



I want to join *Retro Rewind!* Where do I register?

Please sign up here: www.runsignup.com/retrorewind.

I need help registering. How do I sign up?

You can watch this helpful video and read detailed instructions [here](#).

Which decade should I pick?

You can either select the decade you were born in or the decade you have the best memories of/ an emotional connection to. It's up to you and there's no wrong choice!

How much does it cost to participate?

The registration fee for this event is \$20 and benefits the American Cancer Society.

Are there any additional fees?

RunSignUp does utilize processing fees.

Can I register after November 27?

Yes, registration will remain open until December 6 at noon (ET).

Can I invite friends and family?

Absolutely! The more the merrier, and those that recruit five friends to participate will receive a \$10 referral refund on their registration.

Where do I go to join the event fun on Facebook?

Please join the *Retro Rewind* Facebook event here: <https://fb.me/e/5weQbr6ob>.

How does *Retro Rewind* work?

You pick the decade you were born in or have an affinity for, then each day you will choose your healthy activities and track your *time*. Tracking is open from November 27—December 6. We'll share ACS achievements from each decade along the way!

Do I need to track my time?

Yes. This challenge is centered around the time you spend on healthy activities.

Is there a required amount of time?

In following the recommended daily physical activity guidelines offered by your American Cancer Society, we encourage you to spend a minimum of 20 minutes / per day on at least one healthy activity. However, you are welcome to do more!

When and where do I track my time?

You will need to sign in to your RunSignUp account to track your time. We suggest tracking your time each day. You can also track multiple activities in one day or enter activities from previous days. You will have until 11:59 PM on December 7 to submit all of your daily results.

What healthy activities count?

Get creative! Run, take the dog on a walk, hike, hula hoop, jump rope, cook a healthy meal, jazzercise, clean the house, take a bike ride, the list goes on and on. If it's good for your health, it's good for us!

Is fundraising required?

No, fundraising is not required. However, we hope you will consider supporting ACS through fundraising or a one-time donation. The decades-long progress your ACS has made is only possible through generosity, like yours! Your support is needed more than ever to protect this progress.

I would like to support ACS and fundraise, what should I do?

When you complete your *Retro Rewind* registration a fundraising page will be created for you. You can also link your *Retro Rewind* fundraising to Facebook and will receive a prompt to do so when you complete registration. Only fundraising completed on the *Retro Rewind* RunSignUp website will qualify for this event's incentive prizes.

I already registered but want to include an event item. What do I do?

You can manage your add-ons by clicking on your profile icon. Then you will select, view registrations, select the item(s) you would like to add and click continue to proceed with shipping details.

How do I qualify for an incentive prize?

Your total fundraising amount from the date of your *Retro Rewind* registration through 11:59 PM on December 7 will determine whether or not you qualify for an incentive prize.

When will I receive my swag or incentive prize?

Swag and incentive prizes will be mailed after the event concludes on December 7.

Thank you for your continued support of the American Cancer Society!

Please practice safety when participating in this event. We encourage you to follow your local social distancing guidelines.



Cancer hasn't stopped and neither will we.

1.800.227.2345 | www.cancer.org