**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 Wake Forest Baptist Cardiac and Pulmonary Rehabilitation Patient Scholarship Fund.

**THE HEART AND SOLE RUN** is a 5K route through the heart of Wake Forest University.

**DIRECTIONS:**
I-40 to Winston-Salem. Take Business I-40 to the Silas Creek Parkway North Exit and follow the signs to Wake Forest University.

**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.

**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.

**PROCEEDS:**
The Heart and Sole Run supports the Wake Forest Baptist Cardiac and Pulmonary Rehabilitation Patient Scholarship Fund.
RACE INFORMATION:
The Heart and Sole Run will be held at Wake Forest University in Winston-Salem, NC. This 5K course is a scenic run through the heart of Wake Forest University.

★ NEW LOCATION!
WAKE FOREST UNIVERSITY
Wake Forest Road
Winston-Salem, NC
Go to wfubmc.edu/heartandsole for course map, registration location and parking information.

RACE SCHEDULE:
Friday, April 23
12-2 p.m. and 5-7 p.m. Packet pick-up
— Fleet Feet Sports, 1204-A Reynolda Rd., Winston-Salem

Saturday, April 24
7-8 a.m. Packet pick-up, registration and chip pick-up
— Wake Forest University
8:30 a.m. Heart and Sole 5K Run, timed 5K Walk, and 1 Mile Fun Walk

FEES:
$20
Advance registration includes free T-shirt!

$30
After April 19 or on-site registration. T-shirt provided if available.

REGISTRATION:
Register online at www.bigfootrunning.com.
A convenience fee will be charged. Online registration closes April 19, 2010.

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!

T-shirts guaranteed to all pre-registered runners.
Early registration must be received by April 19, 2010.
Entry fees are non-refundable. Unclaimed packets will not be mailed to entrants.

OFFICIAL WEBSITE:
wfubmc.edu/heartandsole

CHIP TIMING:
The 5K Run and 5K Walk will be chip timed.
Pick-up at Registration, day of race 7-8 a.m.
Return at end of race to avoid $30 fee.

QUESTIONS:
Race director: Theresa Addison 336-713-8172 or taddison@wfubmc.edu

WAVER:
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: __________

DEADLINE FOR EARLY REGISTRATION IS APRIL 19, 2010