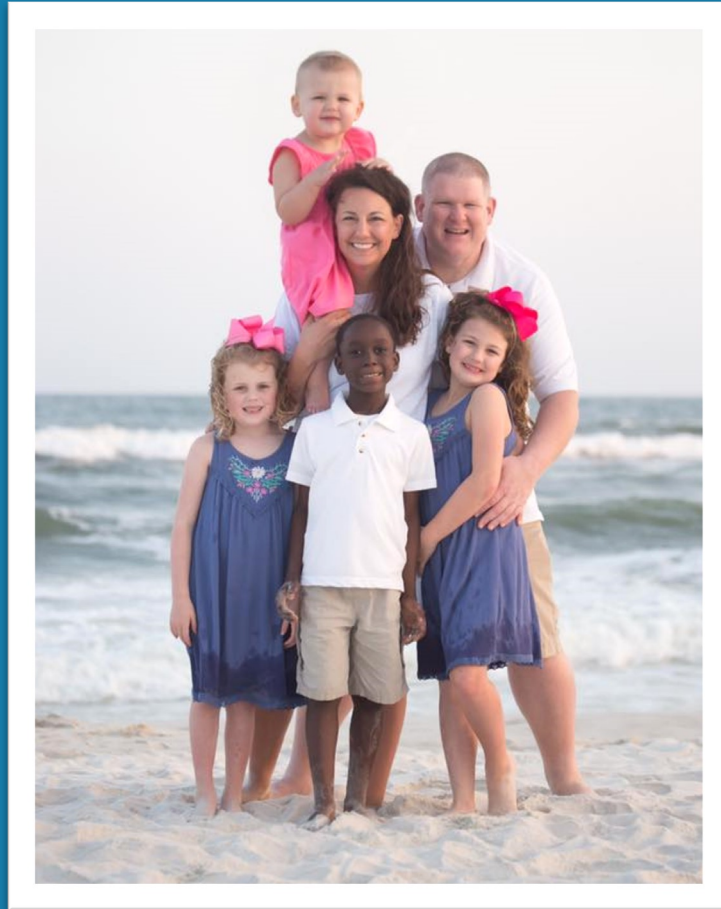


waves of grace

2018 ST. JUDE ROCK N ROLL NASHVILLE



“I came home changed. Refreshed.
Ready to finish the fight.”

- Elizabeth

JOIN TEAM WAVES!

ST. JUDE ROCK N ROLL NASHVILLE MARATHON

We walk so cancer patients can see the waves. We run so they can rest.

Train with us for the 5K or Half Marathon and support Waves of Grace sending cancer patients and their loved ones on respite beach vacations. Help us raise funds and awareness about what we provide and we will help you cross the finish line!

WHY JOIN TEAM WAVES 2018?

We know there are many great organizations raising money to help find a cure for cancer — and Waves of Grace supports them 100%. We believe in supporting organizations where you feel led. Let's all work to find a cure!

At Waves of Grace, we believe cancer patients and their families need a break from cancer. Cancer takes a toll on everyone in the family and unfortunately finances are often stretched.

That's why we work to provide a place to rest, relax, celebrate life and family — away from doctors, treatments and hospitals. This trip is free of charge to our recipients to make it as stress-free as possible! We want our families to peacefully experience the beauty of the ocean and the love of Jesus Christ.

HOW DO I SIGN UP?

Registration is a little different from previous years. Sign up on the race website www.runrockroll.com/nashville. Select 5K or the half.

HOW MUCH DOES IT COST TO PARTICIPATE?

The cost of the race is actually determined by when you sign up. Currently, the 5K is \$49.99. The half is \$59.99. This will increase as we get closer to race day. You will receive a Waves team shirt and additional shirts can be purchased for just \$10.

Once you are ready to join, all we need is the registration form and waiver by our first group training Saturday, January 13. We'll have more information on that training session soon!

As soon as we have your paperwork set, we'll create your personal fundraising page, which you can work to customize. Let us know if you have any questions!



WWW.WAVES-OF-GRACE.ORG

WWW.FACEBOOK.COM/WAVESOFENDLESSGRACE

JOIN TEAM WAVES FOR THE 2017 ST. JUDE ROCK N ROLL NASHVILLE MARATHON

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IS THERE A GOAL FOR FUNDRAISING?

Yes! We do have a \$2,000 goal for each participant.

We want this to be fun for you so we are leaving how you raise these important funds up to however you are most comfortable.

The \$2,000 is simply a goal — we are happy to receive any amount of donations! All we ask is you tell people why you are training with *Waves of Grace*.

If you reach the \$2,000 goal, your name will be entered in a drawing to win a week of free accommodations at Ana's Beach House, "Mamma's Dream," in St. George Island, FL.

We will also have fun incentives for fundraising along the way. Our fundraising deadline is the day of the race: **Saturday, April 28**. You may receive donations up until midnight that day. We will hold the drawing Sunday, April 29 at our team breakfast.

Each participant receives his or her own fundraising page so family and friends can follow your progress. A link to set up your page will be emailed to you once you are registered. This is how we track your fundraising totals. Family can also donate by check or cash if they prefer. Be sure all checks are payable to "Waves of Grace." Once you receive the check or cash donation, you can easily enter the right on your fundraising website. Those are called "offline" donations. You may drop off "offline" donations at our in an envelope with your name and contact info on the outside. It's a good idea for donors to put your name on the subject line of their check. Remember, all donations are tax deductible.

We've found the easiest way to gather donations is writing a letter. Let your family and friends know what you are doing, why you are doing it — and who benefits from it. Include your website link in the letter so they can donate online. Consider adding a return envelope with your address and stamp on it to make it easy for people to donate! You can write your own letter or use the letter we provide for you. We will email the sample letter to you in December. Please plagiarize! Copy and send them off! We will even mail them for you if you drop the addressed letters off at our house! If you make it easy for people to donate, they will!

WHAT'S THE BEST WAY FOR ME TO PREPARE FOR THE RACE?

- ◆ **Get a good pair of running shoes before January.** It is totally worth the money to spend on shoes that fit YOUR feet. A good pair of shoes will prevent injury and blisters! Fleet Feet in Brentwood is amazing! They examine your arch, width, your run and help you to pick out your magic shoe. Everyone's feet are different so get over to Fleet Feet and see what fits you best! You will be glad you did!
- ◆ **Dress for weather 10 degrees warmer.** When layering, make sure your bottom layers are moisture wicking material. Cotton is rotten! Cover your head and hands.
- ◆ **Safety first!** We will run/walk unless it is icy. If you are unsure if we will be meeting because of weather, feel free to contact us by text, phone or email. We also have a "Team Waves" Facebook page and there is a "Run 4 Others" page that we can all post to as well. That is a great way to keep everyone updated.

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WHAT IS WAVES OF GRACE?

Our Mission at Waves of Grace is to provide a place to rest and relax while being surrounded by the beauty of the ocean and the love of Jesus Christ. We hope to provide a place to meet Him and feel renewed!



Debbie Massengill, Jennifer Matwijec's mother, lost her battle to cancer in July 2012. She loved the beach and believed in its healing powers.

"Left beautiful Orange Beach today ... sunny skies, clear as far as the eyes can see and much warmer than here. Enjoyed our short stay so much. Found a few shells ... no big ones ... just little, but that's okay, they speak to me. Some perfect and some broken. Reminds me of life and each of us! God accepts us as we are with all our imperfections and broken pieces."

— Debbie Massengill

(September 26, 1951 - July 15, 2012)

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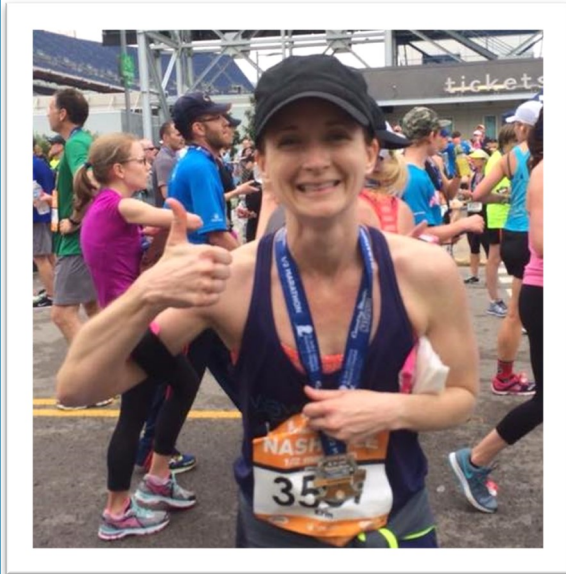
JENNIFER'S EMAIL: JENNIFER.MATWIJEC@GMAIL.COM

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WWW.FACEBOOK.COM/WAVESOFENDLESSGRACE

TRAIN WITH TEAM WAVES! ST. JUDE ROCK N ROLL NASHVILLE MARATHON

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**NOW THAT YOU'VE
SIGNED UP TO RACE, IT'S
TIME TO GET YOUR BODY
READY TO RUN!**

**Join Erin Fennell, fitness guru and fellow
Team Waves member, to get fit for the race!**

For just \$70 a person, train alongside Erin and other members of Team Waves for 12 weeks, three workouts a week. Training starts the week of January 15 and runs through the first week of April.

*Did you know ... The oldest person to run a marathon was 101,
completing the 2012 London Marathon. You can do this!*

To sign up, email Erin at erin.fennell78@gmail.com or
call her at 803-586-6252.

Get in shape while helping to kick cancer!