



The school that **raises the most money** by race day deadline (September 18, 2010 at 10am) **wins a SMART Board™ interactive whiteboard for their school, courtesy of Audio-Video Corporation (www.audiovideocorp.com)**

Get involved with the CRSS Race for Hope 5K Run/Walk and create a life changing experience!

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.

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. DESIGNATE SCHOOL TEAM CAPTAINS (students and or teachers/administrators) to lead the effort.  
Team Captain Toolkit at: <http://capitalregionspecialsurgery.com/raceforhopealbany/get-a-team.html>

2. REGISTER

Go to [www.capitalregionspecialsurgery.com/raceforhopealbany](http://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. CREATE A School TEAM FUNDRAISING PAGE and ESTABLISH a FUNDRAISING GOAL

4. RECRUIT!!!!

***Nobody is going to join your team if they don't know it exists! You want your team to grow, it's up to you to spread the word!***

