


# Susan G. Komen Lexington Race for the Cure®

“We walk because we can’t walk away.”



## TEAM BOOKLET



Presented by 

NATIONAL SERIES SPONSORS



Saturday, September 26, 2009



The PINK TIE GALA



Presented by 

NATIONAL SERIES SPONSORS



## Susan G. Komen Lexington Race for the Cure®

Saturday, September 26, 2009 • Court House Plaza

5K Run/Walk - 9:00am • 1 Mile Fun Run/Walk - 8:30 am

### It's Everyone's Race

The Susan G. Komen Race for the Cure® series raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship and honors those who have lost their battle with the disease. The largest series of 5K walk/runs in the world, the Komen Race for the Cure® has grown from one local race with 800 participants in Dallas in 1983 to a series of over 100 races, with more than one million people expected to participate in 2009! Susan G. Komen for the Cure Race® celebrating 25 years this year and has invested over \$1 billion to date on breast cancer. The Lexington Affiliate has granted over \$1,500,000 to the cause in the 58 surrounding Kentucky counties in the last 12 years. The Lexington Affiliate of Susan G. Komen for the Cure® is excited to present the 13th annual Komen Lexington Race for the Cure®, presented locally by UK HealthCare, on Saturday, September 26, 2009. Team participation is an important component in our efforts to raise awareness and funds. Last year, Team members comprised 60% of all Race participants raising almost \$140,000 in pledge monies. Help us help your mom, sister, friend or neighbor by forming a Team and joining our cause!

### Sleep In for the Cure®

Do you have friends, family, or co-workers who would love to join your Team but live out of the area, will be out of town Race day or just want to sleep in on a Saturday morning? Sleep in for the Cure® is a program designed for those who want to support a great cause, but are unable to race or walk. This is a great way to increase your Team's size and pledge-raising power. Sleep in for the Cure® participants will be mailed a Race T-shirt and a special gift. Who said you have to leave your home to join the Race?

### Komen Lexington Race for the Cure Schedule of Events Saturday, September 26

- 7:45 am  
Aerobic Warm-Up
- 8:00 am  
Survivor Photo & Celebration Parade
- 8:30 am  
1 Mile Fun Run/Walk
- 9:00 am  
5K Run/Walk
- 10:15 am  
Awards/Presentation

### “Pink goes Green”

Help us fight the battle against breast cancer while helping the environment by going green!

How can you help  
**Pink go Green?**

By registering online and helping those around you to register online at [www.komenlexington.org](http://www.komenlexington.org)

By registering online early, you not only save money, but you help us eliminate waste.



# 5 - Easy Steps

## ☐ Step One: Create Your Team

- Start recruiting family, friends, co-workers and neighbors
- Send an email to prospective Team members
- Check with your company about sponsoring a Team
- Visit our website at [www.KomenLexington.org](http://www.KomenLexington.org) for tips and ideas about forming a team and fundraising.

Questions? Contact [Teams@KomenLexington.org](mailto:Teams@KomenLexington.org) or 859/281-5900.

## ☐ Step Two: Register Your Team

**Team Registration Deadline: Wednesday, September 16, 2009**

- Have Team members register and fundraise ONLINE at [www.KomenLexington.org](http://www.KomenLexington.org) and skip to STEP THREE!

and/or

- Compile the materials you received at the Kick Off for OFFLINE registration including:
  - Individually signed entry forms
  - Payment in cash or checks for entry fees  
(Please write Team name/number on each check)
  - Complete Team Reconciliation Worksheet(s)
  - Pledge monies raised by the Team

**Mailed packets must be received by Wednesday, September 16, 2009**

Walk-in Team Registration will be available during Team Packet Pick Up at Immanuel Baptist Church

## ☐ Step Three: Team Fundraising

- Encourage your Team members to set individual goals
- Fundraise ONLINE at [www.KomenLexington.org](http://www.KomenLexington.org)
- Ask friends, family and local merchants to contribute
- Find out about your company's matching gifts program and/or paying registration fees
- Use incentive to boost competition among Team members
- Go to [www.KomenLexington.org](http://www.KomenLexington.org) for fun & creative ideas!

## ☐ Step Four: Team Packet Pickup & Distribution

**What to Bring**

- Team Captain and Representative
- Team Reconciliation Worksheet(s) for OFFLINE registrants only
- Team t-shirt for the design contest

**What You'll Take Away**

- Team members' T-shirts
- Team members' bib numbers

## ☐ Step Five: Race Day

- Contact Team members with a meeting place on Race day. Please do not arrange to meet in front of Registration or at the Start/Finish Line – these areas are extremely congested
- **Have Fun!**

### Business Address:

1795 Alysheba Way  
Suite 3104  
Lexington, KY 40509

### Phone:

859-281-5900  
859-368-7133  
859-368-7233

### Team Packet Pick Up Locations

Immanuel Baptist Church  
Fellowship Hall  
3100 Tates Creek  
Sept. 18th 3pm-6pm  
& Sept. 19th 9am-6pm

Dicks Sporting Goods  
Hamburg Shopping Center  
Sept. 12th & 13th 10am-6pm

Dicks Sporting Goods  
Fayette Mall  
Sept. 19th & 20th 10am-6pm

Last Minute Pick-up  
Johns Run Walk Shop  
Woodhill Shopping Center  
Sept. 24th & 25th 11am-8pm

Please distribute T-shirts and bibs prior to Race day. Make sure all Team members know YOU have their T-shirt and they will not find it at any of the pre-registration sites or at registration on Race day.



## TEAM COMPETITION

### Team Rules

Teams are comprised of a minimum of 10 members under one Team name. Sleep In for the Cure® participants can be counted and are a great way to expand your Team as well as increase your fundraising potential. Only Teams of 10 or more registered members are eligible for awards. Deadline for award consideration is Saturday, September 19, 2009.

### Team Awards

Teams in the following categories will be rewarded with a free day at Keeneland during the 2009 Fall Meet (free entry, race program and reserved seats; seats limited, on a first-come, first-served basis):

- Team with the best t-shirt design as determined by the design that receives the most "votes" in terms of money on Race day
- Top Fundraising Teams in each size category: 10-50, 51-100, 100+ members
- Team with the largest number of registered members

### High School Team Challenge

We are very excited to offer this program sponsored by Ale-8 Beverage Company designed for high school students only. Teams formed by high school students can compete for a year's supply (1 case/month for 12 months) of Ale-8 in each of the following categories (one person/award category):

- Largest Team
- Highest Fundraising Team
- One Randomly Selected Team

In addition, any high school student who individually raises \$250 or more in pledges will receive a case of Ale-8.

### Team T-shirts Contest

Design a team t-shirt to show your team spirit and collect support and extra dollars! Provide us with one of your team shirts by Friday, September 18, 2009 (shirt will not be returned). Shirts will be displayed on Race day and the one that receives the most "votes" in terms of money will be our winner! The winner will be announced at the Race award ceremony and the winning Team will receive a free day at Keeneland (see Team Awards).

If each Team member raises just \$100 - we have the potential to raise more than 455,000 in pledge funds



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