

The North Carolina Highway Patrol is Proud to Present



**5K Road Race  
1 Mile Fun Run / Walk  
MADD Dash for kids**

**Highway Patrol and Fitness**

**Saturday  
September 26, 2009  
8:30 AM**

**Sponsored By**



**To Benefit**



**Event Location:  
NCSHP Training Academy  
3318 Old Garner Rd.  
Raleigh, NC**

The Patrol Stroll would like to thank all of our Sponsors:



**BlueCross BlueShield  
of North Carolina**



### **Must Read and Sign prior to Registration**

I realize that road races can be a hazardous activity, and I and my heirs, executors, administrators, and assigns do hereby release the organizers of "The Patrol Stroll", The North Carolina State Highway Patrol, State of North Carolina, City of Raleigh, Pfizer and all who are associated with "The Patrol Stroll" from responsibility for any damages suffered by me as result of my participation in the above event. By signing, I attest that I am in sufficient physical condition to safely participate in the event on September 26, 2009, and that I take full responsibility for my own safety during the event. I also attest that I have read and understand all details of waiver, and agree to obey law enforcement officers and abide to the restrictions listed above. No animals (except seeing eye dogs), skates, or bicycles are allowed in the events in the interest of safety. Portable music players are allowed but discouraged. Race chairs and strollers are allowed, but be aware course has some steep hills.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent or Guardian if less than age 18: \_\_\_\_\_

Date: \_\_\_\_\_

# Patrol Stroll Registration Form

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E mail \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_

Desired T-shirt size ( S, M, L, XL, 2X ) \_\_\_\_\_ Event Entering ( 5K / 1M / MADD Dash ) \_\_\_\_\_

Please circle any that apply to you: Trooper Law Enforcement Officer Military Fire-Rescue

Additional donation to MADD? \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_



Sponsored by

## Awards, 5K

Cash Prizes will be awarded to the top three Male and Female in these amounts: \$500, \$300, and \$100. Awards will be given to the top 3 Male and Female overall, and to the 1st Male and Female in following age groups:

15 and under, 16-19, 20-29,30-39,40-49,50-59,60-69,70-99. All runners will receive their time and overall placing.

Custom Awards will be also given to the top three Male and Female Troopers.

## Team Competition

This year, we will be offering awards to the top 3 teams in the 5K. A team consists of 3 or more that work for the same law enforcement or military unit. More information on team competition will be posted on the race website: [www.thepatrolstroll.org](http://www.thepatrolstroll.org)

## Registration and Entry Fees

The entry fee for the 5K is \$20 up to September 21, \$25 after and on race day. Entry fee for the Fun Run is \$15 pre-registered or on race day. Entry fee for MADD DASH is \$2 and DOES NOT include a t-shirt. Entry fee includes a new and colorful t-shirt to the first 300, sign up early to guarantee your size. Please do not mail entries after September 21, just bring to race. You may also register up to September 23 on [active.com](http://active.com).

## Fitness Expo

A fitness Expo will be offered with exhibits and fun for the family and kids. In addition, many of the NC State Highway Patrol vehicles will be on display, including cars, motorcycles and helicopter.

## Timing and Scoring

By East Carolina Road Racing, with electronic shoe chips. Results will be posted at [www.ecrun.org](http://www.ecrun.org) & [www.thepatrolstroll.org](http://www.thepatrolstroll.org).

Make checks payable to "The Patrol Stroll" and mail to

The Patrol Stroll  
Care Of: Wellness Coordinator  
3318 Old Garner Road

# The 3rd Annual Patrol Stroll

Date: September 26, 2009

## Event Times

7:00 AM Registration Opens  
8:30 AM Start of 1 Mile Fun Run / Walk  
8:45 AM Pre Race Announcements  
9:00 AM Start of 5K Run / Walk  
10:00 AM MADD Kid's Dash  
10:15 AM Awards Ceremony

## Location

The start / finish area is located at the NCSHP Training Facility in Garner. To get directions to the race visit our website, [www.thepatrolstroll.org](http://www.thepatrolstroll.org)

## 5K Course

The brand new 5K course is hilly and challenging. It begins at the Training Academy and takes runners down Old Garner Road, onto Tryon Road, and then onto the NC Highway Patrol Driving Track. The course will be USATF certified. Split times will be provided at miles 1 and 2. There will be 2 hydration stations provided by 9th St. Active Feet. A course map is available on our web site.

## 1 Mile Fun Run/Walk

Awards will be given to the top 3 Male and Females. All finishers will receive their time and overall placing.

## MADD Dash for Kids

A 50 yard dash for all children age 12 and under. Each entrant will receive their race number and a medal.

For more information visit us at [ThePatrolStroll.org](http://ThePatrolStroll.org)