



Empower your employees to enjoy the benefits of living a healthy lifestyle while giving them the opportunity to support a cause that makes a difference.

Corporate Challenge

Get your company involved with the CRSS Race for Hope 5K Run/Walk and create a life changing experience for your workforce. Your employees will be given the opportunity to train with co-workers, raise funds for an important **LOCAL** cause and compete to be the most fit and philanthropic corporation in your area.

The 2nd ANNUAL CRSS Race for Hope to take place on Saturday, September 18, 2010. This is a **USA Track and Field sanctioned and certified** 5K course for runners and walkers. Last year, our first, we raised \$50,125 with a little over 400 people registered to run and walk. This year we would like to raise at least \$100,000 with at least 1,500 registrants.

Challenge your own company and set-up a "friendly competition" with your business competitors!

Cause


The CRSS Race for Hope is dedicated to supporting those in our community affected by brain, head and neck cancers. Proceeds from this year's event will support **TWO LOCAL ORGANIZATIONS**: 1) Patient services at St. Peter's Hospital Cancer Care Center; and 2) Ronald McDonald House Charities of the Capital Region, Inc.

Get Started!

1. CHOOSE one or two TEAM CAPTAINS to lead up the effort.

Team Captain Toolkit at: <http://capitalregionspecialsurgery.com/raceforhopealbany/get-a-team.html>

2. REGISTER

Go to www.capitalregionspecialsurgery.com/raceforhopealbany and click the  button and then click the "Register Online" link on the left and follow the prompts.

*Each team captain and member must complete and submit individual registration online or submit individually **signed** paper entry forms that can be downloaded/printed from the race website and mailed in.*

3. If you are a team captain

- CREATE A TEAM (GET TEAM T-SHIRTS!!)

- CREATE A TEAM FUNDRAISING PAGE and ESTABLISH a TEAM FUNDRAISING GOAL

- * Does your company offer a corporate match program for charitable giving organizations?

- ** Corporate sponsorship packets are available at

<http://capitalregionspecialsurgery.com/raceforhopealbany/sponsors.html>

4. RECRUIT

- Team members (vendors, clients, co-workers' family and friends) to register to run or walk on race day.

- Sponsors (vendors, clients, co-workers' family and friends) to donate to your team fundraising effort.

Encourage team participants to take advantage of the great beginner to advanced online training programs available on our race website from our partner

ActiveTrainer
Training Tools for Every Body

LEAN Works!, from the U.S. Center for Disease Control is a **FREE** web-based resource that offers interactive tools and evidence-based resources to design effective worksite healthy living initiatives: <http://www.cdc.gov/LEANWorks/>



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