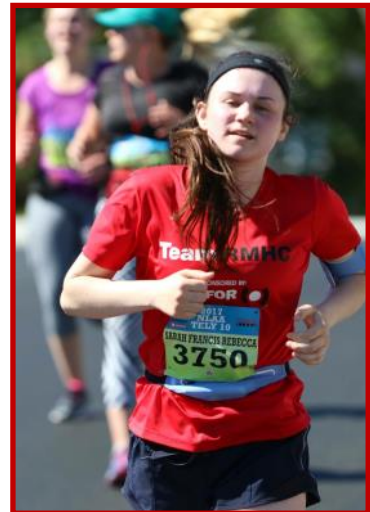


Team RMHC[®]

2023 Season



10
years



RMHC[®]
Newfoundland
& Labrador



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 \$55,708 That's over 271 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 Renouf Family of Cape St. George

Family is medicine and right now its helping three-year-old Ryder Renouf of Cape St. George, NL, fight cancer at Ronald McDonald House

It is hard to put into words how a parent feels when their child has been diagnosed with cancer. 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 the early months of 2022, Ryder was often not feeling well. It would start like the common cold and then go away. Fast forward to April, Ryder started spiking high fevers, complaining of pain and stopped eating. That's when his parents, Ashley and Ian, knew that something wasn't right.

After spending 2 nights in the Corner Brook hospital, which was already two hours away from their home in Cape St. George, the pediatrician indicated that Ryder's bloodwork was concerning and they would need to travel to the Janeway Children's Hospital or further testing.

"My mind instantly went into panic mode because we didn't know what was wrong with Ryder, and we also have a daughter Brynlee and a brand new puppy to think about." said Ryder's mom Ashley

Later Ryder was diagnosed with Leukemia. Their world was turned upside down. Ryder has been taken away from his extended family, friends, his preschool and playing outside, to spending long days at the hospital receiving treatments in another city hours away from home. Brynlee's life changed too. To complete grade 1, she needed to transfer schools to St. John's.

"I've always heard of RMHC and seen advertising but didn't know exactly what RMHC entailed. When our social worker sat down and explained what RMHC was all about, that's when we knew this was where we needed to be during this long road ahead." Ashley continued.

Ashley and Ian have meet several other families who are going through the same or a similar illness with their children. **"It's nice to be able to talk to them about it and share stories or resources! The volunteers and staff are always going above and beyond to help us out when needed! You couldn't ask for any better!"** said Ashley Renouf

At Ronald McDonald House there are plenty of programs and resources to support families far from home with a sick child. **"Being able to stay at the RMHC made things so much easier for my family. It meant that we could all be together and not have to stress at the cost or all the little things in daily life."** Ashley continued

While Ryder's battle with cancer continues, with treatments expected to continue into 2025, the Renouf Family have come to rely on the programs and services at Ronald McDonald House to keep their family together.



The Renouf Family
*Brynlee, Ian, Ashley and Ryder Renouf
of Cape St. George, NL*

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 Placentia Regatta



2021 Tely 10



2022 Regatta



2022 Tely 10



2022 Tely 10



Registration is now open for the 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

	Gold Sponsor "Gift of Together- ness" \$4000 (x1)	Silver Sponsor "Gift of Courage" \$1000 (x3)	Bronze Sponsor "Gift of Hope" \$500 (x3)
Event naming "Your Company" proudly presents Team RMHC	1		
Opportunity to present Team RMHC awards during a designated Awards Celebration	1		
Tagged in social media content	1		
Your company logo on Team RMHC clothing	1		
Named as Sponsor on all promotional materials	Presenting	Silver	Bronze
Corporate Banners (provided by the sponsor) can be displayed during all Team RMHC fundraising events	1	1	
Opportunity to provide team gifts bearing company logo and/or coupons or items to team members	1	1	
Corporate logo with link on website www.RMHCNL.ca	1	1	
Keepsake Plaque presented during award celebration	1	1	
Logo prominently placed on event webpage and Ronald McDonald House Facebook page	1	1	1
Opportunity for employees to participate on Team RMHC (Participate or Cheering Squad)	1	1	1
Detailed Post Event Report for sharing with employees and stakeholders	1	1	1
Opportunity for first right of refusal in the following year	1	1	1



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!!



RMHC

Newfoundland & Labrador

Celebrating 10 Years





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" Sponsor	\$500	\$
Team RMHC Registration		\$
Tely 10 \$100 minimum per participant		
Rowing Team \$5000 minimum per team		
(Fundraising options available) <input type="checkbox"/> I will fundraise my Team RMHC registration fee - please send me pledge sheets and fundraising information		
		TOTAL \$

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