

STATE LOCAL

Krispy Kreme Challenge

Jillian Curtis,
Staff Writer



image via Katy Browning

One of the most anticipated races in the Raleigh area is the annual Krispy Kreme Challenge. This year's Krispy Kreme Challenge will take place on February 4th, at 8:30 a.m. Individuals of all ages are encouraged to attend and participate in this event. All proceeds will go to the NC Children's Hospital.

The Krispy Kreme Challenge is a unique 5 mile racing event that is unlike any other. In order to compete in the race, participants must start at the

NC State Bell Tower, run 2.5 miles to the Krispy Kreme on Peace St., eat a dozen donuts, and then continue to run another two and a half miles back to the Bell Tower. In order to compete in the race, participants must attempt to complete the entire course—all in less than one hour.

Because of the increased popularity of the race, the Krispy Kreme Challenge has expanded its route by an extra mile. In previous years, the race was

four miles total, but this year, the race will be approximately five miles total. The route was expanded for safety and logistical reasons.

This crazy, donut-eating event has been embraced by the local community and has become an annual tradition in the Raleigh area. The first Krispy Kreme Challenge began as a dare among NC State students in 2004. After receiving local attention, students decided to publicize the event and use it as a fundraising opportunity to help local organizations. The race has since included 7,500 runners in 2011 and raised approximately \$122,000.

The Krispy Kreme Challenge has also grown into a national phenomenon. It was placed at #85 in the Sports Illustrated article "102 Things You Gotta Do Before You Graduate." It has also been named as the "#1 Thing to Do Before You Graduate" on NC State's campus. Many Meredith students have chosen to participate in the race as well.

Katy Browning, a senior at Meredith College, has observed and participated in the KKC for several years.

"It's a unique race to be a part of,

so to me it was like '100 things before you die' sort of deal. I met people from all over the US who traveled to run the KKC, so they must agree! Also, it's for a great cause, all the money goes to the North Carolina Children's Hospital," said Browning.

Participants are also encouraged to sign up as Casual Runners if they are interested in the race but not quite sure they can eat a dozen donuts and run five miles in a one hour time frame. Casual Runners may choose to complete the race but are not required to eat the entire box of donuts or finish the course. Individuals are also welcome to come out and support the competitors on race day. There will be t-shirts available for purchase, with all revenue again going towards the NC Children's Hospital.

Although registration has already been filled for the 2012 race, Meredith students are encouraged to support this local tradition. It is a once in a lifetime opportunity that happens only in the Raleigh community. Interested individuals should be on the lookout for registration for the 2013 Krispy Kreme Challenge.

Knowing Non-Profit in North Carolina

Chelsea Hershey,
Staff Writer

As many in the Meredith community know, Meredith College is the host for the Susan G. Komen for the Cure NC Triangle Race, a nonprofit event that takes place every year in June. Nonprofit organizations are businesses that raise money and accept donations to better a community of people who have a specific commonality including, but not limited

to, medical and health conditions, human and animal rights concerns, education facilities and matters dealing with poverty. The Race for the Cure event, in particular, allows walkers and runners alike to join in on the fun and support a good cause. Each participant has the choice to complete either a one-mile or 5k walk or run, followed by a kids' dash.

In doing so, the participants take the time to support a national organization by raising donations for breast cancer research and financial assistance.

Melyssa Allen, director of Meredith College News, states that "Meredith College has served as the host site for the Komen NC Triangle Race for the Cure for the past 15 years. When deciding what kinds of community events the campus will host, preference is given to organizations that align with Meredith College's own mission of educating and supporting women." Providing an education and increasing awareness of breast cancer is exactly what Meredith College and the Race for the Cure do on our campus each year. Cricket McCoy, the Assistant Director of Admissions Transfer/Adult Students at Meredith College and breast cancer survivor, is proud to say that "Meredith College has consistently won largest College and University Team, averaging between 125 and 170 people each year. This team is made up of students, faculty, staff, alums and their families." McCoy has served as the Meredith College team leader for several years, spending her time and efforts to better this nonprofit organization.

Although it is often easy to overlook these organizations in our area, it is crucial to take the time to discover their importance and goals. Many nonprofit

organizations look to their communities for donations and fundraising opportunities. One of the most popular fundraisers is a walking or running competition, much like the Race for the Cure that Meredith College hosts. Other events include sailboat races, elegant balls and parties, motorcycle rides and musical concerts. Fundraising and donation-based events are important to nonprofit organizations, but increasing awareness is equally important.

Everyone benefits from a nonprofit event. When organizations create awareness for their concerns, they encourage the individuals in their community to donate both time and money to help cure and perform more research on an issue. McCoy says, "Last year more than 40,000 North Carolinians were directly impacted by Komen NC triangle community health grants." Local individuals benefit from the efforts of their community. Not only do the members of these organizations profit, but also those who give their time receive a profit. All volunteers and participants of an event gain the satisfaction of giving back to their community and increasing the awareness of the next generation.

To find a nonprofit organization in your area, go to http://nccenter.brinkster.net/job_nonprofitsearch.asp

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The staff of The *Meredith Herald* is committed to representing our diverse community by publicizing local events, by addressing controversy, by cultivating civic engagement and by empowering women.

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