

General Information

Second Empire Restaurant and Tavern is proud to present the 8th Annual Second Empire 5K Classic — one of the fastest 5K courses in the Triangle area. The event will once again feature the CU Fitness Center Pump 'n Run Competition.



Located in downtown Raleigh in the elegantly restored Dodd-Hinsdale House, Second Empire combines history, atmosphere, and gourmet cuisine for an unforgettable dining experience. The exterior architecture of the Dodd-Hinsdale House is Second Empire Victorian, a style originating in France under Napoleon III. It represents the last example of this influence in Raleigh. For restaurant information, please call 919-829-3663 or visit www.second-empire.com.

The Second Empire 5K Classic Run/Walk is the second race in the fifth annual Second Empire Grand Prix Series. The Grand Prix consists of seven of the best races in the Raleigh area. The other races involved in the series include the Magnificent Mile (Sep. 16), the Autism Ribbon Run 5K (Oct. 13), the Saint Augustine's College George Williams 5K (Oct. 21), the Free to Breathe 5K (Nov. 3), the Inside-Out Sports Turkey Trot 8K (Thanksgiving Day, Nov 22), and the Jingle Bell 5K Run (Dec 1).

All competing runners in each race will receive Grand Prix points. Individuals accumulating the most points receive money and prizes from our purse of over \$2,500.00! Winners will be recognized at a special year-end awards ceremony in January, 2008 at Second Empire Restaurant and Tavern.

For more information on the Second Empire Grand Prix go to www.secondempireraceraleigh.com or call Jim Young at 919-873-1207.

Location

The start/finish area is located at Second Empire Restaurant and Tavern, which is located at 330 Hillsborough Street in downtown Raleigh — three blocks west of the Capitol next to the round Clarion Inn (formerly Holiday Inn).

Course

The course is 5000 meters and is USAT&F-certified. The runners will start in front of Second Empire Restaurant heading east and then loop around the Capitol Building, then heading west on Hillsborough Street. They will pass the start/finish line and proceed to the turnaround point at the Bell Tower at NC State University. They will then proceed back to the finish line in front of Second Empire. The course records are held by Abdul Alzindani (14:32) and Laura Rhoads (16:42).

All performances will count towards state records and national rankings. Splits will be called at the one-mile, half-way and two-mile marks. For a copy of the course map, go to www.usatf.org/events/courses/search and type in "NC05032PH" when prompted for Course Number.

Second Empire Kids Dash

This 100-yard run is for 6-year-olds and younger and takes place immediately following the 5K (approximately 3:00 p.m.). Each finisher will receive a medal.

Second Empire 1-Mile Fun Run

This race takes place immediately following the Kids Dash (approximately 3:10 p.m). The runners go out Hillsborough Street to the entrance to St. Mary's School and then return back to the finish. Because this is a Fun Run, no official times are given and there are no awards. Runners will have a digital clock at the finish to give their times. Each finisher will receive a medal.

Entry Fees

The 5K entry fees are \$20 up to and including September 16, \$25 from September 17- September 29, and \$30 on race day. Each entrant in the 5K receives a long-sleeved t-shirt. For the Kid's Dash, the entry fee is \$5 and for the 1-mile Fun Run, the entry fee is \$10. The latter two entries do not include a t-shirt, but t-shirts can be ordered for an additional \$10. Entrants can register on-line at www.secondempireraceraleigh.com.

Chip Timing

In the 5K, timing will be done using the ChampionChip system. You must wear the chip on your shoe to be timed! Awards will be based on "gun times," however, each individual will also receive a "chip time" in addition to the "gun time." Your ChampionChip can be picked up on race day only prior to the race. Chips must be returned prior to leaving the finish line area or you may be subject to a \$30 replacement fee (unless you are using your own chip that you have purchased). No official times will be taken in the mile and kid's dash, but participants will be able to see their finishing times on a large digital clock at the finish line.



CU Fitness Pump 'n Run

The weight requirements for the Pump 'n Run will be as follows: Male entrants will be required to bench press 80% of their body weight. Women entrants will be required to bench press 40% of their body weight. For each press, 15 seconds will be deducted from the person's 5K times. The bench presses can be done either Saturday, Sept.



29, during packet pickup from 2:00 p.m. until 4:00 p.m. at the CU Fitness Center or on race day beginning at 11:30 a.m. The cost for entering this competition is a \$5 donation to Camp Woodbine in addition to the entry fee. The \$5 will be collected at weigh-in on Saturday or Sunday. Please do not try to preregister for this competition.

Awards will be presented to the first three males and the first three females with the lowest "net" time. Entrants in the CU Fitness Pump 'n Run will still be eligible for the 5K awards, but in that competition, only their actual 5K times will be counted.

5K Awards

Gift certificates to Second Empire Restaurant and Tavern in the amounts of \$100, \$75, and \$50 will be presented to the first, second-, and third-place male and female finishers, respectively. Special custom-made glassware awards will also be presented to the first three master finishers of each sex, to the first three wheelchair finishers, and to the first three finishers in each of the following age groups: (both sexes) 12-under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over.

Safety

For the safety of the runners and walkers and because of insurance requirements, we must prohibit bicycles, rollers skates, and in-line skates from the race. We will also not allow runners and walkers to wear headphones or to run with dogs.

Race Results

The race results will be posted beginning at 2:45 p.m. on race day and also on the internet at www.secondempireraceraleigh.com.

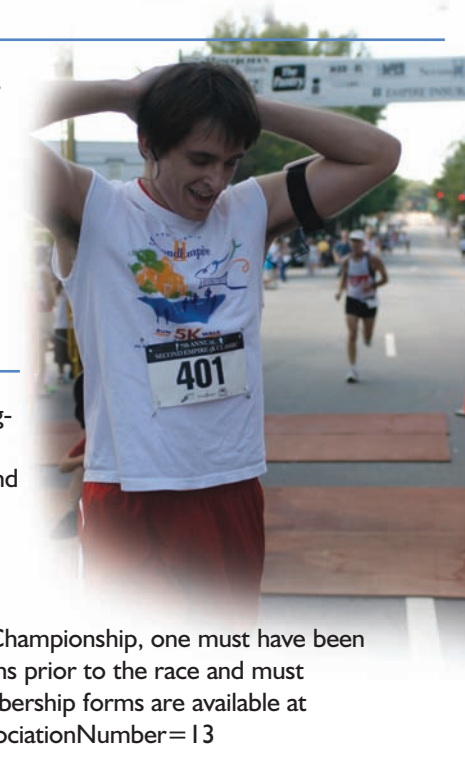
For more information or questions, please call Jim Young at 919-873-1207.

Race Day Schedule

Noon - Registration and Packet Pickup opens
2:00 p.m. - 5K
3:00 p.m. - 100 Yard Kid's Dash
3:10 p.m. - 1-Mile Fun Run
3:30 p.m. - Awards Ceremony

USAT&F State 5K Championship

The Second Empire 5K Classic has been designated as the NC-USAT&F 2007 5K State Championship. Cash prizes of \$250, \$150, and \$100 will be paid to the first-, second-, and third-place male and female finishers, respectively. Cash awards of \$100 and \$50 will be paid to the first two master finishers of each sex, respectively. In order to qualify for the Championship, one must have been a resident of North Carolina for the 12 months prior to the race and must be a member of the USAT&F. USAT&F membership forms are available at <http://www.usatf.org/associations/info.asp?associationNumber=13>



CAMP WOODBINE



The beneficiary of the race is Camp Woodbine, a camp designed as a retreat for hearing impaired children and their families. Its 106 wooded acres in North Raleigh adjacent to Falls Lake has the advantage of being close to a major metropolitan center with easy access to the airport and medical care yet remains a

secluded and relaxed setting. Camp Woodbine will allow families of hearing impaired children to interact with each other as well as therapists in the hearing health care field. Camp Woodbine will also be utilized by

other groups including pediatric cancer patients and children facing life threatening ailments. Children will find camaraderie and a renewed sense of being a kid as well as sharing their experiences with other children who have

similar disabilities. The camp will also allow parents to network with other parents who are facing similar issues. Camp Woodbine is about making



new friends, having fun, participating in activities, making memories and not worrying about being different due to hearing impairment or chronic illness.



Mail-In Entry Form

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 SEX: M F AGE as of 9/30/07 _____ Date of Birth _____
 EVENT: 5K Mile Kid's Dash
 OCCUPATION _____ EMPLOYER _____
 PHONE NUMBER _____
 PREDICTED TIME _____ T-shirt Size YM YL AS AM AL AXL
 E-Mail _____

The following need to be answered if you wish to be included in the USAT&F State Championship results:

USAT&F # _____ Have you lived in NC at least a year as of 9/30/07: Y N

FEES: _____

5K (includes long sleeve t-shirt)	\$20 (before Sept 17)	_____
	\$25 (Sept. 17 - 29)	_____
	\$30 (race day)	_____
Mile	\$10	_____
Kid's Dash (ages 7 or younger)	\$5	_____
Long-sleeved T-shirt (for Mile and Kid's Dash entrants —5K entrants receive shirt w/entry fee)	\$10	_____
Optional tax-deductible donation to Camp Woodbine	_____	_____
TOTAL ENCLOSED		_____

Make check payable to Second Empire 5K Classic and mail to:

Second Empire 5K Classic, 330 Hillsborough St., Raleigh, NC 27603
 For more information, call 919-829-3663.

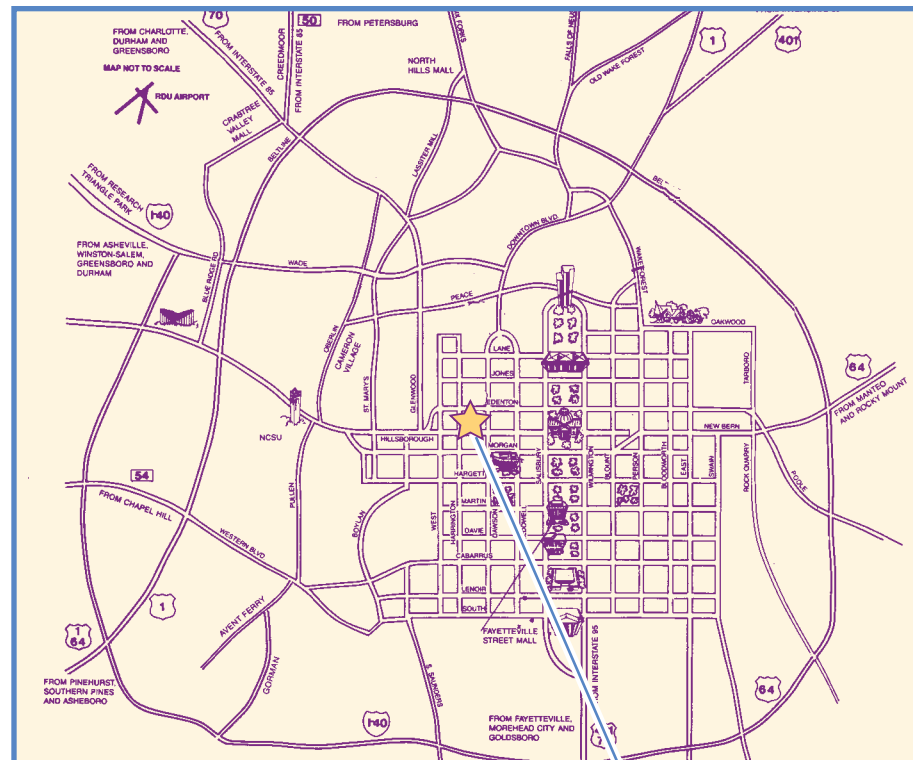
RACE WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agreed to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the Second Empire 5K Classic on September 30, 2007, including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me.

Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf or on behalf of my estate, waive and release Second Empire Restaurant and Tavern, the City of Raleigh, and all sponsors of the race, any other persons assisting with the race, the officers, Board, Board members, agents, servants, employees, and their successors and assigns of each and every of the above from all claims or liabilities of any kind arising out of my participation in the race even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver.

I also grant permission for the use of any photographs, motion pictures, recordings, or any other record of my participation in this event for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including, but not limited to, unsafe weather conditions or governmental ban, my entry fee will not be refunded.

SIGNATURE _____ Date _____
 PARENT'S SIGNATURE IF UNDER AGE 18 _____ Date _____



Second Empire Restaurant and Tavern

Directions

The start of the race is located in front of Second Empire Restaurant and Tavern at 330 Hillsborough St. in Raleigh, which is 3 blocks west of the Capitol Building in the downtown area.

For further directions, please call 919-829-3663 or visit the restaurant website at www.second-empire.com.



The 8th Annual Second Empire 5K Classic Run/Walk to benefit Camp Woodbine • September 30, 2007 @ 2:00 p.m.



SECOND EMPIRE 5K CLASSIC
 330 Hillsborough Street
 Raleigh, NC 27603

8TH ANNUAL

Second Empire II

RUN 5K WALK

CLASSIC

1 Mile Fun Run & 100 Yard Kid's Dash

IN PARTNERSHIP WITH CAMP WOODBINE

SUNDAY, SEPTEMBER 30, 2007
 2:00 PM
 RALEIGH, NC

www.secondempireraceraleigh.com

Pre-Sorted
 Standard
 US POSTAGE
 PAID
 Raleigh, NC
 Permit No. 1979