



Ronald McDonald
House Charities®
Alberta

Ronald McDonald House Charities® Alberta

Run for RMHCA: Corporate Challenge

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Run for RMHCA: Corporate Challenge

Join us on Saturday, May 4th, 2019, for the fifth annual Run for RMHCA, a 5km, 10km, or half marathon run in Cold Lake, Alberta, to support families staying at a Ronald McDonald House in Alberta.

The Ronald McDonald House provides families with more than just a place of rest, but a place where families can support each other and be close to their children when they are needed the most. It is where families feel like they are at home, even when they are hours from where they live. Through events like Run for RMHCA, the House raises critical funds to provide programs and services to families.

Does your team have what it takes to claim bragging rights over the Lakeland?

We invite your organization to step up and win bragging rights in the Lakeland through our Corporate Challenge. Organizations. Categories: Small Under 10 employees, Medium 10-30 employees and Large 30+ employees. Big or small you can be involved in four different ways:

Participating in the Run for RMHCA;

- Fundraising on behalf of RMHCA;
- Volunteering at the Run for RMHCA or running an on-course station;
- Supporting additional RMHCA events in the Lakeland.

Congratulations to the winners of the 2018 Corporate & School Challenge:

- Cold Lake High School: Royals Pride
- Devon
- SE Design& Consulting
- Choquet Insurance

Allocation of Points

All teams will compete for an overall score – the team to earn the highest number of points from the four categories takes the crown!

Participating <i>Per Participant</i>	Fundraising <i>Per Team</i>	Volunteering* <i>Per Volunteer</i>	Additional Support <i>Per Team</i>
<ul style="list-style-type: none"> Half Marathon: 10 points 10 km: 4 points 5 km: 2 points 	<ul style="list-style-type: none"> 1st Team: 25 Points 2nd Team: 20 Points 3rd Team: 10 Points \$2,000+ Sponsorship: 25 points \$1,000+ Sponsorship: 20 points \$500+ Sponsorship: 10 points 	<ul style="list-style-type: none"> Volunteer Mascot: 20 points For every volunteer: 4 points 	<ul style="list-style-type: none"> Sponsor other RMHCA events in the Lakeland: 20 points per event Register a team for the RMHCA Golf Classic: 20 points

*Each volunteer must volunteer under his or her company in order to be counted, and each volunteer will be required to volunteer for the duration of the event.

How a Corporate Challenge Supports Your Workplace

By taking part in the run and by volunteering at the event, your company is visible throughout the Lakeland community. This gives everyone an opportunity to see how committed you are as an organization to improving the services that help families from our Lakeland region and beyond.

The Run for RMHCA offers 5 km, 10 km, and half marathon options for groups to walk or run. By training for this as a team, it furthers comradery in your workplace while also establishing health related values. That creates better productivity all around!

Are You In?

In just four easy steps you can start your corporate challenge:

- Choose a Team Captain:** Pick someone that is good at motivating a group, will ensure members of your team are registering for the event properly, and will be a key figure in raising funds.
- Pick a Team Name or Theme:** Create a unique name for your team that reflects both your organization and the spirit of the participants! Are you hosting an aid station? Create a look that says it is all about your company.
- Get Your Teammates Registered:** Your team can sign up at rmhcna.org/rfr as individuals or as a group. Group numbers are restricted in the registration process, but you can reach out to Oreen Skiba with a complete list of your group's participants. You can also contact Oreen if you would like to volunteer. See the back of this package for the Corporate Challenge Sign Up Form that we require you to fill out with your team members.
- Start Fundraising:** Now it is time to start fundraising! A staff member or volunteer from the Ronald McDonald House will create an online fundraising page at makefunmatter.ca for each team. Once it has been created we will reach out to the Team Captain and send them the link! Attached you will also find a paper pledge sheet for collecting cash and cheque donations.

We wish you luck in your corporate challenge and are looking forward to crowning a winner at the Run for RMHCA on May 4th, 2019. Early Bird Deadline is February 15th. The deadline for race kits is April 5th, 2019. All participants who register after that date will not receive a race kit.

Corporate Challenge Sign Up Form

Team Name:

Team Captain:

Category:

Name	Date of Birth	Distance	Shirt	Email
1.				
2.				
3.				
4.				
5.				
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17.				
18.				
19.				
20.				



Ronald McDonald
House Charities®
Alberta

Run for RMHCA
Ronald McDonald House Charities® Alberta
Lakeland Region

Fundraiser Name: _____

Team Name: _____

RMHCA Pledge Form

Tax receipts will be issued for donations \$20 and higher if tax receipt is indicated. Tax Receipts will be issued if complete address is provided. Please include all cash and cheques with this form when you drop off. Please make all cheques payable to Ronald McDonald House Charities® Alberta.

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr. ☐ Other _____

Donor's Name

Mailing Address

Pledge Amount

Phone Number

Email Address

☐ I would like to receive
e-updates from RMHCA

Date Received

☐ Cash ☐ Cheque ☐ Credit Card

Name on Card

Card Number

Expiry (mm/yy)

Tax Receipt:

☐ Yes ☐ No

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Tax Receipt:

☐ Yes ☐ No

Fundraiser / Team Name: _____

Total \$