



DetermiNation™

2010 Providence Rhode Races – Marathon, Half Marathon and 5K

DetermiNation Overview

May 2nd, 2010 – Providence, RI

Becoming a DetermiNation participant is easy. Register online, and commit to raising \$500 to support the Society's cancer research, education, advocacy and patient support services. We need your help to continue providing free and confidential support to the thousands of Vermonters facing cancer.

Step up to the challenge and the American Cancer Society will cover your race registration fee and recognize you with benefits including:

- Free team training to help you achieve your goals
 - For those in the Providence area, access to organized group workouts as follows:
 - One on One Coaching Session with one of our coaches, to kick off your training
 - Thursdays Evening Runs – City Sports in Providence (beginning March 11th or as soon as the snow melts!)
 - Sundays 8am Distance Runs – Locations vary each week
 - For those who do not live in the area, free access to our online training program (www.trainingpeaks.com)
- Team support and social events (6pm, City Sports Providence)
 - Kick Off event – February 11th
 - Speaker Series and Shop Nights
 - March 18th - injury prevention and nutrition
 - April 22nd – race prep, weekend advice
 - Twitter and Facebook Sites along you to connect and message with other DetermiNation Runners
- VIP Discount Card from City Sports - Providence, our official running store partner (www.citysports.com)
- Race day VIP amenities including pre and post race reception, onsite massages, etc (weekend schedule to follow)
- Exclusive American Cancer Society racing shirt
- User-friendly personal fundraising Web page where you can:
 - Upload pictures and post your story about the reason you're racing
 - Keep an address book of all your contacts
 - Email potential donors from your participant center asking them for support and linking them to your fundraising Web page
 - Track your fundraising progress
- Weekly e-mail newsletter with training tips, advice, etc
- Access to one of our trainers to answer your questions, concerns, etc.
- Opportunity to turn your passion for endurance events into a lifesaving adventure to fight cancer
- Opportunity to participate in memory or in honor of a loved one touched by cancer, as well as "in memory of" and "in honor of" ribbons to wear on race day

For more information visit determination.acsevents.org/coxsports or www.cancer.org/meaningfulmiles