



## P.F. Chang's® Rock 'n' Roll Arizona™ Marathon and Half Marathon – January 16, 2011

P.F. Chang's® Rock 'n' Roll Arizona™ Marathon and Half Marathon are staged in the Valley of the Sun and tours through three of Arizona's most vibrant cities. The winter weather conditions are perfect for a run or walk with live music and cheerleaders along the entire route.

- The Full Marathon is open to both runners and walkers age 18 and over who are able to complete the 26.2-mile course within a 7-hour time limit. The Half Marathon is open to runners and walkers age 12 and over who are able to complete the 13.1 –mile course in a 4-hour time limit.
- Participants must complete the registration form in full and mail or fax it with the non-refundable commitment fee of \$150.
- Each participant will be required to raise a minimum contribution of \$1000 by race day.
- Each participant will be responsible for any balance of the minimum required still outstanding on race day.
- NACoA will make hotel arrangements for up to two nights at a group discounted rate.

### **Participant Package Includes:**

Registration-related expenses, a race packet which includes an official program, commemorative shirt and a medal for finishers. *TEAM NACoA* will provide a pre-race pasta dinner and rally for runners and a guest, pre-race breakfast for each runner, goodie bag, and a *Run for the Children*® T-shirt (to be worn during the race).

### **Special Incentives**

Participants who raise \$500 or more over the required minimum **by 12/01/10** qualify for air transportation reimbursement up to \$300/registered runner.

### **General Information**

- Participants are required to make all arrangements for their own transportation.
- Whether you are an experienced marathoner or just getting started, our comprehensive training program for both runners and walkers includes a training schedule, our coach, who is available via phone or e-mail, training and fundraising tips and periodic newsletters/e-blasts.
- Upon receipt of your registration commitment, you will receive a complete *TEAM NACoA* packet with all the materials and information you need to do your fundraising and to get started preparing to *Run for the Children*® in the P.F. Chang's® Rock 'n' Roll Arizona™ Marathon or Half Marathon.

**NOTE: In the event a participant must withdraw from *either* of the races neither the commitment fee nor contributions already received by NACoA will be refunded.**

### **About NACoA**

Over the past 10 years NACoA has reached out to the public to join its *Run for the Children*® as we participate in marathons across the country to support efforts to help the people hurt most by drugs and alcohol - the children of alcohol and other drug dependent parents. NACoA believes that none of these vulnerable children should grow up in isolation and without support. Thank you for helping.

**Our mission is to eliminate the adverse impact of alcohol and drug use on children and families.**

**We, along with people like you, can make a difference.**

**Please mail or fax your registration form to:**

 **National Association for Children of Alcoholics**

NACoA *Run for the Children*®

11426 Rockville Pike, Suite 301

Rockville, MD 20852

Fax to (301) 468-0987

Email: [jendicott@nacoa.org](mailto:jendicott@nacoa.org) • [www.nacoa.org](http://www.nacoa.org) • 1-888-55-4COAS

[Register on-line](#) \* [Register by mail or fax](#)