



About the Make-A-Wish Foundation of America

In 1980, a 7-year-old Phoenix, Arizona boy with leukemia wanted to be a police officer. Police officers from the Arizona Department of Public Safety granted Chris's wish with a custom-made uniform, helmet, badge, and even a helicopter ride! Chris's delight in having his wish come true inspired a group of volunteers to form the first Make-A-Wish Foundation chapter.

Although the first chapter started in 1980, the Make-A-Wish Foundation of America was created in 1983 to oversee the growth and development of the organization and establish consistent policies and guidelines. Since 1983, the national organization has evolved into a central service office that provides a myriad of services to the 69 active chapters in the United States and its territories, and 28 international affiliates spanning five continents.

About the Make-A-Wish Foundation of Eastern North Carolina

In 1986 something tremendous occurred in Eastern North Carolina ... an 8-year-old boy named Benny had a wish to meet two professional wrestlers. What was different about Benny was that he had acute lymphoblastic leukemia.

Benny had been watching wrestlers, Magnum T.A. and the Rock 'N Roll Express ever since he was old enough to watch television. Magnum's schedule included a match at the Dorton Arena in Raleigh. Benny was schedule to meet Magnum and attend the match. Unfortunately, Benny was unable to attend the match due to health reasons. While in Raleigh, Magnum T.A took time out of his busy schedule and visited Benny at Duke Hospital prior to his wrestling match that evening.

Benny's wish was the first wish granted by the Make-A-Wish Foundation of Eastern North Carolina. Since then, the chapter has granted more than 1,700 (and counting) favorite wishes of children with life-threatening medical conditions throughout eastern North Carolina.

Thank you to our
Presenting Sponsor



Rocky Top Hospitality
www.rockytophospitality.com

RUN THE RIDGE

1st ANNUAL DELTA RIDGE
5K CHARITY RUN / WALK

November 3, 2007 at 10:30am
Delta Ridge Housing Community
Raleigh, NC

Proceeds to support
the Make-A-Wish Foundation
of Eastern North Carolina



Questions/Comments
Randy Goins – info@trimarksolutions.com
Mark Cherry – mark.cherry@misys.com

The Delta Ridge
"Run the Ridge for Charity"
5k Run / 1 Mile Walk
www.runtheridge.org

Visit us online at
www.runtheridge.org

RUN THE RIDGE

ANNUAL DELTA RIDGE 5K CHARITY RUN / WALK

The Community of Delta Ridge is located in Raleigh, North Carolina near the intersection of Glenwood Ave and Duraleigh Rd. An active community of young business professionals and families, Delta Ridge is nestled beside Umstead Park, which serves as the Triangle areas largest state park and recreation center.

The race was designed to support area philanthropies in Raleigh. Our inaugural 2007 charity race will be in support of the Make-A-Wish Foundation® of Eastern North Carolina.

Want to Volunteer?

Not planning on running? Volunteering is the next best thing! If you are a former runner, taking time off for recovery, or a friend of the sport, we need your help to keep racers on course, healthy, and excited! Group opportunities are available!

Volunteer Opportunities Include

Aid Station Support Members
Parking Supervisors
Start / Finish Line Monitors
Course Monitors
Registration Coordinators
Course Clean-Up Crew Members
And Much More

Sponsors

Would you like to help sponsor our event. The Run the Ridge Charity Event will gladly accept any donations provided by local businesses or individuals who wish to help.

To get started, visit us online at www.runtheridge.org and click on the "Sponsors" link.

RACE DETAILS:

The Delta Ridge "Run the Ridge for Charity" 5K Run / 1 Mile Walk begins at 10:30am on Saturday, November 3rd, at the Delta Ridge Community Pool House, located at the corner of Canopy Ridge Rd and Delta Lake Rd. The run will feature a competitive 3.1-mile race, as well as a 1-mile walk. The race will take place, rain or shine!

THE COURSE:

This year's run will begin and end along the lower portion of Delta Lake Rd. The course map has been designed to offer a challenge run through the Delta Ridge and Glenwood North Communities. Our course has not been presented to the USATF for certification; however our committee is working to hopefully gain certification before the day of the event.

POST-RACE PARTY:

Please join us for a post race celebration within the Delta Ridge community beginning at 7:00pm. This celebration will feature good spirits, good food, and good times to be had by all.

REGISTRATION:

Register using the attached registration form, or at www.active.com. Late registration will be available on race day (11/03) between 9:15am – 10:15am. Registration fees are \$25 for pre-registration and \$30 on race day.

AWARDS:

The top three overall winners for both the male and female divisions will receive awards.

OTHER ACTIVITIES:

Even Sponsor ILWM (Institute of Lifestyle and Weight Management) will be on site offering complimentary services to be detailed at a later date. Snacks and beverages will be supplied. All pre-registered participants who register before October 15th are guaranteed an even t-shirt.

1-MILE WALK DETAILS:

The 1-mile walk will also begin at 10:30am, following the same initial course as the runners. Runners will be diverted to shorten the length of the course. Pet permission is still being determined.

RUN THE RIDGE FOR CHARITY – ENTRY FORM

One person per entry.

Registration forms are also available at:

www.runtheridge.org or www.active.com

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE (pm): _____

AGE: _____ DATE OF BIRTH: _____

MALE: FEMALE:

EMAIL ADDRESS: _____

ENTRY FEES

Use late registration amounts after 10/25

Entry Fee: \$25 / \$30 Late (after 10/25) _____

Additional Donation: _____

TOTAL _____

Long Sleeve T-Shirt Adult Sizes (circle one) S M L XL

MAKE CHECKS PAYABLE TO:

Run the Ridge Charity Event, and mail to:

5226 Echo Ridge Rd,

Raleigh, NC 27612

(Please do not mail after 10/25 – race day registration will be available)

WAIVER: I know that running a road race is potentially hazardous activity. I should not enter and 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, the effects of the weather, including high heat and or humidity, traffic and the conditions 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 and anyone entitled to act on my behalf, waive and release Make-A-Wish Foundation, ILWM, The Community of Delta Ridge and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of 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 of the foregoing to use any photographs, motion pictures, recordings or any other record of this for any legitimate purpose. I understand that bicycles, skateboards, roller skates or blades are allowed in the race, and I will abide by these guidelines.

Signature Parent or Guardian if Under 18 _____ Date _____

Emergency Contact _____ Phone Number _____