



StrollerThon 2011

Benefiting Postpartum Education and Support

Participant Information

Event - 5K Run / and fun walk
(strollers welcome and encouraged for the walk)
Location: Crowder District Park in Apex (4709 Ten-Ten Road)

Saturday, October 1, 2011
5K Run at 9 a.m. / Walk at 10 a.m.
Check-in starts at 8 a.m.

What We're Supporting - Postpartum Education and Support (PES) is a nonprofit, 501(c)(3) organization dedicated to the emotional wellness of mothers. We offer support for mothers and their families; provide resources for health care providers; and heighten public awareness of perinatal mood disorders. This good work was started twelve years ago by a mother who experienced postpartum depression and anxiety herself and didn't want other women to suffer in silence. Every woman experiencing a postpartum mood disorder deserves quick and appropriate treatment. All money raised will help provide necessary services for mothers and their families.

The StrollerThon - This morning of family fun will feature a competitive 5K run on a circular, paved course in a tree-lined park, followed by a fun walk for teams and individuals, entertainment and activities for children, and fun for the entire family. 8:00 a.m. - check-in / 9:00 a.m. - competitive 5K Run / 10 a.m. - Fun Walk

WAYS TO PARTICIPATE

RUN THE 5K! - Runners are welcome! The fully paved, circular path is great for your morning run. Course is timed and competitive. Prizes awarded by age groups. Strollers cannot be used during the timed race but are welcome for the walk.

PARTICIPATE IN THE FUN WALK! - Individuals, families and strollers all welcome! After the 5K finishes, the course will be alive again as the fun walk kicks off. The fully paved, circular path is accessible for strollers and will provide fun for the entire family. Show your community spirit and form a team with your friends, neighbors and co-workers! Decorate strollers; have fun with team names and colors! Your team can also seek pledges of support See website for forms.

PRE-REGISTRATION - Pre-register online at pesnc.org. Registration pricing as follows: Adults: \$25 / Children 6 - 12 - \$10 / Children under 5 free. T-shirts guaranteed if you preregister. Shirts available in limited quantities day of event.

REGISTRATION ON DAY OF EVENT - You may also register on the day of the event. Runners: \$30 / Walkers: \$25 / Children aged 6 - 12: \$10 / Children under age 5: Free.

For More Information visit pesnc.org or call (919) 889-3221.