



MERRIMACK
COUNTY SAVINGS BANK

PRESENTS

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

MAY 19, 2022

**CAPTAINS AND
TEAM MEMBERS
INFORMATION KIT
2022**





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 2003, has raised ***nearly \$5 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 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 support groups and one on one meetings
- ✓ Reiki and massage therapy
- ✓ Spiritual Care
- ✓ Cancer Resource Library
- ✓ Online resources including The Anti Cancer Lifestyle Series
- ✓ Connect patients and families to community resources
- ✓ Support for the purchase of wigs and prosthetics

**Thank you to our
Team Sponsor:**



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 rocknrace.org website has 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 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. By simply completing a matching gift form with your employer, you may be able to double the impact of your gift. Be sure to check with your human resources department for the specifics for your company.
- ☐ 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: [@RNRCONCORD](https://www.instagram.com/RNRCONCORD)
- ☐ 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.

INCENTIVES!

Select "Yes" when asked to be a Superstar during registration to make an additional contribution of \$50. Superstars are thanked for their contribution with a special bonus gift - a runner's shoe light!

Individual Participants raising...

- ✦ \$250 will receive a runner/walker Reflective Vest
- ✦ \$500 will receive a Water Bottle Belt and Reflective Vest
- ✦ \$1,000 and above will receive a Canvas Tote, Water Bottle Belt and Reflective Vest
- ◆ **Individuals raising \$2500 and above** will and receive all of the above and a Top Fundraiser award at the Captains Breakfast 2023
- ◆ **TEAMS raising \$3,000 or more** will be recognized as **Rock Stars** with a special t- shirt and receive an award at the Captains Breakfast 2023

Note: All donations must be turned in by **May 31, 2022** in order to qualify for awards. Entry fee does not count toward Fundraising total. *Individual fundraiser totals are also counted towards team totals if they are a team member.*

FUNDRAISING IDEAS FOR YOU AND YOUR TEAM!

- ✓ Start a Facebook Fundraiser! After you sign up at rock-nrace.org, you can create a Facebook Fundraiser directly from your RunSignup Fundraising Page!
- ✓ Theme Dress Day- Have Employees/ co-workers pay \$5 to have a day to dress according to a theme. For example, a dress down day, ugly sweater day, etc.
- ✓ Counting On You - Fundraisers featuring counting. Guess how many jelly beans, paper clips, marbles, coins, M&Ms, etc. are in a bottle. Participants pay to enter to guess the number and the winner gets a prize.
- ✓ Bake Sale – Collect baked goods and hold the event at your store, sporting event, school, or office.
- ✓ Uno's Dough Raiser – Host a dough raiser at your local Uno and earn up to 20% of sales generated from guests who dine to support the cause. <https://www.unos.com/raisers.php>
Also, ask your favorite restaurant if they do fundraisers!
- ✓ Host a Car Wash
- ✓ Email friends and family through your Runsignup fundraising page asking for race donations
- ✓ For a low tech option, write a letter asking people to support your race and include what participating in Rock 'N Race means to you. Make copies and snail mail the letter to friends and family.



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



PRESENTS



**REGISTER ONLINE
ROCKNRACE.ORG**



Tips for Online Registration

To Register as a participant, visit www.rocknrace.org and set up your team during or after registration:

Note: Registration is easier on desktop than mobile device, but can be done on both.

Step by Step instructions for Creating or Joining a Team during your registration process:

- Select Sign Up to begin the registration process.
- Enter in all participant information and click Continue. You will automatically be signed up as a Fundraiser.
- Now you will join or create the Fundraising Team
- Join an existing team using the drop down or
- Click YES under Create a team and Enter in a name for your Fundraising Team
 - Enter in a goal for your new Fundraising Team.
 - Add a message to describe your Fundraising Team
- Now select any donation levels that you would like to donate towards your Fundraiser
- Select who this donation will be on behalf of
- Click Continue
- Complete your registration, including adding on \$50 *Superstar!* or *20th Annual Tribute* contribution

How to Create or Join a Team After Registration:

- Log onto RunSignup and Go to your Profile
- Click My Registrations
- Click Manage Registration
- Click Fundraiser in the menu at the bottom
- On the Edit Fundraiser page, you will be given the option to Create or Join a Fundraising Team



Captains: Invite others to join your team or donate to your team:

- Log onto RunSignup
- Click “Top Fundraisers” at the top of the page
- Type your team name into the search bar to pull up a list of Rock ‘N Race Teams and Your Team page will pop up.
- Click on the manage button to the right of your team name
- Click on links & sharing. You will see your fundraiser URL that can be copied and pasted into your own emails. You can also send emails using the menu on the left-hand side of the page.

Note: once your friends get to your team page, they can register and join your team by clicking on the “JOIN” button. You can send your potential donors to this page through an email and they can donate directly to your team by clicking on the “DONATE” button. Click on “send emails” scroll down to write your email or choose one of our email templates from the drop down menu. You can also import contacts from a CSV file using the Runsignup importer.

OFFLINE DONATIONS by check, etc. should be sent to our office for processing and recording towards your ultimate fundraising goal.

Checks should be made payable to: Concord Hospital Trust

Attn: Liz Fay, 250 Pleasant Street, Concord NH 03301 - 603-227-7000 ext. 3076

REGISTRATION

Please make checks payable to **Concord Hospital Trust** and write Rock 'N Race in the memo.

In order to receive customized Team T-Shirts, completed online registration/registration forms and full payment must be received by **April 17, 2022 at 11:59 pm**

Customized t-shirts for teams of 10 or more walkers and/or runners. Teams with less than 10 members are not eligible to receive customized team t-shirts. Individuals registering with a team after **April 17** will not be eligible for the customized team t-shirts.

This event has grown each year. We are excited that so many join us for this fun family event. To ensure everyone's safety and to adhere to USATF rules, we ask **no bikes, no roller blades, no skateboards, no headphones, no pets. Individuals pushing strollers must register as walkers and line up with the walkers on Capitol Street.** These are serious safety issues and will be enforced.

Register online at
www.rocknrace.org

Online Registration Fees:

\$25 Early Bird through March 1, 2022

\$30 March 2 - May 15

Online registration closes May 15. If you miss online registration, you can register for \$35 in person the day of the event on May 19.

Paper registration is \$35 per registrant.

Registration is \$15 for children 14 & under

Help for registering teams is available!

Call us at 603-227-7000 ext. 3076

Please contact Emily Loffredo at 603-227-7000 ext. 3438 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 Shrine Center on **Wednesday May 18** from 9 a.m. to 5p.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!



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