

City of Raleigh,  
Local Government Federal Credit Union and  
The Wake County New Vehicle Dealers Association  
Presents the 2009 Inaugural Road Race



April 25, 2009 8:30a.m.  
5K race and McGruff "Crime Dog" Kids' Dash

[www.runforourheroes.org](http://www.runforourheroes.org)

Benefiting:  
National Law Enforcement Officers Memorial Fund and the Police Unity Tour

#### Schedule of Events:

7:30a.m. Check-in/registration/chip pick up  
8:30a.m. Laying of the Wreath Ceremony  
9:00a.m. 5K Run/Walk  
10:00a.m. McGruff "Crime Dog" Kids' Dash  
10:30a.m. Awards Presentation  
11:00a.m. Post Race Social at Blue Martini and Napper Tandy's Restaurant (free food and door prizes to race participants)

#### Race Course

A New Certified 5K Course in downtown Raleigh, North Carolina  
The course is mostly flat with only a few inclines and no major hills.

#### Registration & Packet pickup

Packet pick up will be available on Thursday, April 23, 2009 from 5:00p.m. until 7:00p.m. at  
The Athlete's Foot in Cameron Village (Raleigh)

#### Entry Fees

5K Competitive/Recreational \$20 includes tee shirt  
After April 3, \$25 to include race day, tee shirt not guaranteed  
McGruff "Crime Dog" Kids' Dash \$5 (children 10 and under) includes gift bag (no t-shirt)  
McGruff Photo-Op \$5

#### Awards

Top 3 Male/Female Overall  
Top 3 Law Enforcement Officers Male/Female Overall

#### Top 3 Male/Female in each age division

12 & under	40-49
13-19	50-59
20-29	60 & over
30-39	

#### Post Race Social (11a.m. until 1p.m.)

Blue Martini and Napper Tandy's Restaurant (116 N. West St)  
Free food for each race participant presenting their race bib, without a bib, fee is \$5. Beverages will be available for purchase. Prizes from local restaurants and retail shops will be awarded through bib and raffle pulls. All proceeds to benefit National Law Enforcement Officers Memorial Fund.

## Directions and Parking

From North of Raleigh:

Take US/1 Capital Boulevard into downtown. Race is three blocks south of Hillsborough Street.

From East of Raleigh:

Take US 64/New Bern Avenue into downtown, then left onto Dawson Street. Race is four blocks on left.

From West of Raleigh:

From I-40: Exit 298B to downtown

## Inclement Weather

The race will take place Rain or Shine / No Refunds and No Make Up Date

## Safety

For the safety of the participants and spectators, bicycles, in-line skate, skateboards, headsets and pets are NOT allowed on the course. Baby joggers/strollers are welcomed, but must line up at the end of the race start line

## For More Information

Website: [www.runforourheroes.org](http://www.runforourheroes.org)

Email: runforourheroes.aol

## Entry Form

To register online and pay by credit card, visit

[www.active.com](http://www.active.com)

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Age on 04/25/09 \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex M / F \_\_\_\_\_  
Email address \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Emergency Phone \_\_\_\_\_

T-Shirt (Not guaranteed after 04/03/08)

Adult  S  M  L  XL  XXL

Sworn Law Enforcement Officer

Yes  No  Agency \_\_\_\_\_

## Event

5K Run	\$20 (\$25 after April 3, 2009)	<input type="checkbox"/> Competitive	<input type="checkbox"/> Recreational
McGruff Kids' Dash	\$5 (children ages 10 and under)		
Photo with McGruff	\$5		
Additional Donation	\$		
TOTAL ENCLOSED	\$		

Please make checks payable to Police Unity Tour

Return completed form with payment to:

Police Unity Tour, P.O. Box 27731, Raleigh, N.C. 27611-7731

**Participant Waiver:** I, for myself, my heirs and personal representatives, waive all rights and claims for damages and injury that may occur as a result of my participation in this race. I attest that I am physically fit and have sufficiently trained to participate in this event. I know that running

or walking in this event is a potentially hazardous activity. I assume all risks associated with participating in the *Run for Our Heroes* and/or *McGruff "Crime Dog" Kids' Dash*. I hereby release the City of Raleigh, Police Unity Tour, National Law Enforcement Officers Memorial, Young and Associates, all sponsors and their representatives from any claims of damages, demands, actions whatsoever in any manner as a result arising from my participation in said race. I agree to allow my name and picture to be used in coverage of this event for legitimate purposes. I understand that my entry fee is non-refundable. Race will be held in rain or shine.

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Signature \_\_\_\_\_ Date \_\_\_\_\_

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Signature of Parent/Guardian if under 18yoa \_\_\_\_\_ Date \_\_\_\_\_

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Wake County New Vehicle Dealers Association

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