



Would you like to compete in an athletic event and make the experience meaningful, not only for you, but for others as well?  
Come be a part of Team "Lisa's Lovely Ladies."

Lisa's Lovely Ladies was formed in honor of our friend Lisa, to raise awareness of, and funding for, the Teal Ribbon Ovarian Cancer Research Foundation (TROCRF).

*The Teal Ribbon Ovarian Cancer Research Foundation, Inc. (TROCRF) is organized exclusively for charitable & scientific purposes. Our goals are to raise funds to advance ovarian cancer research towards a cure; advocating for early diagnostic treatment programs and to improve the lives of ovarian cancer survivors. For more information go to [www.trocrf.org](http://www.trocrf.org).*

This year we are offering two events in which to participate as a member of our team:

**\*NEW\* UNITE Half-Marathon – April 18, 2010 (Co-ed event)**

or

**Go Diva! Philadelphia Women's Triathlon/Duathlon – July 11, 2010**

(info on both events can be found @ [www.cgiracing.com](http://www.cgiracing.com))

Benefits to joining Lisa's Lovely Ladies:

- No "minimum" fundraising goal to meet such as with some other charities.
- Team members merely pay their own registration fee to compete in whichever event they choose, then donate \$25 to the TROCRF.
- If you wish to raise additional funds, the TROCRF will provide you with your own fundraising website.
- Team members receive a free Technical t-shirt designating them as one of Lisa's Lovely Ladies.
- Team members will be given access to free or reduced-cost training events, nutrition advice, get togethers and much more.
- The chance to link up with a mentor in our mentoring program and be supported through your training process.

Not a woman? Not a problem. Men, we welcome you to also compete and join Lisa's Lovely Ladies. For the first 25 men who register for the UNITE Half-Marathon and join team Lisa's Lovely Ladies, along with your technical t-shirt, you will receive a free "bonus" t-shirt with the slogan: "Yes, I am one of Lisa's Lovely Ladies. Got a problem with that?" The t-shirts will be grey and we promise to order them in "men's" sizes.

For more information on Lisa's Lovely Ladies or to join our team, contact either Laura Martini ([lmartini@cpmitem.com](mailto:lmartini@cpmitem.com)) or Cristin Szydluk ([cszydluk@cpmitem.com](mailto:cszydluk@cpmitem.com)).

*“We must remember that one determined person can make a significant difference, and that a small group of determined people can change the course of history.”*

- Sonia Johnson