

YOU CAN FIGHT CANCER

Join Better Than Ever and you can help the Arizona Cancer Center fight cancer by raising funds or making a donation. Fundraising goals range from \$100-\$275. Proceeds stay in Arizona and are designated for research.

You can also fight cancer in your own life. According to the National Institutes of Health, being physically active can considerably reduce your risk of developing cancer and other chronic diseases.

\$120,000
Distributed in 2010 for BTE research grants

2000 Year BTE was founded

\$1.6 Million
BTE fundraising dollars distributed to Arizona Cancer Center researchers

3,000 Participants who have crossed the finish line knowing they made a difference in their lives and the fight against cancer



FIND YOUR INNER ATHLETE!

better
THAN EVER®

FALL 2010 EVENTS
RUN • WALK • BIKE
FIGHT CANCER



THE ARIZONA
CANCER CENTER

better
THAN EVER

The University of Arizona
Arizona Cancer Center
1515 N. Campbell Ave.
P.O. Box 245024
Tucson, AZ 85724-5024

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PERMIT NO. 190

THE ARIZONA
CANCER CENTER

BETTER THAN EVER

Better Than Ever (BTE) provides a welcoming, non-competitive atmosphere for participants of all fitness levels to train for local running, walking or cycling events, and to make a difference in the fight against cancer.

WHY JOIN BTE?

- Multiple weekly group/social training sessions
- Volunteer Team Leaders provide guidance
- Supportive environment
- Training schedule and training packet
- Fundraising tips and suggestions
- Educational lectures and social events
- Weekly e-newsletters
- Free BTE shirt
- A great opportunity to have fun, be fit and fight cancer!

TRAINING BEGINS SEPTEMBER 7
REGISTRATION DEADLINE SEPTEMBER 20

"BTE is probably the best thing that I have ever done for myself. I made goals and I reached them and raised money for something that means a lot to me."

-- K.M., BTE PARTICIPANT



WWW.ARIZONABTE.ORG

INFORMATION SESSIONS

Join us at an information session to learn more about the program and to register for this life-changing experience!

RSVP suggested but not required:
(520) 626-7177 or bte@azcc.arizona.edu

THURSDAY, AUGUST 19, 6 p.m.
Naked Food & Fitness
6151 E. Broadway Blvd.

TUESDAY, AUGUST 24, Noon
University Medical Center (UMC)
Cafeteria, Room F, 1501 N. Campbell Ave.

TUESDAY, AUGUST 24, 6 p.m.
The Running Shop
3055 N. Campbell Ave. #153

WEDNESDAY, AUGUST 25, Noon
UA Student Union – Santa Cruz Room (3rd Floor)
1303 E. University Blvd.

WEDNESDAY, SEPTEMBER 1, 5 p.m.
(prior to kick-off event)
Arizona Cancer Center – Room 2920
1515 N. Campbell Ave.

THURSDAY SEPTEMBER 9, 5:30 p.m.
GREEN VALLEY KICK-OFF
Arizona Family Restaurant
80 W. Esperanza Blvd.
Green Valley, AZ 85614

We would love to have your team or company join Better Than Ever! Contact us to arrange an information session.
bte@azcc.arizona.edu
www.arizonabte.org

KICK-OFF EVENT

Join us at the Better Than Ever kick-off event and expo:
WEDNESDAY, SEPTEMBER 1, 2010
6 – 7:30 p.m.

Check-in and Expo begin at 5:30 p.m.
Meet your Team Leaders and fellow participants.

Light refreshments will be provided.
Arizona Cancer Center – Kiewit Auditorium
1515 N. Campbell Ave.

EVENT DETAILS

For the fall program, we offer training for your choice of three events and four distances:

1 CATwalk 10K
6.2 miles
Saturday, November 6, 2010

2 El Tour de Tucson
35 miles or 66 miles
Saturday, November 20, 2010

3 Tucson Half Marathon
13.1 miles
Sunday, December 12, 2010

OUR SPONSORS

sunquest

1030

The Mountain

690 KCEE
Pop Classics

940 AM
KGMS

Rincon Market, Sabino Cycles,
The Running Shop, Worldly Soles