

The Heart of the Carolinas

“Volunteers do not necessarily have the time; they just have the **HEART**” ~ Elizabeth Andrew

The heart of downtown Raleigh is home to Second Empire Restaurant and Tavern. Within the walls of this historical home lies the headquarters of the Second Empire Grand Prix Series, an organization devoted to promoting seven charity road races in the Raleigh area.

Husband and wife team, Kim Reynolds and Rod Garnas exemplify the heart of the Carolinas as they devote their resources to serving Triangle charities. Five years ago the two of them, along with Cid Cardoso of Inside-Out Sports, organized the first annual Second Empire Grand Prix Series. Since then the series has grown to seven of the best road races in the Triangle area. This year American Express, Time Warner Cable and Endurance Magazine have teamed up with Second Empire and Inside-Out Sports to help sponsor this prestigious series.

One of the beauties of our community is that by giving, we gain and in helping others, we help ourselves! Your involvement in the Grand Prix Series will *be good for your heart* whether you participate as a volunteer, spectator or athlete!

The Second Empire Grand Prix Series provides one of the areas largest opportunities to spotlight local non-profit organizations dedicated to creating a better tomorrow for North Carolina residents. The Grand Prix provides an opportunity for our community to define the Heart of the Carolinas! Each successful race is a step closer toward finding a cure, meeting needs and creating awareness for Spastic Paraplegia, Hearing Impairment, Autism, the United Negro College Fund, Lung Cancer, Leukemia & Lymphoma and Arthritis. Many of our lives have been or will be touched by one or more of these causes. The Grand Prix Series gives North Carolinians a chance to meet a community challenge set before us by the beautiful location of the Triangle area, to truly live as the **HEART of the Carolinas**. For our residents from the mountains to the sea, Annie best sums up our mission, “You gotta have Heart.....Miles and Miles of Heart!”

So, come out and be a part of the premier running series of the region. For more information on the Second Empire Grand Prix Series and each of the participating races go to www.secondempireraceraleigh.com or call Jim Young, race director at 919-873-1207.

5th Annual Second Empire Grand Prix Series

The best seven races in the Capitol area were chosen this year to be included in the Second Empire Grand Prix Series. This is the fifth year of the Grand Prix and it has become the premier running series in the region! All competing runners in each race will receive Grand Prix points. Individuals accumulating the most points receive money and prizes from a purse of over \$2,500. An awards ceremony and luncheon will be held in January, 2008 at Second Empire Restaurant and Tavern to recognize all of the winners in each age group.

The Magnificent Mile

Raleigh, Sunday, September 16, 2007
Benefits: Spastic Paraplegia Foundation

Second Empire 5K Classic

Raleigh, Sunday, September 30, 2007
Benefits: Camp Woodbine for hearing impaired children

Autism 5K Ribbon Run

Raleigh, Saturday, October 13, 2007
Benefits: Autism Society of NC

Saint Augustine's College George Williams 5K

Raleigh, Sunday, October 21, 2007
Benefits: the United Negro College Fund

Free to Breathe 5K

Raleigh, Saturday, November 3, 2007
Benefits: the National Lung Cancer Partnership

Inside-Out Sports Turkey Trot 8K

Cary, Thursday, November 22, 2007
Benefits: Leukemia and Lymphoma Society

Jingle Bell 5K Run

Raleigh, Saturday, December 1, 2007
Benefits: Arthritis Foundation