

The North Carolina Highway Patrol is Proud to Present

The **10th** Annual



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

Highway Patrol and Fitness Expo

**Saturday
September 24, 2016
8:30 AM**

**To Honor
Fallen NC State Troopers**

Proceeds Benefit



**Event Location:
NCSHP Training Academy
3318 Garner Rd.
Raleigh, NC 27610**



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

The Patrol Stroll is also the tenth event in the 2016 Second Empire Grand Prix Series. Runners who participate in these races accumulate points and are awarded money and prizes at an awards banquet held at the Second Empire Restaurant at the conclusion of the Series. For more information on the Series, go to <http://secondempireseries.com>



**WAR SPORT
INDUSTRIES, LLC**



Linwood Braswell Inc, CPA

Must Read Prior to Registration—by registering for this race you attest to the following:

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, Jim Young, Young & Associates 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 even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. By registering for this race, I attest that I am in sufficient physical condition to safely participate in the event on September 24, 2016, 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 this course has some steep hills. I also agree to be contacted by the organizers or sponsors via e-mails as long as I am afforded the opportunity to opt out of future mailings. I grant permission to all of foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. If, for 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 the participants.

Patrol Stroll Registration Form

First Name _____ Last Name _____ Gender _____

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 \$ _____

"I have read and agree with the waiver printed on the back of this form"

Signature (parent/guardian sign if under age 18) _____ Date _____

Register Online at
www.thepatrolstroll.org

Awards, 5K Run

Awards will be given to the top three males and top three females overall. Additional prizes will be awarded to the top three in the following age groups: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+. All runners will receive their time and overall placing. All participants will receive a t-shirt, and the Patrol Stroll commemorative race coin. Special Awards will also be given to the top three male and top three female NC State Troopers.



Team Competition

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

MADD Dash

A 50-yard dash for all children age 12 and under. There will be individual races for the following age groups: 0-4, 5-8, 9-12. Each finisher will receive their race number and a medal.

Registration and Entry Fees

The entry fee for the 5K is \$30 up to and including September 20, \$35 after and on race day and includes a t-shirt and goodie bag. Entry fee for the 1 Mile Fun Run is \$20 up to and including September 20, \$25 after and on race day and includes a t-shirt. Entry fee for MADD DASH is \$5 and **DOES NOT** include a t-shirt or goodie bag. Sign up by September 11 to guarantee your t-shirt size. Please do not mail entries after September 15, just bring them to the race. You may also register up to September 22 on www.thepatrolstroll.org.

Virtual Medals

A "Virtual Medal" will be emailed (if provided) to each finisher in the 5K with his / her name and finishing time which can be posted by the participant on social media.

A sample can be found at www.thepatrolstroll.org.



Timing and Scoring

By Young & Associates, using the chip system. Results will be posted at www.thepatrolstroll.org.

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

The Patrol Stroll; c/o Wellness Coordinator
95 Regulator Dr. Clayton, NC 27520

The 10th Annual Patrol Stroll

Date: September 24, 2016

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 at 3318 Garner Rd, Raleigh, NC 27610
To get directions to the race visit our website,
www.thepatrolstroll.org

5K Course

The 5K course is unique among area races in that part of the course is run on the NC Highway Patrol Driving Track where the Troopers perfect their driving skills. The 5K course is hilly and challenging. It begins at the Training Academy and takes runners down Old Garner Rd., onto Tryon Rd., and then onto the NC Highway Patrol Driving Track. The course is USATF certified. Split times will be provided at 1 1/2 mile. There will be 1 hydration station at the halfway point. A course map is available on our web site.

1 Mile Fun Run/Walk

All finishers will receive their time and place.
The top three finishers will receive a medal.

Fitness Expo

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

For more information visit us at
ThePatrolStroll.org

(The Patrol Stroll is recognized as a 501 (c)3 organization)