



MERRIMACK
COUNTY SAVINGS BANK

PRESENTS

Payson Center for Cancer Care
**ROCK 'N
RACE**

**CAPTAINS AND
TEAM MEMBERS
INFORMATION KIT**

2019

**ROCK 'N RACE
MAY 16, 2019**





WELCOME TO OUR COMMUNITY!

Whether you are new to the race or part of a long standing team, you are making a huge difference in the lives of our friends and neighbors battling cancer. The Rock 'N Race, started in 2002, has raised over \$4 million to provide care and healing programs for people living with cancer and their families.

Thank you!

HERE'S WHY WE DO THIS:

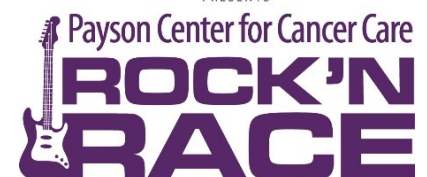
Payson Center for Cancer Care sees over a 1,000 NEW patients every year. Your leadership in this event supports new and existing patients through our gifts to Payson Center's HOPE Resource Center. At HOPE Resource Center, patients and their families find compassionate support from specially trained professionals who recognize that cancer affects an entire family and that care doesn't end when patients complete their chemotherapy and radiation treatment.

Money from Rock 'N Race Provides:

- ✓ Financial Counseling
- ✓ Nutritional Counseling and Programs
- ✓ Nurse Navigation and Social Work Support
- ✓ Patient and Family emotional support classes and one on one meetings
- ✓ Reiki and massage therapy
- ✓ Spiritual Care
- ✓ Cancer Resource Library
- ✓ Out of pocket expenses for groceries, gas and oncology related medications.
- ✓ The Anti Cancer Lifestyle Series
- ✓ Support for the purchase of wigs and prosthetics



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TIPS FOR THE ONLINE REGISTRATION PROCESS

We have a new fundraising platform this year that has great fundraising tracking pages for teams and individuals. Please note the changes in the platform below.

You will be asked to create a user name and password. This is a new process not connected to earlier Rock 'N Race events. Please create a new user name and password and keep them in a safe place so you can log in to your fundraising dashboard!

NEW this year is the option to register multiple people as “guest participants.” You would choose this option if you do NOT want to provide the people you are registering with their own fundraising page. You would simply add them under your initial individual registration. ****Please note guest participants would be registered for RNR but would not have the ability track individual fundraising goals. *If you and your family/friends want to fundraise and have the option of receiving incentives, you and they need to register as individuals.***

CREATING A TEAM: TEAM CAPTAINS Take note: Before registering as an individual Captains should choose the “Create a team” option on the home page. Following the prompts, you can add participants. Under this process you will initiate an email to your team members to complete the registration process. This way, they will have access to their own dashboards and fundraising goals.

This year, OFFLINE DONATIONS should be sent to our office for processing and recording towards your ultimate fundraising goal.

Att: Liz Fay

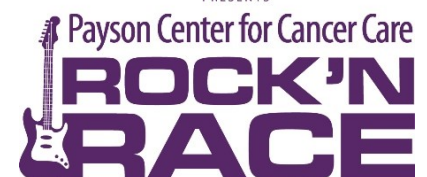
250 Pleasant ST.

Concord NH 03301

603-227-7000 ext 3086



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WHAT IT MEANS TO BE A TEAM CAPTAIN

A team captain is responsible for recruiting and organizing individuals to fundraise individually and collectively. Team captains invite friends, family members, colleagues, neighbors to run or walk together. The personalized team and individual websites have tools available to track your progress and promote your Rock 'N Race efforts.

*****New this year! A one mile walking loop option for those that would like to participate with a shorter distance! More information and route maps available at rocknrace.org**

CREATING YOUR TEAM

- Set a fundraising goal for your team and encourage each team member to set their own individual goals.
- Register first at www.rocknrace.org and follow the prompts to create a team.
- Make your own donation first!
- Ask your employer if your company will contribute or match your fundraising total.
- Distribute informational materials to potential team members.
- Display Race information around office, campus, break rooms, etc.
- Use email and social media— connect to our Facebook page:

@RNR2019

- Let your team members know the best way to communicate with you—be available for questions!
- MOTIVATE** your team! Excitement is contagious! It's so important that your team members see and feel your dedication and enthusiasm.



Register online at www.rocknrace.org

Registration Fee: \$25 through Feb 18

\$30 through Feb 19– May 13

\$35 week of race

Paper registration is \$35 per registrant.

Help for registering teams is available!

Call us at 603-225-2711



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MANY FUNDRAISING IDEAS FOR YOU AND YOUR TEAM!

- ✓ Dress Down Day- Have Employees/ co-workers pay \$5 to have a day to dress as they choose. Blue jeans, t-shirts, etc.
- ✓ Uno's Dough Raiser- Host a lunch, dinner or both at your local Uno and earn up to 20% of sales generated from guests who eat at Uno to support the cause. <https://www.unos.com/raisers.php>.
- ✓ Yard Sale- Using donated items, host a yard sale.
- ✓ Car Wash- Ask local businesses (example, Arnie's Place) if you can use their location to host a car wash.
- ✓ Game Night- Hosts provide food, drinks and prizes, guest pay an entrance fee.
- ✓ Potluck Meals - Employees prepare a potluck dish for breakfast, lunch or supper. Each employee pays to eat. This could be done on a weekly basis.
- ✓ Silly Hat - Pass the silly hat around the store from one Employee to the next. They must raise a predetermined amount of money to pass the hat on to the next person of their choice.
- ✓ Progressive Hors d'oeuvres Gala - an evening of hors d'oeuvres at two homes in the community and a third one for dessert.
- ✓ Counting On You - Fundraisers featuring counting. Count jelly beans, paper clips, marbles, coins, M&Ms, etc. Participants pay to enter to guess the number and the winner gets a prize.
- ✓ Nintendo or Playstation Championship - Kids compete in age groups. \$3 entry fee. Prizes for top three winners in each age group.
- ✓ Treasure Hunt - Sell daily clues to a mystery location where a treasure is hidden. The first person to guess the location wins the treasure.
- ✓ Pancake Breakfast – Host a public breakfast, charging a set fee for the meal.
- ✓ Carnivals - Hold a carnival in a parking lot. Provide games, entertainment, etc. with all proceeds benefiting Concord Hospital.
- ✓ Rock A Thon – Each participant gets pledges, and dances the night away. Set a per person minimum (like \$50) to participant. Offer prizes for top funds raised, best beat, best moves, etc.
- ✓ Bowl A Thon - Each participant gets pledges, and dances the night away. Set a per person minimum (like \$50) to participate. Have separate levels of prizes. Example: raise \$50 get a T-shirt, Raise \$100, get a sweatshirt, etc.
- ✓ Auctions – gather a number of donated items and hold a live or silent auction. The more items you have, the more money you will make.
- ✓ Bake Sale – Collect baked goods and hold the event at your store, sporting event or office.

THE #1 FUNDRAISING TIP IS...ASK! SO SIMPLE, BUT SO EASILY OVER-LOOKED. IF YOU DON'T ASK FOR A DONATION, YOU WON'T GET ONE. JUST ASK!



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REGISTRATION

Registration is now open.

Early Bird Registration price for \$25 for adults is available through 1 February 18, 2019.

Registration is \$30 per person from February 19 until May 12.

Registration is \$35 per person May 13 through Race day

Registration is \$12 for children 14 & under.

Please make checks payable to Concord Hospital Trust.

Completed registration forms and full payment must be received by **April 15, 2019 at 11:59 pm** in order to receive team t-shirts.

A team is 10 or more walkers and/or runners. Any team submitted with less than 10 members will not receive customized team t-shirts. Individuals registering with a team after **April 15** will not be eligible for the customized team t-shirts.

Please contact Sue Chase at 603-227-7000 ext. 5234 if you have additional questions or concerns.

BIB AND SHIRT PICK UP

We encourage Team Captains (or a team representative) to pick up team t shirts and bibs before race day. We will be at the Bektash Temple on **Wednesday May 15** from 9 a.m. to 5 p.m. for race registration and packet pick up.

We recommend you have a plan for meeting and distributing your T shirts on race day. Pick a gathering spot near the Statehouse!



REGISTER ONLINE
ROCKNRACE.ORG



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