

R A C E A G A I N S T P H



## 9<sup>th</sup> Annual Race Against PH Race Day Information 9am - Sunday, November 2, 2009

### Schedule

7:30-8:30am	Same day registration
7:30-8:45am	Pre-registration bib pick-up
8:40-8:50am	Pre race warm-up by Equinox Fitness
8:50-9:00am	Welcome and comments
9:00am	Race Start
10:30am	Awards Ceremony

<b>Race Profile:</b>	A 5k fun run/walk to raise awareness and funding for the fight against pulmonary hypertension (PH), a debilitating disease which affects the heart and lungs of children and adults. All Proceeds from the race will benefit the Ewing Family Fund for Pulmonary Hypertension Research at Stanford and the Pulmonary Hypertension Association.
<b>Race Day Registration:</b>	Race Day Registration will be open from 7:30-8:30 am. <b>Same day registration will close promptly at 8:30am.</b> Cash or Checks ONLY. Please make checks payable to "VMWC - Race Against PH". Same day registration \$35 adults, \$15 children under 12.
<b>Bib Pick Up:</b>	Pre-registered participants can pick up their bibs on race day from 8:00-8:45am.
<b>Driving Directions:</b>	<p>FROM HIGHWAY 101: Take the Oregon Expressway/Embarcadero Rd Exit. Take Embarcadero Rd West following signs to Stanford University. Embarcadero crosses El Camino and becomes Galvez. Immediately following football stadium turn left on Nelson Rd.</p> <p>FROM HIGHWAY 280: Take the Sand Hill Rd exit. Take Sand Hill Rd East towards Palo Alto until El Camino Real. Turn Right on El Camino Real. Turn Right on Galvez (also marked Embarcadero Rd) drive past football stadium turn left on Nelson Rd.</p>
<b>Parking</b>	Parking is free. We have been asked to park in the Track House Lot just south of the Football Stadium (Galvez and Nelson Rd). <a href="http://transportation.stanford.edu/images/visitor-map.pdf">http://transportation.stanford.edu/images/visitor-map.pdf</a> Those with handicapped stickers or special needs can continue to park in the Varsity Lot adjacent to the start.
<b>Event Start Time:</b>	<b>The race will begin promptly at 9:00 am rain or shine.</b> <i>Don't forget to move your clock and "fall back" one hour the night before as daylight savings time ends.</i>
<b>Bathrooms:</b>	There are bathrooms at the start area at the Taube Tennis Center (down the walkway, to the left across from the track) follow the signs. There is one bathroom along course - location is printed on the course map.
<b>Starting Line /Course Etiquette:</b>	<p>Please allow our competitive racers to line up at the front of the start area. There will be pace signs at the start area. Please line up according to your expected finish time/pace.</p> <p>Parents, we do not recommend having children line up at the front of the start line. We have some very fast racers on the course. Allowing children to line up at the front creates a danger for all participants. If you are walking please line up to the back of the group.</p> <p><b><u>For the safety of all participants; bikes, skates, scooters and other wheeled devices are NOT ALLOWED on the course.</u></b> Wheelchairs and strollers are allowed but please line up to the back of the group.</p>

	<p>Dogs must be leashed and owners are expected to clean up after their pet.</p> <p>When on the course please stay to the right and leave room for other participants to pass on the left in sections where the course is narrow.</p>
<b>Course Information:</b>	<p>This flat paved 5k (3.1 mile) course runs through the heart of the beautiful Stanford Campus. The race starts at PAC10 Plaza just south of Stanford University Football Stadium, winds through campus, and ends in PAC10 Plaza. There will be one water station located midway through the course. The course is well marked and timed by a professional timing company. There is no time limit to complete the course. Walkers who might need some extra time to complete the route can request an early start. Course maps available at the start area or at <a href="http://www.raceagainstph.org">www.raceagainstph.org</a></p>
<b>Chip Timing:</b>	<p>For 2009 the race will be chip timed. Each participant will receive a timing chip with their race bib. Attach the chip as instructed at check-in.</p>
<b>Awards:</b>	<p>Awards will be presented to the top 3 male and female overall and to the following age categories: under 12, 12-19, 20-29, 30-39, 40-49, 50-59, 60 and over.</p>
<b>Post race activities:</b>	<p>Refreshments and snacks will be available post race. There will be a face painter for the kids and a Pulmonary Hypertension(PH) Awareness table. Stop by the PH Awareness table and test your PH knowledge with our PH Quiz.</p> <p>The awards ceremony will begin at 10:30am or when all participants have completed the course. There will be awards for top finishers and medals for all children.</p>
<b>Donations/Pledge Participants</b>	<p>Donations/pledges can be turned in at the PH Awareness Table. Please make checks out to "VMWC Race Against PH". <b><i>We are unable to accept cash donations.</i></b> All donations over \$10 will receive a letter for tax purposes - the letter will be addressed to the name printed on the donation check.</p>
<b>Event History:</b>	<p>The race against PH was started in 2001 the Ewing Family in an effort to promote awareness about this devastating illness. The funds raised support research efforts dedicated to finding new treatments and, ultimately, a cure for PH.</p>
<b>What is Pulmonary Hypertension:</b>	<p>Pulmonary hypertension (PH), a rare and often misdiagnosed disease, is a blood vessel disorder of the lungs in which the pressure in the pulmonary artery (the blood vessel that leads from the heart to the lungs) rises above normal levels and may become life threatening. Symptoms of pulmonary hypertension include shortness of breath with minimal exertion, fatigue, chest pain, dizzy spells and fainting. There are many unknown causes of PH.</p>
<b>What is the Vera Moulton Wall Center:</b>	<p>The Vera Moulton Wall Center for Pulmonary Vascular Disease was established in 2000 through a generous contribution from an anonymous donor. The Vera Moulton Wall Center for Pulmonary Vascular Disease at Stanford seeks to enhance the lives of patients with PH by providing the highest level of clinical care, advanced training opportunities for physicians and other health care providers, and participating in clinical and basic science research for pulmonary vascular disease.</p>
<b>Additional Information:</b>	<p>For more information about the Race Against PH, Pulmonary Hypertension, or the Vera Moulton Wall Center please visit <a href="http://wallcenter.stanford.edu">wallcenter.stanford.edu</a>, or call 800-640-WALL(9255) or e-mail <a href="mailto:wallcenter@stanford.edu">wallcenter@stanford.edu</a></p>
<b>Thank you:</b>	<p>Sponsors – <b><i>Actelion Pharmaceuticals and Gilead Sciences</i></b>  In-kind support: Fleet Feet Sports, Menlo Park; CuraScript; CytoSport/Muscle Milk; Equinox, Palo Alto; PopChips; Sweet Leaf Tea; Jamba Juice, Town and Country; U Threads, Palo Alto; Ocean Spray; De Martini Orchard, Los Altos; Le Boulanger, Stanford EMS (StEMS); Pizza My Heart  We appreciate your support!</p>

**THANK YOU FOR YOUR PARTICIPATION!**

**Save the Date**

**10<sup>th</sup> Annual Race Against PH – November 7, 2010**