

Team **RMHC**[®]



Ronald McDonald
House Charities[®]
Newfoundland & Labrador

Proudly sponsored by

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PROPERTY RESTORATION



July 28, 2019 Tely 10

Team RMHC is a rewarding way to enjoy the Tely 10 experience



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By choosing to complete the Tely 10 with Team RMHC, you will help Ronald McDonald House continue giving sick children what they need most—their family.

Team RMHC strives to make completing the Tely 10 an unforgettable experience. Each team member must raise a minimum of \$250. They will receive an official Team RMHC shirt, team photo, and participation in a special cheque presentation to RMHC at the finish line and a special awards ceremony. Each member of Team RMHC, will receive the support and encouragement you need to complete the Tely 10. So, whether you are a first-timer or have completed the race before, join us. Team RMHC has a place for you and will be right there to help you along the way.

By choosing to complete the Tely 10 with Team RMHC, you will help us to continue giving sick children and families what they need most – each other.

Team RMHC is open to anyone! Runners or walkers of all skill levels join together as part of Team RMHC to help raise awareness and funds to provide programs and services at Ronald McDonald House Charities® Newfoundland and Labrador (RMHC NL) by completing the Tely 10 Event. See you at the start line!

The official Tely 10 event will take place on **Sunday July 28, 2019**.

HISTORY

Team RMHC®



2018



2014



2015



2016



2017

Team RMHC®
5 year total - \$34,244

JOIN US!

There are many ways to get involved:

Participate ♥ Team Captain ♥ Cheering Squad/Team Support ♥ Sponsorship

Help Ronald McDonald House **#keepfamiliesclose**

Meet Natalia Williams of Labrador City



BECAUSE I CAN'T
FIGHT CANCER
ALONE

Thank-you for supporting the Ronald McDonald house. You are making it possible for my family to stay together while my 4-year-old goes through 8 months of chemo for her leukemia.

The Ronald MacDonald has been our home away from home.

We've been able to receive support from other parents going through the same thing which means so much to us.

Staying here has made it easier being so far away from our home.

Thank-you Ronda Williams
XOX Natalia-4 years

In June of 2018, 4-year-old Natalia was diagnosed with **ALL, Acute Lymphoblastic Leukemia**. Ronda, a single mother of two, had to relocate from Labrador City to St. John's on a semi-permanent basis for Natalia's treatment. Natalia, her mom and at times her older sister Haidyn (who is at home attending high school in Labrador City with extended family) find comfort and care at our very own Ronald McDonald House in St. John's for the past **271 nights**. With Natalia's treatments expected to continue into the **spring of 2019**, the Williams Family are grateful for Ronald McDonald House for keeping them close to each other and the medical care and resources they need, when they need it the most.

Get Involved

Participate ♥ Team Captain ♥ Cheering Squad/Team Support ♥ Sponsorship

PARTICIPATE

Team RMHC®

To be an active participating member of Team RMHC, all you have to do is register for the Tely 10 and then request to join Team RMHC - everyone completes the event at their own speed with a cheque presentation to RMHC NL at the finish line!

Getting Started – Joining Team RMHC is easy, follow these three steps:

1. **Register for the Tely 10 race - opens March 14 , 2019** (Each team member is responsible for paying their own entry fees).
http://www.nlaa.ca/tely10/register_race_info/register_confirm_entry.php

Entry Fees and Registration Deadlines are as follows:

- Early Bird Fee - \$60.00 until 11:59 pm, Monday, May 6, 2019
- Late Fee - \$75.00 from May 7 to 11:59 pm, Wednesday, July 10, 2019
- HST & service fee will be added to all transactions.

2. **Join** – Once registered for the Tely 10, complete the Team RMHC registration form
Online : <http://rmhcnl.ca/events/community-events/team-rmhc>
Deadline to register is **May 31, 2019**.

3. **Fundraise** – Each team member must fundraise a minimum of **\$250**.
 - Teams can Fundraise Online! www.MakeFunMatter.ca
 - Pledge sheets are available to team members
 - Fundraising Incentives and Awards!
 - A **Goods Bingo Event** is planned at Columbus Hall, Knights of Columbus St. Clare Avenue on Thursday July 11, 2019 **8pm**. **An equal fundraising credit will be applied to each team member that supports this event. To receive credit, members must -**
 - a) provide 5 prizes for the Goods Bingo;
 - b) sell minimum of 10 tickets to the Goods Bingo event;
 - c) Volunteer at the Goods Bingo



TEAM CAPTAIN

- Appointed 3 Month commitment to lead Team RMHC with development, enhancement and communications
- Please indicate interest to RMHC (Director Development & Communications)

CHEERING SQUAD

- Each team member must fundraise a minimum of **\$250**
- Any individual, regardless of ability to complete the Tely10 event, can join Team RMHC Cheering Squad. These members will provide volunteer support to fundraising and communications efforts
- Members can also fundraise and receive incentives and awards
- Members are invited to attend the Tely10 at a designated location to cheer on team. They are also included in the final photo presentation at finish line and the Final Awards and Presentation Party

Become a Sponsor

Sponsorship Opportunities

Gold “Gift of Togetherness” Sponsor

(\$1000 1 available)

- ☐ Exclusively named as Gold Sponsor. Your Company sponsor Team RMHC
- ☐ Opportunity to present Team RMHC awards during a designated Awards Celebration
- ☐ Opportunity for employees to participate on Team RMHC (Participate or Cheering Squad)
- ☐ Named as presenting sponsor on all promotional materials
- ☐ Team RMHC t-shirts that include Sponsor logo prominently on the t-shirt
- ☐ Corporate Banners (provided by the sponsor) can be displayed during all Team RMHC fundraising events
- ☐ Logo prominently placed on event webpage and Ronald McDonald House Facebook page
- ☐ Link to your company website added to webpage
- ☐ Opportunity for first right of refusal in the following year

Silver “Gift of Courage” Sponsor

(\$500)

- ☐ Named as silver sponsor of Team RMHC
- ☐ Opportunity for employees to participate on Team RMHC
- ☐ Named as sponsor on all promotional materials
- ☐ Logo prominently placed on event webpage and Ronald McDonald House Facebook page
- ☐ Link to your company website added to webpage
- ☐ Opportunity for first right of refusal in the following year

Bronze “Gift of Hope” (Participant) Sponsor

(\$250)

- ☐ Named as bronze participant sponsor of Team RMHC
- ☐ Opportunity for employees to participate on Team RMHC
- ☐ Logo prominently placed on event webpage and Ronald McDonald House Facebook page
- ☐ Link to your company website added to webpage
- ☐ Opportunity for first right of refusal in the following year



Team RMHC Incentives

Team RMHC Awards and Incentives

- Fastest Male & Fastest Female
 - * 19 and under, 20—29, 30—39 , 40—49, 50—59
60—69, 70 and up.
- Fastest Couple
- Most personal improvement (Male)
- Most personal improvement (Female)
- Rookie Award (s)
- Team Loyalty Awards – 3, 5, 10 Year, 15 year, 20 year
- Top Team RMHC Fundraiser Award



Fundraising Incentives (items are not exactly as shown)

Raise \$250 or more

And receive a Team RMHC Shirt (Men's or Women's) minimum registration



** Mini-

Raise \$500 or more

Team RMHC Shirt (Men's or Women's) and an embroidered Team RMHC hat



Raise \$750 or more

And receive a Team RMHC Shirt (Men's or Women's) and an embroidered Team RMHC Fleece (Men's or Women's) Team RMHC hat



Raise \$1000 or more

And receive a Team RMHC Shirt (Men's or Women's) and an embroidered Team RMHC Jacket (Men's or Women's) Team RMHC hat



Important Dates to Remember (Schedule)

Team RMHC®

March 14 - May 6, 2019	Early Bird Deadline to Register for the Tely 10 race.
May 31, 2019	Deadline to notify RMHC NL and register for Team RMHC
Week of June 3, 2019	Pick up Registration Package that includes: schedule, awards and incentive information, pledge sheets, online fundraising information, tickets for the Goods Bingo (minimum of 10 tickets per team member), poster for Goods Bingo
July 4, 2019	Deadline to submit 5 prizes per team member for the Goods Bingo
July 4, 2019	Deadline date to sell all your advance tickets (minimum 10 per team member) for the Goods Bingo
July 11, 2019	Goods Bingo – Team RMHC Fundraiser Columbus Hall—St. Clare Avenue St. John's 8 –10pm Volunteers needed!
July 10, 2019	Final Date to register for the Tely 10 Race
July 15, 2019	Pick up your Team RMHC T-Shirt at Ronald McDonald House
July 22, 2019	Deadline to report/turn in advance fundraising pledge sheets/online fundraising amounts
July 28, 2019	Tely 10 Race – 7:40am Group photo at the start line (entrance to Paradise Community Center)—and cheque presentation photo at the finish line (on stage)
August 14, 2019	Team RMHC Awards and Presentations Pizza Party @ RMHC 7:00—8:00pm



Meet Sarah Fitzgerald, Team RMHC member

I joined Team RMHC in 2018 (also my first year running the Tely 10) after seeing a post on social media recruiting members. I barely knew a soul on the team, I had never volunteered at RMHC before BUT... (there's always a but), I KNEW a team was going to get me prepared and through the Tely 10 race, so I joined. The spirit of the team, fundraising for RMHC and the support these extraordinary people gave me, made my first Tely 10 experience that much better! And who knew a year later I would land a summer job at "The House That Love Built", join a running group, beat my Tely 10 time from last year, and the incredibly crazy opportunity to be on the front cover of the Telegram for the 91st Tely 10!! This year is going to be really hard to beat now! To sum up the last paragraph in 4 words JOIN TEAM RMHC FRIENDS!! You won't regret it!! (Okay maybe 8 words)



Meet Stephen King, Team RMHC member

So proud and honored to put on the Team RMHC shirt and join Team RMHC for the Tely 10 run!! It's not about the time it takes to finish. It's not about the placement I receive. It's all about crossing that finish line wearing this shirt and raising awareness for such an amazing place for families with sick or injured children. My motivation along this journey of preparation has been knowing that with each step, ache, pain, and bead of sweat (and there have been many of each...lol) some child/children and their family can continue to be together because of this "HOME". We are forever grateful!! I am so proud to have been a part of Team RMHC in running my first Tely 10 road race!! It was an amazing event and it was an awesome feeling to hear the encouragement from strangers cheering me on along the route. The heat and humidity made for a tough race but I made it through and that was my goal!! Thank you to all who encouraged me and helped me raise pledges and awareness for the families who need Ronald McDonald House!! Can't wait until next year!!





Team **RMHC**[®]

Participation Registration Form (online also available)

☐ Participant | ☐ Cheering Squad | ☐ Team Captain | ☐ Sponsor

Company: _____

Contact: _____

Name: _____

Address: _____

City/Province: _____ Postal Code: _____

Phone: _____ Email: _____

Official Team RMHC shirt Name on back of shirt: _____

T-Shirt Size: : ☐ S | ☐ M | ☐ L | ☐ XL | ☐ 2XL Gender: ☐ Men's | ☐ Women's

Age Category: ☐ 20-29 | ☐ 30-39 | ☐ 40-49 | ☐ 50-59 | ☐ 60-69 | ☐ 70-79 | ☐ 80-89

Payment: Please complete and return

Gold "Gift of Togetherness" Sponsor (1 Available)	\$1000	\$
Silver "Gift of Courage" Sponsor	\$500	\$
Bronze "Gift of Hope" (Participant) Sponsor	\$250	\$
Team RMHC Registration (Fundraising options available)	\$250 minimum	\$
		TOTAL \$

☐ I will fundraise my Team RMHC registration fee - please send me pledge sheets and fundraising information

☐ Cheque enclosed

☐ Send Invoice

☐ Credit Card



Card Number: _____

Expiry Date: _____

Name on Card: _____

Signature: _____

Please register online at www.RMHCNL.ca
or return completed form to:
info@rmhcnl.ca or Fax: 709-747-1270



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