

Arizona Board of Regents 401(a) Optional Retirement Plan

As of 09/30/2009

The performance data quoted represents past performance, and is no guarantee of future results. Your returns and the principal value of your investment will fluctuate so that your mutual fund shares/variable annuity account accumulation units, when redeemed, may be worth more or less than their original cost. Current performance may be lower or higher than the performance quoted. For performance current to the most recent month-end, call 800 TIAA-CREF (800 842-2273).

Annuity account options are available through annuity contracts issued by TIAA or CREF. These contracts are designed for retirement or other long-term goals, and offer a variety of income options, including lifetime income. Payments from the variable annuity accounts are not guaranteed and will rise or fall based on investment performance. Mutual funds do not offer the range of income options available through annuities.

There are inherent risks in investing in mutual funds and variable annuity accounts including loss of principal. Please be sure to read carefully the notes that appear at the end of this section for details.

EQUITIES As of 09/30/2009			Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
VARIABLE ANNUITY	Symbol	Inception Date	3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
CREF Equity Index Account Account Number: 008 See notes: 25, 34, 105, 121	--	04/29/94	16.18%	20.84%	-6.70%	1.16%	0.36%	7.36%	0.49%/0.49%	--
CREF Global Equities Account Account Number: 006 See notes: 25, 34, 105, 121	--	05/01/92	18.42%	27.15%	-2.10%	3.28%	0.61%	6.83%	0.65%/0.65%	--
CREF Growth Account Account Number: 007 See notes: 25, 34, 105, 121	--	04/29/94	14.13%	26.63%	-2.35%	1.56%	-3.44%	5.56%	0.58%/0.58%	--
CREF Stock Account Account Number: 002 See notes: 25, 34, 105, 121	--	08/01/52	17.65%	25.77%	-3.05%	2.79%	1.03%	9.70%	0.59%/0.59%	--
MUTUAL FUND										
American Funds Capital World Growth and Income Fund Fund Number: 307 See notes: 34, 40, 121	RWIFX	05/15/02	18.79%	27.38%	2.89%	8.15%	--	9.05%	0.50%/0.50%	--
American Funds EuroPacific Growth Fund Fund Number: 035 See notes: 34, 40, 121	RERFX	05/15/02	19.61%	34.88%	8.92%	10.08%	--	9.24%	0.54%/0.54%	--
American Funds Fundamental Investors Fund Number: 309 See notes: 34, 40, 121	RFNFX	05/15/02	15.21%	26.02%	-3.32%	4.97%	--	4.98%	0.37%/0.37%	--
First American Mid-Cap Growth Opportunity Fund Fund Number: 276 See notes: 34, 40, 121	FISGX	12/28/89	16.61%	37.28%	2.45%	4.66%	8.38%	9.89%	0.97%/0.97%	--



EQUITIES As of 09/30/2009

MUTUAL FUND	Symbol	Inception Date	Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
			3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
Goldman Sachs Growth Opportunities Fund Fund Number: 279 See notes: 34, 40, 121, 302	GGOIX	05/24/99	18.53%	45.71%	4.06%	5.73%	9.84%	10.17%	1.07%/0.98%	N/A
Goldman Sachs Large Cap Value Fund Fund Number: 280 See notes: 34, 40, 121	GSLIX	12/15/99	15.44%	19.58%	-6.32%	1.73%	--	3.24%	0.77%/0.77%	--
Keeley Small Cap Value Fund Fund Number: 1097 See notes: 34, 40, 121	KSCIX	12/31/07	18.96%	17.36%	-20.56%	--	--	-18.19%	1.11%/1.11%	--
Legg Mason Opportunity Fund Fund Number: 284 See notes: 34, 40, 121, 301	LMNOX	06/26/00	36.57%	80.26%	5.91%	-1.90%	--	2.45%	1.32%/0.97%	--
Legg Mason U.S. Small-Cap Value Fund Fund Number: 285 See notes: 34, 40, 121, 302	LUSIX	06/19/98	19.09%	13.49%	-14.23%	-1.64%	5.80%	3.70%	1.29%/1.00%	N/A
Legg Mason Value Fund Fund Number: 283 See notes: 34, 40, 121	LMNVX	12/01/94	19.85%	37.25%	-2.29%	-5.09%	-0.84%	10.02%	0.74%/0.74%	--
Lord Abbett Small-Cap Blend Fund Fund Number: 286 See notes: 34, 40, 121	LSBYX	06/26/01	14.37%	17.36%	-12.94%	3.13%	--	7.26%	1.01%/1.01%	--
Neuberger Berman Socially Responsive Fund Fund Number: 287 See notes: 34, 40, 121	NBSRX	03/16/94	14.27%	24.01%	-8.99%	2.20%	3.10%	7.55%	0.90%/0.90%	--
Royce Opportunity Fund Fund Number: 295 See notes: 34, 40, 121	ROFIX	12/12/01	32.19%	57.68%	0.46%	3.78%	--	8.07%	1.06%/1.06%	--
Royce Premier Fund Fund Number: 288 See notes: 34, 40, 121	RPFIX	09/17/02	18.66%	29.27%	0.93%	7.71%	--	12.57%	1.04%/1.04%	--
SSgA S&P 500 Index Fund Fund Number: 289 See notes: 34, 40, 121	SVSPX	12/30/92	15.51%	19.06%	-7.01%	0.88%	-0.30%	7.30%	0.18%/0.18%	--
T. Rowe Price Growth Stock Fund Fund Number: 291 See notes: 34, 40, 121	PRGFX	04/11/50	14.00%	31.24%	0.27%	2.45%	2.03%	10.26%	0.73%/0.73%	--
TIAA-CREF Equity Index Fund Fund Number: 373 See notes: 34, 121	TIQRX	03/31/06	16.14%	20.84%	-6.60%	--	--	-3.87%	0.33%/0.33%	--
TIAA-CREF Growth and Income Fund Fund Number: 011 See notes: 34, 121	TRGIX	10/01/02	15.91%	21.75%	-2.66%	4.86%	--	7.40%	0.75%/0.75%	--
TIAA-CREF International Equity Fund Fund Number: 013 See notes: 34, 121, 131	TRERX	10/01/02	18.94%	25.61%	-3.42%	4.59%	--	9.61%	0.79%/0.79%	--
TIAA-CREF International Equity Index Fund Fund Number: 027 See notes: 34, 121, 131	TRIEX	10/01/02	19.25%	26.85%	1.57%	5.82%	--	10.49%	0.36%/0.36%	--
TIAA-CREF Large-Cap Growth Fund Fund Number: 348 See notes: 34, 121, 301	TILRX	03/31/06	13.67%	24.89%	-4.17%	--	--	-2.73%	0.78%/0.77%	01/31/10
TIAA-CREF Large-Cap Growth Index Fund Fund Number: 019 See notes: 34, 121, 301	TRIRX	10/01/02	13.89%	26.95%	-2.06%	1.48%	--	4.80%	0.35%/0.34%	04/30/10
TIAA-CREF Large-Cap Value Fund Fund Number: 014 See notes: 34, 121	TRLCX	10/01/02	19.87%	28.32%	-0.88%	2.10%	--	7.46%	0.74%/0.74%	--
TIAA-CREF Large-Cap Value Index Fund Fund Number: 020 See notes: 34, 121	TRCVX	10/01/02	18.15%	14.70%	-10.77%	0.59%	--	5.69%	0.35%/0.35%	--
TIAA-CREF Mid-Cap Growth Fund Fund Number: 015 See notes: 34, 121	TRGMX	10/01/02	17.44%	36.44%	-2.69%	3.15%	--	9.00%	0.81%/0.81%	--
TIAA-CREF Mid-Cap Value Fund Fund Number: 016 See notes: 34, 121	TRVRX	10/01/02	20.30%	31.52%	-3.98%	5.20%	--	11.10%	0.77%/0.77%	--
TIAA-CREF Real Estate Securities Fund Fund Number: 017 See notes: 34, 121	TRRSX	10/01/02	31.70%	13.79%	-28.95%	-0.66%	--	6.90%	0.81%/0.81%	--

EQUITIES As of 09/30/2009

MUTUAL FUND	Symbol	Inception Date	Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
			3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
TIAA-CREF S&P 500 Index Fund Fund Number: 018 See notes: 34, 121	TRSPX	10/01/02	15.50%	19.05%	-7.11%	0.70%	--	4.89%	0.31%/0.31%	--
TIAA-CREF Small-Cap Blend Index Fund Fund Number: 024 See notes: 34, 121, 131, 301	TRBIX	10/01/02	19.13%	21.84%	-10.06%	2.13%	--	8.39%	0.42%/0.35%	04/30/10
TIAA-CREF Small-Cap Equity Fund Fund Number: 028 See notes: 34, 121, 131	TRSEX	10/01/02	19.17%	21.70%	-8.57%	1.17%	--	8.04%	0.78%/0.78%	--
TIAA-CREF Social Choice Equity Fund Fund Number: 012 See notes: 34, 121	TRSCX	10/01/02	16.56%	23.09%	-6.17%	1.70%	--	6.00%	0.46%/0.46%	--
Vanguard 500 Index Fund Signal Shares Fund Number: 296 See notes: 34, 40, 121	VIFSX	09/29/06	15.62%	19.38%	-6.78%	--	--	-5.39%	0.09%/0.09%	--
Vanguard Explorer Fund Fund Number: 323 See notes: 34, 40, 121	VEXPX	12/11/67	17.62%	30.23%	-3.83%	2.24%	5.62%	8.41%	0.51%/0.51%	--
Vanguard Selected Value Fund Fund Number: 293 See notes: 34, 40, 121	VASVX	02/15/96	19.58%	28.03%	3.05%	3.97%	8.02%	6.65%	0.45%/0.45%	--
Vanguard Small-Cap Growth Index Fund Fund Number: 343 See notes: 34, 40, 121	VISGX	05/21/98	19.69%	35.91%	-2.08%	4.54%	6.38%	5.07%	0.28%/0.28%	--
Vanguard Strategic Equity Fund Fund Number: 294 See notes: 34, 40, 121	VSEQX	08/14/95	19.41%	23.89%	-9.66%	0.31%	5.69%	8.30%	0.32%/0.32%	--
Vanguard Windsor II Fund Fund Number: 331 See notes: 34, 40, 121	VWNFX	06/24/85	16.25%	19.23%	-6.55%	1.46%	3.30%	10.31%	0.39%/0.39%	--

REAL ESTATE As of 09/30/2009

VARIABLE ANNUITY	Symbol	Inception Date	Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
			3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
TIAA Real Estate Account Account Number: 009 See notes: 25, 34, 101, 105	--	10/02/95	-7.64%	-23.79%	-33.83%	0.02%	3.86%	5.12%	1.01%/1.01%	--

FIXED INCOME As of 09/30/2009

VARIABLE ANNUITY	Symbol	Inception Date	Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
			3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
CREF Bond Market Account Account Number: 005 See notes: 25, 34, 105, 121	--	03/01/90	4.07%	6.59%	9.20%	4.22%	5.79%	6.82%	0.50%/0.50%	--
CREF Inflation-Linked Bond Account Account Number: 010 See notes: 25, 34, 105	--	05/01/97	2.85%	7.60%	4.58%	4.26%	7.03%	6.34%	0.50%/0.50%	--

MUTUAL FUND

Goldman Sachs Government Income Fund Fund Number: 278 See notes: 34, 40, 121, 302	GSOIX	08/15/97	2.58%	4.66%	8.95%	4.92%	6.12%	6.00%	0.64%/0.58%	N/A
TIAA-CREF Bond Fund Fund Number: 368 See notes: 34, 121	TIDRX	03/31/06	4.02%	5.99%	9.64%	--	--	5.52%	0.57%/0.57%	--
TIAA-CREF Bond Plus Fund Fund Number: 358 See notes: 34, 121, 301	TCBRX	03/31/06	5.30%	8.73%	9.39%	--	--	4.33%	0.63%/0.60%	01/31/10
TIAA-CREF High-Yield Fund Fund Number: 355 See notes: 34, 121, 131, 301	TIHRX	03/31/06	10.32%	35.87%	18.54%	--	--	5.28%	0.69%/0.65%	01/31/10
TIAA-CREF Inflation-Linked Bond Fund Fund Number: 367 See notes: 34, 121	TIKRX	03/31/06	2.81%	7.39%	4.33%	--	--	5.33%	0.59%/0.59%	--

FIXED INCOME As of 09/30/2009

MUTUAL FUND	Symbol	Inception Date	Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
			3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
TIAA-CREF Short-Term Bond Fund Fund Number: 361 See notes: 34, 121, 301	TISRX	03/31/06	3.17%	4.79%	7.07%	--	--	4.56%	0.63%/0.55%	01/31/10
Western Asset Core Plus Bond Portfolio Fund Number: 038 See notes: 34, 40, 121	WACPX	07/08/98	10.50%	21.79%	17.24%	4.73%	6.85%	6.30%	0.47%/0.47%	--
COLLECTIVE FUND										
Wells Fargo Galliard Stable Return Fund Fund Number: 277 See notes: 40, 200	--	--	--	--	--	--	--	--	--/--	--

MONEY MARKET As of 09/30/2009

VARIABLE ANNUITY	Symbol	Inception Date	Yields	Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
			7-Day Current Yield*	3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
CREF Money Market Account Account Number: 003 See notes: 25, 30, 34, 78, 105, 121	--	04/01/88	0.01%	0.00%	0.11%	0.73%	3.08%	3.00%	4.46%	0.47%/0.47%	--
MUTUAL FUND											
TIAA-CREF Money Market Fund Fund Number: 370 See notes: 31, 34, 77, 121	TIEXX	03/31/06	0.01%	0.01%	0.28%	0.78%	--	--	3.30%	0.39%/0.39%	--

GUARANTEED As of 09/30/2009

GUARANTEED ANNUITY	Rates of Return			
	1 Year	5 Year	10 Years	Current Rate
TIAA Traditional Account Account Number: 001 See notes: 26, 32, 101, 105	4.91%	4.55%	6.16%	3.65%

MULTI-ASSET As of 09/30/2009


VARIABLE ANNUITY	Symbol	Inception Date	Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
			3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
CREF Social Choice Account Account Number: 004 See notes: 25, 34, 105, 121	--	03/01/90	12.19%	18.04%	2.26%	3.12%	2.95%	8.29%	0.53%/0.53%	--
MUTUAL FUND										
T. Rowe Price Capital Appreciation Fund Fund Number: 290 See notes: 34, 40, 121	PRWCX	06/30/86	11.06%	26.74%	2.73%	4.95%	8.66%	11.12%	0.74%/0.74%	--
TIAA-CREF Lifecycle 2010 Fund Fund Number: 135 See notes: 34, 121, 301	TCLEX	10/15/04	10.68%	16.18%	3.36%	--	--	3.17%	0.87%/0.66%	01/31/10
TIAA-CREF Lifecycle 2015 Fund Fund Number: 136 See notes: 34, 121, 301	TCLIX	10/15/04	11.81%	17.77%	2.49%	--	--	2.96%	0.89%/0.67%	01/31/10
TIAA-CREF Lifecycle 2020 Fund Fund Number: 137 See notes: 34, 121, 301	TCLTX	10/15/04	12.86%	19.22%	1.40%	--	--	2.51%	0.92%/0.69%	01/31/10
TIAA-CREF Lifecycle 2025 Fund Fund Number: 138 See notes: 34, 121, 301	TCLFX	10/15/04	13.89%	20.53%	0.08%	--	--	2.09%	0.94%/0.70%	01/31/10
TIAA-CREF Lifecycle 2030 Fund Fund Number: 139 See notes: 34, 121, 301	TCLNX	10/15/04	14.99%	21.78%	-1.41%	--	--	1.58%	0.96%/0.71%	01/31/10

*The current yield more closely reflects the earnings of this investment choice.

MULTI-ASSET As of 09/30/2009

MUTUAL FUND	Symbol	Inception Date	Total Returns		Average Annual Total Returns				Gross/Net Expense Charge	Fee Waiver Expiration
			3-Month	YTD	1 Year	5 Year	10 Years	Since Inception		
TIAA-CREF Lifecycle 2035 Fund Fund Number: 140 See notes: 34, 121, 301	TCLR	10/15/04	15.93%	23.04%	-1.94%	--	--	1.59%	0.98%/0.72%	01/31/10
TIAA-CREF Lifecycle 2040 Fund Fund Number: 141 See notes: 34, 121, 301	TCLOX	10/15/04	15.91%	23.04%	-1.91%	--	--	1.98%	0.95%/0.72%	01/31/10
TIAA-CREF Lifecycle 2045 Fund Fund Number: 522 See notes: 34, 121, 301	TFRX	11/30/07	15.91%	23.10%	-2.93%	--	--	-14.48%	7.08%/0.73%	04/30/10
TIAA-CREF Lifecycle 2050 Fund Fund Number: 525 See notes: 34, 121, 301	TLFRX	11/30/07	15.88%	22.64%	-4.08%	--	--	-14.67%	8.17%/0.72%	04/30/10
TIAA-CREF Lifecycle Retirement Income Fund Fund Number: 528 See notes: 34, 121, 125, 301	TLRX	11/30/07	8.88%	13.74%	4.86%	--	--	-3.39%	2.17%/0.63%	04/30/10
TIAA-CREF Managed Allocation Fund Fund Number: 352 See notes: 34, 121, 124, 301	TITRX	03/31/06	12.15%	18.17%	1.39%	--	--	-0.54%	0.77%/0.71%	01/31/10

IMPORTANT INFORMATION

121  Data Provided by Morningstar, Inc. © 2009 Morningstar, Inc. All Rights Reserved. The information contained herein: (1) is proprietary to Morningstar and/or its content providers; (2) may not be copied or distributed; and (3) is not warranted to be accurate, complete or timely. Neither Morningstar nor its content providers are responsible for any damages or losses arising from any use of this information.

34 **The returns quoted represent past performance, which is no guarantee of future results. Returns and the principal value of your investment will fluctuate. Current performance may be higher or lower than that shown above, and you may have a gain or a loss when you redeem your mutual fund shares/annuity account accumulation units. For current performance information, including performance to the most recent month-end, call 800 TIAA-CREF (800 842-2273).**

77 **An investment in the fund is neither insured nor guaranteed by the Federal Deposit Insurance Corporation or any other U.S. government agency. The fund will attempt to maintain a stable net asset value of \$1.00 per share, but it is possible to lose money by investing in the fund.**

31 The 7-day money market yield listed more closely reflects the current earnings of the money market mutual fund(s) than does the total return.

78 **An investment in the CREF Money Market Account is not a deposit of any bank and is neither insured nor guaranteed by the Federal Deposit Insurance Corporation or any other U.S. government agency.**

30 The 7-day money market yield listed more closely reflects the current earnings of the money market annuity account than does the total return.

25 All CREF accounts estimate expenses each year based on projected expense and asset levels. Differences between actual expenses and the estimate are adjusted quarterly and are reflected in current investment results. Historically, adjustments have been small.

26 The TIAA Traditional Annuity guarantees principal and a specified interest rate (based on TIAA's claims paying ability). It also offers the potential for greater growth through additional amounts, which may be declared on a year-by-year basis by the TIAA Board of Trustees. These additional amounts, when declared, remain in effect for the "declaration year" which begins each March 1. If you have an Retirement Annuity (RA) contract, the TIAA annuity contract does not allow lump-sum cash withdrawals from the TIAA Traditional Annuity and transfers out must be spread over ten annual installments. If you have a Group Retirement Annuity (GRA) contract, lump-sum withdrawals are available from the TIAA Traditional Annuity, subject to the terms of your employer plan, only within 120 days after termination of employment and are subject to a 2.5% surrender charge. All other withdrawals and all transfers from TIAA Traditional to any variable annuity accounts or mutual funds offered through TIAA-CREF within the plan or to approved alternate carriers within the plan must be spread over ten annual installments (or over five years for withdrawals after termination of employment).

32 Interest credited to TIAA Traditional Annuities includes a guaranteed rate of between 1% and 3%, plus any additional amounts that are established on a year-by-year basis. The additional amounts, when declared, remain in effect through the "declaration year," which begins each March 1.

40 Accumulations in mutual funds not managed by TIAA-CREF may be subject to administrative charges. These charges are subject to change. Please review current documents related to your plan.

101 All displayed performance and statistical data have been compiled by TIAA-CREF.

105 Annuities are designed for retirement savings or for other long-term goals. They offer several payment options, including lifetime income. Payments from TIAA and CREF variable annuities are not guaranteed, and the payment amounts will rise or fall depending on investment returns. Mutual funds do not offer the range of income options available through annuities.

124 The Managed Allocation fund operates at a zero expense ratio because the fund advisor does not receive a management fee for its services to the fund and has agreed to be responsible for providing the services reasonably necessary for the ordinary operation of the fund. Shareholders indirectly bear their pro rata share of the fees and expenses of the fund in which the Managed Allocation fund invests.

125 This is a new investment choice being offered by TIAA-CREF and no performance is available this quarter.

131 You will be charged a 2.00% fee of the amount redeemed or exchanged out of the fund within 60 calendar days of the initial purchase date. Please see the prospectus for details about this redemption fee and certain exemptions that may apply. The above performance data does not reflect the deduction of the redemption fee, and if reflected, the fee would reduce the performance quoted.

200 For performance details about this investment option, visit your employer's microsite and click on "Investment Options," or call 800 TIAA-CREF (800 842-2273).

301 The net annual expense reflects a contractual reimbursement of various expenses by the fund's advisor. This reimbursement may be discontinued at any time.

302 The net annual expense charge for this fund reflects a voluntary reimbursement of various expenses by the fund's adviser. This reimbursement may be discontinued at any time.

You should consider the investment objectives, risks, charges and expenses carefully before investing. Please call 877 518-9161 or go to www.tiaa-cref.org for a prospectus that contains this and other information. Please read the prospectus carefully before investing. TIAA-CREF Individual & Institutional Services, LLC, and Teachers Personal Investors Services, Inc., members FINRA, distribute securities products. Annuity contracts and certificates are issued by Teachers Insurance and Annuity Association (TIAA) and College Retirement Equities Fund (CREF), New York, NY.

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