

# VANA

Virginia Association of  
Nurse Anesthetists



**COME AND JOIN OUR TEAM  
OR BE A VOLUNTEER!**

SunTrust Rock N Roll 1/2 Marathon  
Virginia Beach, Virginia  
September 5, 2010

## CRNAS



The VANA *CRNAs Rock!* Team will be celebrating it's 5<sup>th</sup> year running the Rock N Roll 1/2 Marathon in VA Beach, September 5<sup>th</sup>, 2010. Enjoy the rock'en music and imaginative cheers from the beach crowds along Virginia's most beautiful beach. Soak in the cheers and feel a part of something really great! The *CRNAs Rock!* racing team is a great way to give back in our communities as we leave the operating room to show our neighbors what CRNAs can do! Promote our profession and mingle among over 17,000 participants to do something for yourself and feel good about contributing something to those in need. Not to mention all the fun you will have with your teammates for a guaranteed fun filled event!

**NURSE ANESTHETISTS RUNNING TO  
FEED HUNGRY PEOPLE**



People In Need (PIN) is a non-profit organization that serves the homeless people in the VA Beach area. PIN began in 2002 with 12 sandwiches being shared by 5 homeless people and now PIN serves over 100 homeless each Sunday on the beach. PIN also provides emergency shelter, temporary housing, hygiene supplies, recover groups and free medical care to people that have found themselves in bad situations because of bad choices or bad family environments. Their ultimate goal is to help the homeless and indigent in the Hampton Roads area transform their lives. PIN strives to create a safe place for homeless men, women and families to live while they are getting their lives back together.

For more information contact Dallas Stamper at [dallas.stamper@pinministry.org](mailto:dallas.stamper@pinministry.org) or visit [www.pinministry.org](http://www.pinministry.org)



**COME AND RUN WITH US OR VOLUNTEER AT OUR WATER STOP!!!**

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Join the VANA *CRNAs Rock!* Team

**CRNAS**



Race entry fee is \$150—*Note: to become a Team Member, Runners must pledge to raise \$250 in donations for PIN.*

Your entry fee includes a spot on the *CRNAs Rock!* Team, a coolmax technical running shirt, FREE pre-race pasta dinner Saturday night, access to the post race tent and a FREE post-race pizza party Sunday afternoon. Changing rooms available for all team members. For more information contact Patti Bright Watkins at [cmnaruns@aol.com](mailto:cmnaruns@aol.com) or # 757-319-2104

Keep for Your Records—Be sure the checks are made payable to PIN!

Sponsors Name	Phone Number	Donation \$
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		
9. _____		
10. _____		

**Registration Form**

Name: \_\_\_\_\_

Shirt Size:      S   M   L   XL

Address: \_\_\_\_\_  
\_\_\_\_\_

**Race Entry Fee is \$150\***

Make checks payable and mail to:

VANA

2231 Oak Bay Lane

Richmond, VA 23233

[office@vana.org](mailto:office@vana.org)

Ph 804-754-4122 Fax 804-754-0801

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

As a runner or walker *CRNAs Rock!* Team Member, I pledge to raise \$250 by September 1, 2010 for PIN

Signed \_\_\_\_\_

- |   |          |    |
|---|----------|----|
| I plan to attend the pre-race pasta dinner (Sat. Sep 4th)       | Yes      | No |
| I will attend the post-race pizza party                         | Yes      | No |
| I would like to help at the pre-race Expo (Sat. Sep 4th)*       | Yes      | No |
| I would like to volunteer at the <i>CRNAs Rock!</i> Water Stop* | Yes      | No |
| I would like to make a donation to PIN (checks payable to PIN)  | \$ _____ |    |

**\*Note**—if you are NOT planning to run or walk the race, you do not have to pay the \$150.00. If you are volunteering at the expo or the water stop, please just fill out this form and mail or fax back.