

TUFTS HEALTH PLAN 10K FOR WOMEN



Find a Reason to Make it Your Race

Why set your sights on the Tufts Health Plan 10K for Women?

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Whatever your reason, we know you'll start strong and finish stronger.

Maybe the thought has already crossed your mind. Perhaps you've heard stories from family or friends, and thought, "If they can do it, so can I."

You may even have a new pair of running shoes collecting dust in your closet.

This year, find your reason to take part in the Tufts Health Plan 10K for Women.

6,000 reasons to run

On Monday, October 12, 2009, some 6,000 women will step up to the start of the Tufts Health Plan 10K for Women, and will then make their way through the streets of Boston and Cambridge.

Now in its 33rd year, the 10K for Women is more than a road race. It's a unique celebration of health and fitness.

Each participant has her own reason for loving the Tufts Health Plan 10K for Women.

Maybe one of the reasons here will be just right for you.

1 | It's a Race for Every Woman

The Tufts Health Plan 10K for Women is one of the largest women-only races in the nation, attracting participants from all parts of the country and from around the world.

Some runners race competitively for the title of U.S.A. 10Km Women's Champion.

But most are women just like you. They run or walk, or alternate between the two. They're all ages, shapes, and sizes. For some, the 10K for Women will be their first-ever event. For many, it's the only race they participate in year after year.

2 | It's an Opportunity to Challenge Yourself

Some participants think of the Tufts Health Plan 10K for Women as a timed race—a competition against many runners.

For others, it's a unique opportunity to challenge themselves in some way.

CONVENTURES, INC. PRESENTS THE 33RD
TUFTS  **Health Plan**
10K *for* **WOMEN**

Whether you want to lose weight, increase your energy, improve your health, or gain self-confidence, the 10K for Women can inspire you to achieve your health and fitness goals.

You'll feel a sense of accomplishment when you finish the race and reach your goal.

3 | You'll Feel a Powerful Camaraderie

The Tufts Health Plan 10K for Women will inspire you.

Many participants return year after year just to experience the camaraderie and empowerment they feel as they run.

Women of all ages, first-time runners, cancer survivors, new moms, daughters, sisters, aunts, and grandmothers will run alongside you. Womanpower will carry you through the 6.2 miles.

Crowds of supportive spectators, friends, and family encourage runners every step of the way.

4 | You Can Begin (or Continue) a Tradition

There are countless traditions surrounding the Tufts Health Plan 10K for Women.

For many runners, the 10K for Women is a longstanding Columbus Day tradition. They make the entire weekend preceding the race a time of celebration, gathering with groups of friends, sisters, mothers, or aunts to run the race.

Some run for a friend who is battling cancer. Others run in memory of someone they have lost or for a parent who was always there for them.

A select group of women has run the race every year for the past 32 years.

What will your tradition be?

5 | The Joy and Excitement are Irresistible

Many runners come back every year because they love the scenic, mostly flat, course into Cambridge and through Boston's Back Bay.

Along the way, runners are cheered on by enthusiastic spectators, and music keeps everyone moving.

For many participants, the highlight of the race is seeing the elite runners pass them along Memorial Drive where the course loops to head back to Boston.

Others say a highlight is hearing runners' cheers as they pass under the bridges along the course.

6 | You'll Have Fun with the Whole Family

The Tufts Health Plan 10K for Women is an event your entire family will enjoy.

To get the next generation of runners off to a great start, there's a special 1K Race for Kids at 10:30 a.m.

Olympic gold medalist Joan Benoit Samuelson, who is the official spokesperson for the 10K for Women, welcomes young participants and congratulates them at the finish.

And after their mini workout, kids can enjoy a healthy snack, face painting, and other fun activities.

What's your reason?

There are many great reasons to take part in this year's Tufts Health Plan 10K for Women on Monday, October 12.

We hope you find a reason to participate. Whatever your reason, you can be sure you'll start strong and finish stronger.



"The Tufts Health Plan 10K for Women is a celebration of women, sisterhood, and friendship,"

Andrea Schafer, Pembroke, Mass.



"The 10K for Women is my favorite race. It's the vibe—the feeling that you're running with 6,000 of your closest friends,"

Lisa Sugarman, Marblehead, Mass.



"As part of my commitment to living healthfully and meaningfully, I registered for the 10K for Women."

Shelley Coelho, Raynham, Mass.

Photographs by Tom Kates

Learn More & Register Online

Learn more about the 33rd running of the Tufts Health Plan 10K for Women on October 12, 2009.

Just visit tuftshealthplan.com and click on the race icon, where you can:

- Register online or download a registration application
- Obtain runner information, including timetable, number

pickup, seeding, timing, and scoring, as well as information for wheelchair participants

- Review the course
- Preview the day's activities and offerings at the Health & Fitness Pavilion

Race registration is open online until 9 a.m. on October 11, 2009. Participants can also register onsite on race day.