

# 4th Annual Kidney Kare 5k Run/Walk Saturday, March 21, 2009

All Proceeds will benefit the UNC Kidney Center's

Free chronic kidney disease screenings



- Cash prize for overall male/female.
- Awesome overall master's male/female prizes.
- Top 3 age group prizes 14 & under thru 65+ (5 year age increments).
- Door Prizes: All participants and volunteers are eligible to win door prizes.

**Time: 8:30 AM**

**Location: McDougle Middle School  
Chapel Hill, NC**

**Entry fees:**

- \$25.00 Mail in registration postmarked 03/16/09

**\*\*SPECIAL \$20.00 entry fee to full time students. Mail in registration only.\*\***

- \$25.00 Online registration at [www.active.com](http://www.active.com) thru 03/18/09
- \$30.00 Registration at Fleet Feet Carrboro noon until 7PM, March 20, 2009
- \$30.00 Registration Race Day 7:15-8:15AM McDougle Middle School Gym

**For more information or to register call: Suzie Hosman**

**Contact person: 919-966-2561 x 311**



Top Reasons to get screened for kidney disease:

Diabetes

Uncontrolled hypertension

Family history of kidney disease

1 in 9 North Carolinians is affected by chronic kidney disease

Screening can lead to early intervention and halt/slow the progression of kidney disease

T shirts provided to all participants. Chipotle Burrito Bucks are Back!!!

**Mail form and entry fee to:  
Check Payable:  
UNC Kidney Center**

UNC Kidney Center  
Attn: Suzie Hosman  
6006 Burnett Womack Bldg,  
CB #7156  
Chapel Hill, NC 27599

Phone: (919) 966-2561 x 311  
Suzie\_hosman@med.unc.edu  
[www.unckidneycenter.org](http://www.unckidneycenter.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S M L XL XXL

Sex \_\_\_\_\_ Birth date \_\_\_\_\_

**Registration Fees:  
Additional Donation:  
Total Enclosed:** \_\_\_\_\_

**Registering for RUN or WALK**

**Please sign a waiver at package pick up.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_