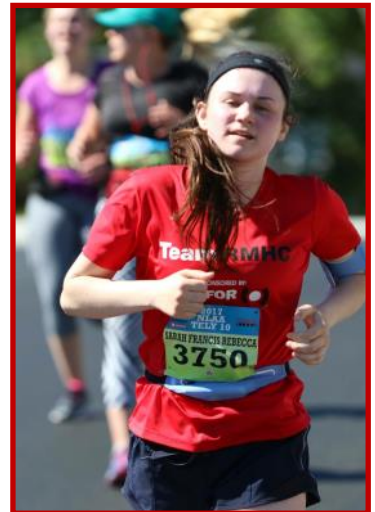


Team RMHC[®]

2022 Season



10
years



Team RMHC is a rewarding way to compete in endurance events

Team RMHC is a rewarding way to enjoy competitive endurance events.

At Ronald McDonald House Charities, we are honored to keep families close to each other and the care they need. By choosing to compete for Team RMHC, you will give sick or injured children and their families what they need most – each other. Family is Medicine.

Team RMHC is a group of dedicated and committed individuals who have the opportunity to train together while fundraising for families with a sick or injured child staying at Ronald McDonald House Charities Newfoundland and Labrador. Since the beginning of Team RMHC, members have raised over \$41,000. That's over 200 nights of togetherness for our RMHC families!

Team RMHC is open to anyone! It does not matter if you are a walker, runner, rower, beginner, advanced; we all are being physical for the same reason. All teammates are asked to raise a minimum amount towards RMHC during their racing season - \$100 per participant for runners and/or \$5000 as a team for rowers. It doesn't matter if you are participating in one of the designated races or training for one of your own.

As a member of Team RMHC you receive many benefits. With the support of the presenting sponsor **McDonald's** Team RMHC is provided with official team wear and marketing support!

Why join Team RMHC? Every step you take, or row you make, will help keep families with a sick child close to each other and the medical care and resources they need, when they need it the most. You have the opportunity to make new friends as you train and fundraise together and we have great incentives and awards as you reach your endurance and fundraising goals.

JOIN Team RMHC!

There are many ways to get involved:

Participate ♥ Team Captain ♥ Alternate ♥ Cheering Squad/Team Support ♥ Sponsorship
Help Ronald McDonald House **#keepingfamiliesclose**



Meet the **Butt Family** of Stephenville

Family is medicine, and right now it's helping 12-year-old Connor Butt of Stephenville fight cancer at Ronald McDonald House

It is hard to put into words how a parent feels when their child has been diagnosed with a serious illness. It has to be one of the most difficult experiences for a family. And for families who don't live close to the medical care and resources they need, there is an added stress, distance. RMHC gives families with a sick child what they need most – each other.

In January 2021, Connor Butt, eleven at the time, was experiencing pain on the left side of his back and was treated for a kidney infection. In May, the pain returned this time with a fever. His parents, Nadine and Chris, were pretty concerned. It was the day following Mother's Day, that an ultrasound discovered a tumor, later diagnosed as Wilms Tumor. Also known as nephroblastoma, Wilms tumor can affect both kidneys, but usually develops in just one. Treatment usually involves surgery and chemotherapy, and sometimes radiation therapy. To get the medical care Connor needs meant relocating from their home, family and friends in Stephenville to St. John's nearly 800km away.

For the Butt Family, Nadine, Chris, Connor and his older sister Hope, this was going to be a challenging road ahead in a city far from home. This is something no family could prepare for. They worried about numerous things, even the simple things, like where they would stay. Shortly after the Butt Family arrived in St. John's, they were introduced to the programs and services of Ronald McDonald House.

"We initially heard of RMHC on TV and with the fire department where Chris works. They have volunteered as a group for McHappy Day in our hometown at McDonald's in Stephenville. We also heard about Ronald McDonald previously as we have friends that stayed there before. When we found out we could stay there it was such a relief." - Nadine Butt

One of the biggest advantages for families staying at Ronald McDonald House is being so close to the hospital. Nothing is as frightening for a parent or for a child as hospitalization. Ronald McDonald House is just steps away from our province's children's hospital which means that Nadine and Chris could take turns staying with Connor overnight while he was admitted in the hospital. Taking care of a sick child is one of the most draining and difficult tasks a parent can face. Beyond handling physical challenges and medical needs, parents also have to deal with their child's emotional needs and the impact that a prolonged illness can have on the entire family. Luckily, this tough balancing act doesn't have to be done alone. Families find support with other families staying at Ronald McDonald House.

"When Connor's two-week visit became an eight week stay, Ronald McDonald House became a second home for our family, and its spaghetti-making, birthday cake-baking staff and volunteers became our family who went above and beyond to make a this situation not just bearable, but even enjoyable."

Nadine added, "You truly don't understand the value of RMHC until you stay there. Honestly, it's a place that you don't actually want to go to but it's the most comforting place that I can ever think of being during a situation like this. Interacting with other families in similar circumstances is very helpful. At the beginning of our stay I wasn't up to interacting with anyone and became closed off but once I opened up and spoke with another mom of a sick child it was so comforting. We became friends and could help support each other. **As family is medicine, so are friends**, especially ones who know what you're going through. Interacting with the other families, volunteers and staff is something we look forward to. We are very social people and seeing the same friendly faces on a daily basis became part of our healing and we take comfort in knowing that our RMHC Family is there for us."

While Connor's journey is far from over, with treatments expected to continue into 2022, the Butt Family have found strength together at Ronald McDonald House and have come to rely on the vital programs and services offered.

As of September 2021, 4 stays 64 nights at RMHC NL



Ronald McDonald House Charities®
Newfoundland & Labrador



The Butt Family
Hope, Chris, Connor and Nadine
of Stephenville



History

2006 Chicago Marathon

Since 2006 Team RMHC has gone the distance for RMHC locations across the US.

- 7200+ marathon runners
- 10.5+ million dollars raised
- 189,000+ miles covered



Running the Chicago Marathon with Team RMHC changes the lives of children and families around the world. Donations raised by runners can provide more overnight stays and services at a Ronald McDonald House or Ronald McDonald Family Room. Or they can help bring medical or dental resources to communities in need via a Ronald McDonald Care Mobile. You may have always enjoyed running, but when you run with Team RMHC, every mile makes a difference.

2014 Tely 10

In 2014 Team RMHC was established in Newfoundland and Labrador and participants were able to fundraise for RMHC NL and complete the annual Tely 10 Mile Road Race

- 40+ runners
- \$41,500+ dollars raised



2021 Regatta

In 2021 a Rowing Team was added to Team RMHC and participants were able to complete in multiple rowing regattas of the season.

- 7+ rowers
- \$9,300+ dollars raised



Team RMHC®

2014



2015



2016



2017



2018



2019



2021
Regatta



2021
Tely 10



Registration is now open for the 2022 Team RMHC Rowing Team

Senior Women's Division Rowing One (1) Team



Team RMHC will be entering a team in the competitive fixed-seat rowing during the summer. As a part of this, Team RMHC members are committed to raising a **minimum of \$5000** as a team for Ronald McDonald House Charities Newfoundland and Labrador.

Upon acceptance to Team RMHC (pending confirmation of a sponsor), RMHC NL will cover the registration fees associated with all rowing events and provide **Team RMHC** uniforms (socks, pants, top, jacket, baseball hat and beanie) to be worn on race days (7 total – six people in the boat for fixed-seat rowing along with the Coxswain).

- Discovery Day Regatta, June – no cost
- Time Trials, July – no cost
- The Placentia Regatta, July (\$500)
- The Harbour Grace Regatta, July (\$500)
- The Royal St. John's Regatta, August (\$1800 +HST = \$2070.00)
- Fun Fall Regatta – no cost



Registration is now open for the 2022 Team RMHC Running Team Runnings, Walkers and Cheering Squad

To be an active participating member of **Team RMHC** individuals commit to raising a minimum of \$100 for Ronald McDonald House Charities Newfoundland and Labrador. Incentives are available for those raising over the minimum \$100.



Once registered, individuals will cover their own registration fee for each event they choose to enter. RMHC NL will cover the cost of one (1) t-shirt per participant. Individual complete each events at their own speed.

- Kent's Pond, July - \$15
- Neil's Pond, July - \$15
- Bowring Park, July - \$15
- Tely 10 Mile Road Race, July 24, 2022 - \$80
- Long Pond, July - \$15
- Adam's Pond, August - \$15
- Quidi Vidi Lake, August - \$15
- Huffin Puffin - September 18, 2022
- Cape to Cabot - October, 2022 - \$80

** All registration fees are approximate and may change annually.*

To register, please complete our online registration form <http://rmhcnl.ca/events/community-events/team-rmhc>

TEAM CAPTAIN

A team captain will be appointed by RMHC NL to lead the Team RMHC running Team participants

- Appointed 3 month commitment to lead the Team RMHC running team with development, enhancement and communications
- Please indicate interest to RMHC NL (Heather Butler, Special Events Coordinator, heatherbutler@rmhcnl.ca)

Team RMHC Running Team

Fundraising

- Members can individually Fundraise Online www.RMHC.ca
- Pledge sheets are available to team members on request
- Conduct a lottery - we can help
- A **Goods Bingo Event** will be planned with **an equal fundraising credit applied to each team member that supports this event. To receive credit from the Goods Bingo revenue, Team RMHC 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

Raise \$250 or more

And receive your choice



Raise \$500 or more

And receive a Team RMHC long sleeve Shirt (Men's or Women's)



Raise \$1000 or more

And receive a Team RMHC embroidered hoodie or zip-hoodie (Men's or Women's)



Raise \$1500 or more

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



Fundraising incentives are available for members of Team RMHC Running Team.
Items may not be exactly as shown.

Team RMHC Running Team

Team RMHC Awards

An official Team RMHC Celebration Event at Ronald McDonald House at the end of the season with a cheque presentation.

All team members will receive an official Team RMHC logo pin

Recognition awarded to Team RMHC Running Team members in the following categories

- Fastest Male and Fastest Female in each category (19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 79 and up.
- Most personal improvement (Male/Female)
- Team Loyalty Awards – 3, 5, 10 year, 15 year, 20 year
- Finishing Medals
- Top Team RMHC Fundraiser Award



Become a Sponsor

Sponsorship Opportunities

Presenting "Gift of Togetherness" Sponsor

(\$4000 1 available)

- Exclusively named as Presenting 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

(\$1000)

- 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

(\$500)

- 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



Meet Angela Skinner, Member of Team RMHC Rowing Team

I have been rowing for over 20 years. I love the sport, the competition, the races, the exercise, and the laughs along the way, it's a big part of my life! I am honoured to be part of Team RMHC for the rowing season. To be able to give back to children and families in need, at their most vulnerable time, is a great feeling. We have all been touched by a sick child at some point in our lives and to be able to help them, even in the smallest way, is humbling. I'm looking forward to a great rowing season representing team RMHC!



Meet Stephen King, Member of Team RMHC Running Team

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 Tely 10 | ☐ Participant Rowing Team | ☐ 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)	\$4000	\$
Silver "Gift of Courage" Sponsor	\$1000	\$
Bronze "Gift of Hope" (Participant) Sponsor	\$500	\$
Team RMHC Registration Tely 10 \$250 minimum Rowing Team \$750 minimum (Fundraising options available) <input type="checkbox"/> I will fundraise my Team RMHC registration fee - please send me pledge sheets and fundraising information		\$
		TOTAL \$

☐ 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



Celebrating 10 Years