

Hello Runners, Friends of Runners, and those who need a reason to keep that New Year's Resolution to become a runner!

The Cape & Islands Suicide Prevention Coalition will once again be participating in the Falmouth Road Race's Numbers for Nonprofits program. Through this program, we are able to offer 10 New Balance Falmouth Road Race registration numbers to people interested in running the race as a fundraiser for the CISPC. It is a great opportunity for non-Falmouth residents to get to run the Race!

Here's what you do: In exchange for your registration, we ask that you raise \$1000 for the Coalition. You can do this by letting your family, friends, Facebookers, co-workers etc. know that you are running the Road Race as a fundraiser for CISPC. And then you'll point them in the right direction so that they can donate.

That's where we come in: CISPC will provide an easy online tool for people to make tax-deductible contributions to your run. We will also provide information about CISPC and what each donation helps fund. And we'll help you reach your goal by soliciting our contacts on your behalf. We may even show up and cheer you on!

You can run in memory of someone you've lost, or almost lost, to suicide. Or run for a friend or family member who is grieving. Regardless of the reason, when you run for the CISPC, everyone wins!

Now that you know what is involved, we hope you will consider running for us. Email Kelly Welch at suicideprevention@capecoalition.com for more information about how to help prevent suicide while participating in this fantastic event!

Many thanks!

Cape and Islands Suicide Prevention Coalition
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