

BREATHE FRESH AIR, get your **HEART BEATING**

and race hard while helping people with heart and lung problems receive vital assistance. Spend a healthy and fun morning outside with fellow runners and walkers. Let your competitive spirit energize a great cause! All proceeds from entrance fees benefit the WFUBMC Cardiac and Pulmonary Rehabilitation Program.

THE HEART AND SOLE RUN is a certified 5K route through the heart of Kernersville, NC. After an invigorating scenic run, you can cool off in the park's natural forest and shelters. Attend the award ceremony at Shelter 1 and cheer for all the medalists, but remember — in this race, everyone's a winner!

1 MILE FUN WALK
5K RUN/WALK



DIRECTIONS:

Business I-40, exit #14 Main Street (from I-40 East, turn left onto Main Street; or from I-40 West, turn right onto Main Street). Go 1.5 miles and turn left onto West Mountain Street. Go 0.7 mile. Parking will be provided at the Elementary School next to the Fourth of July Park.

IMPORTANT INFORMATION:

To ensure runner safety, unregistered runners or walkers, unauthorized vehicles, bicycles, skateboards, roller skates and roller blades, and running with dogs are prohibited on the course.

RACE MANAGEMENT:

Race managed by the Twin City Track Club. Additional details and results posted on the TCTC web site:

www.twincitytc.org

AWARDS:

Medals will be awarded in the 5K Run to the top three Overall Males and females and the first three finishers in all age divisions: 14 and under, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–over. Medals will be awarded to the top 3 finishers of the 5K walk. No medals will be awarded in the 1 Mile Walk. Children completing the walk/run will be awarded ribbons. Must be present to receive awards; they will not be mailed.

SPONSORSHIP OPPORTUNITIES:

If you would like to sponsor this event or know a person or business that would be interested in this opportunity, please have them contact Theresa Addison at 336.713.8172 or taddison@wfubmc.edu.

BENEFACTOR:

Proceeds from the Heart and Sole Run will support the Wake Forest University Baptist Medical Center Cardiac and Pulmonary Rehabilitation Program benefiting people with heart or lung problems who need supervised rehabilitation exercise programs.



WAKE FOREST UNIVERSITY BAPTIST MEDICAL CENTER

Heart and Sole

5K Run | 5K Walk | 1 Mile Fun Walk

April 18, 2009

4TH OF JULY PARK | KERNERSVILLE, NC



Wake Forest University Baptist

MEDICAL CENTER

Heart Center

RACE INFORMATION:

The Heart and Sole Run will be held at the Fourth of July Park in Kernersville, NC. This certified 5K course is a scenic run through the heart of Kernersville. Following the race, cool off in the park's natural forest and shelters while waiting for the awards ceremony, which will take place at Shelter 1.

LOCATION:

4th of July Park, 702 West Mountain Street, Kernersville, NC

RACE SCHEDULE:

Friday, April 17th

12:00-2:00 PM and 5:00-7:00 PM Packet Pick-up
— Fleet Feet Sports, 1204-A Reynolda Rd., Winston-Salem

Saturday, April 18th

7:30-8:30 AM Packet Pick-up and Registration
— 4th of July Park

9:00 AM Heart and Sole 5K Run, Timed 5K Walk, and
1 Mile Fun Walk

FEES:

\$20.00

5K Run/Walk or 1 Mile Fun Walk Advance Registration Fee
Includes T-shirt!

\$30.00

After April 13th or On-site Registration Fee
T-shirt provided if available

REGISTRATION:

Register online at www.active.com. A convenience fee will be charged. On-line registration closes **April 13, 2009**.

Register by mail by completing the attached entry form and mailing with your check made out to:

**WFUBMC Heart Center
Heart and Sole Run
Medical Center Blvd
Winston-Salem, NC 27157**

REGISTER NOW! →

REGISTER EARLY!

T-shirts guaranteed to all pre-registered runners. Early registration must be received by **April 13, 2009**. *Entry fees are non-refundable.* Unclaimed packets will not be mailed to entrants.

OFFICIAL WEB SITE:

www1.wfubmc.edu/heart/heartandsole

REGISTRATION FORM

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____ Country: _____

Phone: _____

Email Address: _____

Male or Female (circle one): M F

Adult Shirt Size (circle one): S M L XL XXL
Add \$2 for XXL

Age on Race Date: _____ Birthday: ____/____/____

5K Run _____ \$20 before 4/13 _____ \$30 after 4/13

5K Timed Walk _____ \$20 before 4/13 _____ \$30 after 4/13

1 Mile Fun Walk _____ \$20 before 4/13 _____ \$30 after 4/13

I would like to make a \$ _____ donation to the
Heart Center 2079 hrtrun

Total Amount Enclosed: \$ _____

Make check or money order payable to: WFUBMC Heart Center.

Send check and registration form to:

WFUBMC Heart Center, Heart and Sole Run, Medical Center Blvd.,
Winston-Salem, NC 27157

Waiver: In consideration of your accepting my/my child's registration in the Heart and Sole Run, I hereby, for myself, my child, my heirs, executors and personal representative, waive and release any and all rights and claims for damages I or my child may have against the sponsors, organizers, and race day volunteers of said race, their representatives, successors, and assigns for any and all damages or injuries incurred due to my/my child's participation in said race. I grant full permission to sponsors and organizers of said race to use my/my child's name, or photographs, videotapes, and other recordings of participation in this event, without obligation or liability to me and my child.

Signature: _____ Date: _____

OUR SPONSORS:



M CREATIVE
Strategy & Design



BEGINNER 5K TRAINING PROGRAM

12 week beginner program designed to get you to the finish line. First workout is Saturday, January 24th. Find out more at www.fleetfeetwinston-salem.com, **336-722-8477**

**DEADLINE FOR EARLY
REGISTRATION IS
APRIL 13, 2009**



For a list of all of our sponsors please go to our official web site.