

CARA has introduced its new free “Friend” level membership in an effort to increase engagement with all those that participate in CARA programs and events but may not yet have chosen to join as a paid CARA “Supporter” level member.

CARA Friend level member benefits include:

- Access to the CARA Group Run Network.
- Access to the CARA Runs mobile app login features.
- Access to the NovaCare Rehabilitation Injury Hotline
- Eligibility to score for a club team in the CARA Runners' Choice Circuit club competition
- Access to an online member account with training and race log
- Subscription to the CARA Connection e-newsletter

Runners may become a CARA Friend member by registering for any CARA programs or event, including free programs, or by simply registering at https://thedriven.net/cara.race_reg2/eid/35724245689/rid/19127.