

**SUNDAY, AUGUST 30 AT 9:00 AM**  
**RBC CENTER, RALEIGH**



**FRIESEN'S**  
**5K**  
**FUN RUN**  
**RUN WITH THE CANES**



Presented by:



Join Pete Friesen, Head Trainer/Strength and Conditioning Coach for the Carolina Hurricanes, as he and members of the team run for a good cause! For more information go to: [ncraces.com](http://ncraces.com) or [CarolinaHurricanes.com](http://CarolinaHurricanes.com)

**ENTRY FEE IS \$25 PRIOR AND \$30 ON RACE DAY\***

\*All proceeds will benefit the Leukemia/Lymphoma Society

Plus! The **100-Yd** and **200-Yd Kid's Caniac Dash** where kids 10 and younger can participate in their own run! It will be an exciting event for the kids (and parents too!)

**Entry fee is \$10**



Produced and Directed by:



Timing by:

