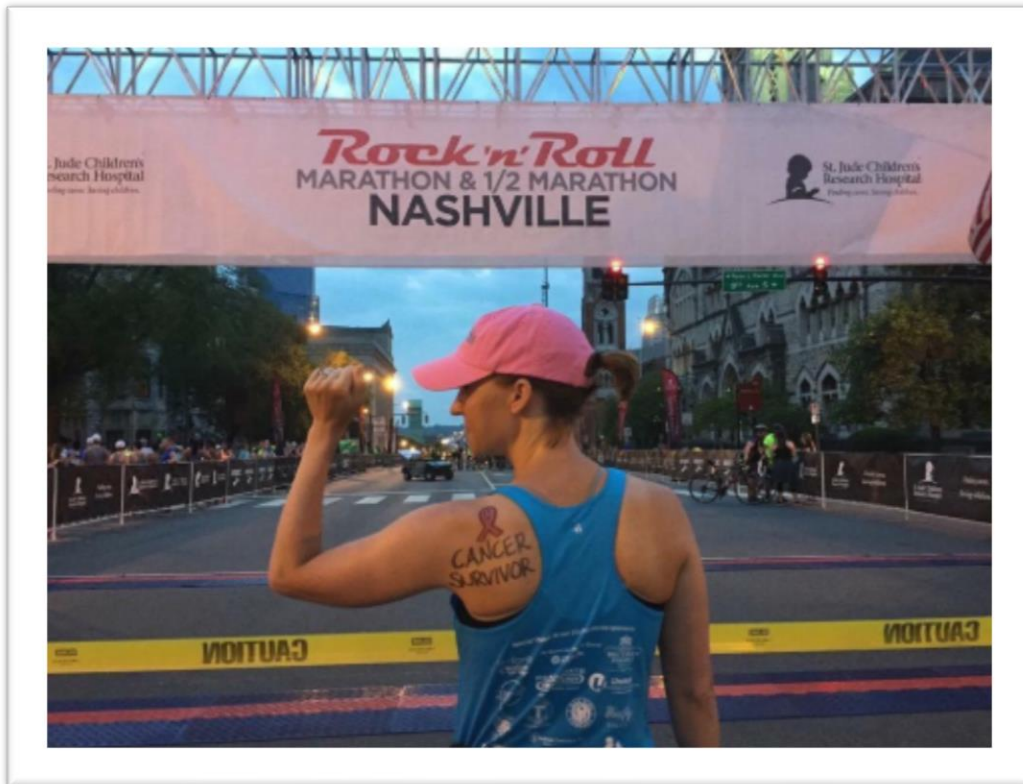


# Join Team Waves for the 2019 St. Jude Rock N Roll Nashville Marathon.

waves of grace



*“Waves of Grace is an amazing organization that goes above and beyond for cancer patients and their loved ones.”*

- Heather, breast cancer survivor, former beach trip recipient

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

**This year, you have the option to train for the 5K, the half marathon (13.1 miles) or the full marathon (26.2 miles). Your participation will help send cancer patients and their loved ones on respite beach vacations. Help us raise funds and awareness about our organization and we will help you cross the finish line!**

## **Why join Team Waves 2019?**

There are so many great organizations raising money to find a cure for cancer – and we support them 100%. We say, please support organizations where you feel led. Let's 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 as well. That's why we work provide a place to rest, relax, celebrate life and family away from doctors, treatments, and hospital free of charge so it is as

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stress-free as possible! We want them to experience the beauty of the ocean and the love of Jesus Christ.

## **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

## **How do I sign up?**

First, you need to decide which length you want to run/walk. Then but fill out the team waves registration form on our website ([www.wavesofgrace.org](http://www.wavesofgrace.org)).



Additionally, local participants can register to train through Fleet Feet: <http://www.fleetfeetnashville.com/training/spring-2019-half-marathon-brentwoodgreen-hills>.

Your registration fee gets donated back to Waves of Grace!

You can also go to the race website: [www.runrockroll.com/nashville](http://www.runrockroll.com/nashville).

## **How much does it cost to participate?**

It is free to train with us!

The cost of the race is actually determined by the race organizers and it's based on when you sign up. The cost will increase as we get closer to race day. As part of the team, you will get a Waves of Grace shirt. (Additional shirts for your cheering section can be purchased for \$10.)

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All we need is your registration form and waiver by our first group training, **Saturday, January 12, 2019.**

Once all your paperwork is in, we will set up your personal fundraising page, which you can customize. You can always reach out to us if you have any questions.

## Is there a goal for fundraising?

Yes! We do have a \$2,000 goal for each racer. However, we want this to be fun for you, so we are leaving how you fundraise totally up to you! We are happy to receive any amount you raise – and know, money goes to directly to our recipients. 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 some fun incentives for fundraising along the way. Our fundraising deadline will be the day of the race – **Saturday, April 27, 2019.** You may receive donations up until midnight that day. We will hold the drawing on Sunday, April 28, 2019 at our team breakfast.

You will have your own fundraising page so family and friends can follow your progress. Once you get it set up, it's really easy to share on social media. This is how we track your fundraising totals. Your family and friends can donate on your page and keep up with your progress. They can also donate by check or cash if they prefer. Make all checks payable to "Waves of Grace." If you receive cash or checks, you will manually enter the amount on to your fundraising website. Those are called "offline" donations. We can walk you through that. You may drop off "offline" donations at our house after you have manually entered them on your website. When dropping off donations, make sure they are 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. All donations are tax deductible.

Just have fun with it! Get creative! Also, we will host another silent auction before the race. You will receive credit for the auctioned amount on your fundraising page.

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The easiest way to get donations is simple letter writing. Write a letter to family and friends to let them 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. Considering adding a return envelope with your address and stamp on it, it's so easy for people to write a check or cash and stick it in the mail! Just make sure checks are made to "Waves of Grace."

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 would be glad to 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! Posting the link to your personal fundraising page on Facebook is also so easy for friends to access.

## **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 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!

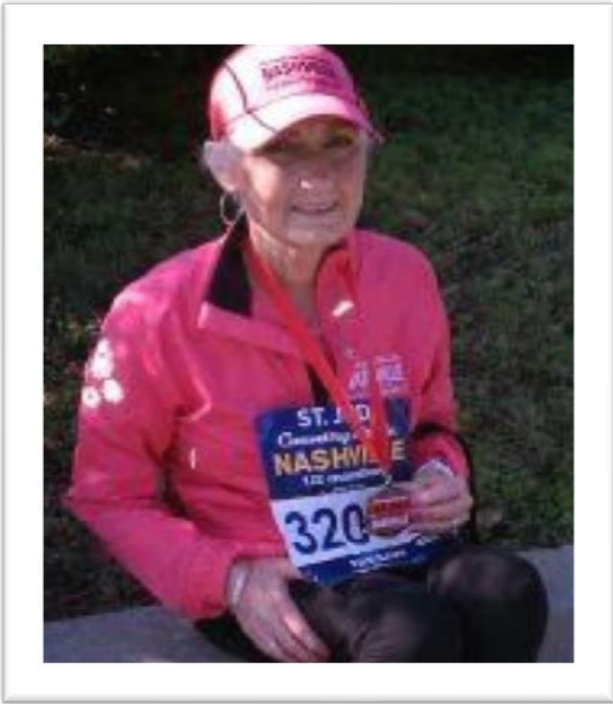
## **Cold Weather Training Tips:**

Dress for weather 10 degrees warmer than it actually is. When layering, make sure your bottom layers are moisture wicking material. Cotton is rotten! Cover your head and hands.

## **Inclement Weather Policy:**

We will run/walk unless it is icy. Safety first! If you are unsure if we will be meeting because of weather, feel free to contact via text, call, or email. We 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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*"Left 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)

## **Directors:**

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