



MERRIMACK
COUNTY SAVINGS BANK

PRESENTS

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

**CAPTAINS AND
TEAM MEMBERS
INFORMATION KIT
2020**





WELCOME TO OUR COMMUNITY!

Whether you are new to the race or part of a seasoned 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:

Concord Hospital 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 trained professionals who recognize that cancer affects an entire family and that care shouldn'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



CONCORD
ORTHOPAEDICS

Thank you to Our Team Sponsor, Concord Orthopaedics!



TIPS FOR THE ONLINE REGISTRATION PROCESS

If you are a returning participant from 2019, simply log in with your user name and password. Click on the “forgot my password” button if you need a reminder. You will be sent an email to reset your password. If you do not see an email in your inbox, please check your spam folder.

If you are a new participant, select “New Participant” registration and create a user name and password on the account information section of the form.

You have the option to register multiple people as “guest participants.” Each guest participant will receive an email asking them to complete the set up for their individual fundraising page. Guest registrants will not appear in the search results or on team lists until their fundraising page has been set up. In order to track their fundraising efforts, they will need to complete the process. If they do not receive an email, please call our office with the number below and we can help them through the process. You can also register each person individually if you prefer to avoid this process.

CREATING A TEAM: TEAM CAPTAINS We made some changes to make this process easier. Simply complete the first page of the registration form and click the brown “NEXT” button. The next page allows you to join as an individual, join a team or create a new team. The first person registering a team defaults to team captain status. If you need to change your team captain, give us a call and we will be happy to help.

Team Captains have the option of inviting people to join their team through our website. On your personal dashboard that you see upon logging in, click the “MY TEAM” button. This will take you to the team dashboard. Under the “TO DO” section click and add new team members. This will send them an email inviting them to register for your team. Until they complete the registration process, they will not show up on your team roster.

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 3076

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.

*****Remember our one mile walking loop option for those that would like to participate with a short-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 and Instagram page:
@RNR2020
- ☐ 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 fees remain the same this year!

Registration Fee: \$25 through Feb 14

\$30 through Feb 15 – May 10

\$35 week of race

Paper registration is \$35 per registrant.

Help for registering teams is available!

Call us at 603-227-7000 ext. 3076



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!



PRESENTS



REGISTRATION AND T-SHIRT DEADLINES

Registration is now open.

Early Bird Registration price for \$25 for adults is available through February 14, 2020

Registration is \$30 per person from February 15 until May 10.

Registration is \$35 per person May 11 through Race day

Registration is \$15 for children 14 & under.

Please make checks payable to Concord Hospital Trust.

Completed registration forms and full payment must be received by **April 10, 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 10** 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 13** from 9 a.m. to 6 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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