



Presented by



March 25, 2023 • Koka Booth Amphitheatre - Cary, NC

EVENT DAY DETAILS

We can't wait to see you at the **Triangle LUNGe Forward 5K Run, Walk & Celebration** presented by **Duke Raleigh Hospital** this **Saturday, March 25** at **Koka Booth Amphitheatre**. We are looking forward to an exciting morning filled with fun, energy, and HOPE, and we cannot wait to see you and your family, friends and pets at the event.



It's not too late to add members to your team! If anyone would still like to register or if you want to add people to your team, the following opportunities are available:

- Register Online at Triangle.LUNGeForward.org
- Packet Pick-Up on **Friday, March 24** (*details below*)
- Event day on **Saturday, March 25** at **Koka Booth Amphitheatre** beginning at **8:30 a.m.** (*credit card only*)

PACKET PICK UP

Pick up your event shirt early and save time on race day!

Friday, March 24

2:00 - 6:00 PM

Koka Booth Amphitheatre (Parking Lot)
8003 Regency Pkwy, Cary, NC 27518

IMPORTANT DETAILS FOR EVENT DAY

When: **Saturday, March 25, 2023**

Time: **8:30 AM - 12:00 PM**

Where: **Koka Booth Amphitheatre
8003 Regency Pkwy, Cary, NC 27518**

EVENT DAY SCHEDULE

- **8:30 AM - 10:30 AM** - Registration
- **8:30 AM - 12:00 PM** - Entertainment, Exhibits, Music, Games & More
- **9:00 AM - 9:45 AM** - Survivor's Breakfast
- **9:15 AM - 9:45 AM** - Stage Presentations
- **9:45 AM - 10:00 AM** - Survivor Stage Ceremony
- **10:00 AM** - One Mile Walk Led by Survivors
- **10:30 AM - 11:30 AM** - 5K Run & Walk (untimed 5K)
- **11:30 AM** - Kids Dash & Kids Awards
- **12:00 PM** - Event Wrap-Up

REGISTRATION

- Pre-registered participants - shirt pick up at registration tent. (*Survivors check-in at Survivor Friends & Family Tent*)
- Registration open from **8:30 AM - 10:30 AM** (*credit card only*)

SURVIVORS

Survivor parking is available at the event, follow the signs in the parking lot. Upon arrival at the event survivors should check-in and pick up their goodie bags at the Survivors, Friends & Family Tent. We encourage survivors to meet at the Survivors, Friends & Family Tent at 9:00 a.m. to get ready for the morning festivities. At 9:45 a.m. survivors will be welcomed on stage, and at 10:00 a.m. survivors will take a group picture at the start line and lead the one mile walk.

BISCUIT YO

Bring cash to enjoy Biscuit Yo's delicious food. **15% of sales benefit the Triangle LUNGe Forward.** (*cash only*)

ENTERTAINMENT

Shaun Canoy will be the emcee, **Tara** from Liv Grateful will lead the warmup and **DJ Ben** from East Coast Entertainment will provide great music through the morning.

IN MEMORY & IN HONOR OF

You are welcome to stop by the Tree of Hope to fill out a leaf for the individuals you may be walking in honor or in memory of. Also, signs will be available in the registration area for you to pin to your shirts that share who you are walking in honor or in memory of throughout the event.

KIDS AREA

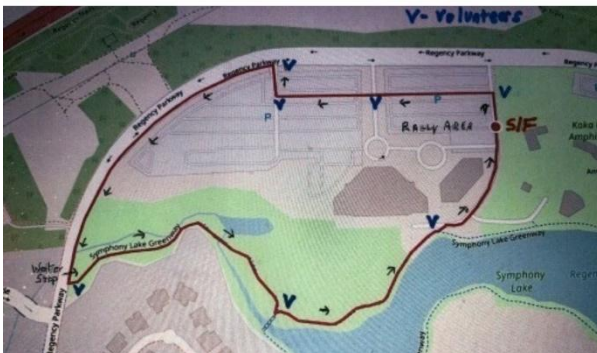
- Kids Dash - no registration needed (9 years old and younger)
- Bounce house, face painting, games, coloring & more!



COURSE & RALLY MAP

The town of Cary is requiring that all walkers and runners stay on the sidewalks on the course. **Please do NOT step into the streets.**

1 Mile Course



5K Walk/Run Course



Participants will have the option to complete the 1 mile walk and/or the 5K Run/Walk. The 5K is an untimed noncompetitive event, however we do ask that participants line up from front to back with runners in front, followed by walkers, and participants with dogs and strollers in the rear on the line. We will have course volunteers and water stops along the way!

DIRECTIONS

Koka Booth Amphitheatre, 8003 Regency Pkwy, Cary, NC 27518

Please click the link for [MapQuest](#) directions.

PARKING

All parking will be at Koka Booth Amphitheatre with Survivor drop-off and parking available, follow the signs.

PICTURES

We encourage you to take and share as many pictures as you can during the event! Don't forget to use our hashtag, #TriangleLUNGeForward when sharing your pictures.

EVENT VENUE & SAFETY PRECAUTIONS

For the health and safety of all those we serve, please see the guidelines below:

- If you or your family member is sick or experiencing any symptoms of sickness, please stay home.
- First Aid will be available at the Duke Raleigh Hospital tent, located near the Kids Area and Inflatable Lungs.

- Masks will be available at the Registration and Survivors, Friends & Family tents for any participant who would like to wear one and needs one.
- Hand sanitizing stations will be readily available throughout the event.
- There will be water stops on the run course.
- The town of Cary is requiring that all walkers and runners stay on the sidewalks on the course. Please do NOT step into the streets.

Please join us rain or shine, the event will not cancel due to inclement weather.

Thank you for your support!

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