



Terry Harlow

## Caryites Run for a Good Cause

To kick off Down syndrome awareness month in October, the Second Annual Anna's Angels 10 Miler and 5k Road Race presented by Raleigh Running Outfitters will be held on Oct. 7 at 8 a.m. in front of the Sheraton Imperial on Slater Drive in RTP.

Anna's Angels Foundation works in partnership with Duke Children's Hospital and Health Center to raise funds for Down syndrome research conducted at Duke.

"This event is really three events rolled into one: a 10-miler, a 5K and a Kids Fun Zone," said Michelle Pfeiffer, director and founder of the foundation. "We have something for everyone — the serious runner, the weekend runner/charity giver and the family/spectator. We expect a great turnout."

Last year's event drew more than 500 runners, a pleasant surprise to race organizers who were unsure of what to expect for

the inaugural event. Despite rainy and cool weather, runners came to support the cause.

"We have several sponsors currently in negotiations, and we anticipate this event will continue to grow because of the market we are reaching. Both men and women are getting involved for fitness and charity/giving reasons," said Pfeiffer. "We are drawing people from the Southeast region as well as right here in Cary who want to run to support a cause and reach their personal best."

Before the race at 7 a.m., a live rock band will get the adrenaline flowing and O2 Fitness of Cary will lead warm up and stretching for the runners. Both the 10 miler and the 5K races will begin at 8 a.m. During the race, spectators can enjoy the live music and the Kids Fun Zone. Refreshments for runners will be provided by Whole Foods Market of Cary.

*For more information visit [www.annas-angels.org](http://www.annas-angels.org). To register, visit [www.active.com](http://www.active.com).*

*Anna's team competed in the Anna's Angels Inaugural 10 Miler on Oct. 8, 2006, in RTP. (l to r) Aimee McIntyre, Charlotte Andreini, Michelle Shauf, Lisa Peterson, Amy Hampton, Michelle Pfeiffer, Gretchen Cooling, Deborah Burke and their inspiration, Anna Merrills (front).*