are not allowed in the race, and I will abide by these guidelines. Race will be held rain or shine. **NO REFUNDS WILL BE GIVEN.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent/guardian if under 18 \_\_\_\_\_

Date \_\_\_\_\_