



THE PROSTATE CENTRE

Serving Vancouver Island
and the Gulf Islands

This run's for you...

Team Information Package

Come on Victoria, support the men you love and join The Prostate Centre on Father's Day for our annual **Safeway Father's Day Walk / Run for Prostate Cancer.**

Sunday June 19, 2011
10:00 am, Royal Roads University

All you need to do to participate as a team in the **Safeway Father's Day Walk/Run for Prostate Cancer** is to recruit your friends, family members, co-workers, or neighbours. Then be prepared to run, walk or stroll your way across the finish line.

We have **2 routes** to choose from - an 8 km run / walk or a 3 km Family Fun walk - so runners and walkers of all levels can participate. Each team member can do the route of his/her choice...not everyone has to run the 8km!

Don't want to walk or run? You can still be part of the team simply by collecting pledges and raising funds!

Each team is encouraged to **raise funds by collecting pledges!** Raising money through team activities, such as pub nights, garage sales and raffles is a great way for people to get involved. Be creative ... the possibilities are endless!

Be sure to check our **new TEAM CHALLENGE.** Tell us who you are running for.

This year's goal is to raise **\$107,000** for prostate cancer research and education.

Money raised from the Safeway Father's Day Walk/Run for Prostate Cancer **stays** on Vancouver Island to help The Prostate Centre fund prostate cancer education, awareness and research.

How to Register a Team

The easiest way to register a team for the 13th Annual Safeway Father's Day Walk/Run for Prostate Cancer is **online**.

Online entry:

- Go to www.fathersdayrun.ca and click on "Victoria". From here you will be directed to our local site.
- Click on "I want to create a team" and begin.
- Team captains must first create a team online. You will receive an email confirming your team name and number with a link to your team's registration page. Forward the email with your team's registration page link to prospective team members.
- Complete the registration form and hit submit!
- **Important...**Each team member will have to complete an individual entry form. Once the team captain has registered him/herself and the team name, team members can now register individually.

REMEMBER: Each team member can do the route of his/her choice...not everyone has to run the 8 km. And you can still be part of the team simply by raising funds!

If you are **unable to register online**, you can still register your team using the manual registration forms:

- Call or visit The Prostate Centre (100-1900 Richmond Road, 250-388-0214) to request team and / or individual registration forms.

DON'T FORGET! Raise \$150 or more and your registration is free!

The Prostate Centre is a community-based, not-for-profit organization that provides unbiased and understandable medical information and support to men and their families on prostate cancer and prostate health issues. The Centre emphasizes the importance of early detection of prostate cancer in order to increase the survival rate for this major cause of cancer death in Canadian men. Most importantly, The Prostate Centre is dedicated to prevention and research for the cure.

Tips for Getting Pledges

- **ON-LINE:** With just a click of your mouse, you can email all your friends and family from the comfort of your home or office and begin to collect pledges from all across the world.
- **CASH/CHEQUES:** Collect cash or cheques from your donors (cheques to be made payable to **The Prostate Centre**)
- **CREDIT CARDS:** Donors can give their credit card information on the Safeway Father's Day Walk/Run for Prostate Cancer Pledge Form and they will be processed through the Centre.

E-receipt's will be emailed to your donors automatically if they donate online. For donors who give you cash or cheques, you can manually enter a pledger's donation information online and an e-receipt will be sent directly to the donor. **Need any help with this?** Contact us and we can walk you through this!

Important to Remember:

- Tax receipts are automatically issued for any donation over \$20 and are issued upon request for donations under \$20.
- If donor information is illegible or incomplete, a tax receipt will NOT be issued.
- Make sure you include your donor's email address whenever possible so that we can save funds on postage – emailing a receipt is a lot easier!

DID YOU KNOW ...

- Prostate cancer is the leading cancer-related death in men?
- Men 50 years of age or older have a 1 in 6 chance of getting prostate cancer. That risk doubles with a family history of the disease?
- Prostate cancer has a 90% success rate when detected and treated at an early stage?
Talk to your doctor about getting tested annually with a PSA blood test and a Digital Rectal Exam (DRE).

New TEAM CHALLENGE

“Wipeout Prostate Cancer” Obstacle Course

Rules of Engagement

What is the “Wipeout Prostate Cancer” Obstacle Course?

It is 52 metres of challenging fun! Your team will have to run, climb, crawl, bounce, jump, wiggle and hurl its way through to the end. Fastest time wins. Did we say it was over 5 metres high in some places? Are you up for it?

What does my Team have to do to have a chance to run the course?

We are looking for teams to step up and tell us why they are participating in the Safeway Father’s Day Walk / Run for Prostate Cancer. We want to build on this year’s inspirational theme of “This run’s for you”.

Prostate Cancer is an important topic that affects us all, so we want to know who you are running for and why? Your message can be funny, emotional, engaging or even unexpected. It’s up to you.

Get creative as to how you tell your story. Written, pictures, or video are all great. Keep in mind that it will be posted on or linked to The Prostate Centre’s Facebook page. Sometimes shorter is better. Videos must be under 2 minutes in length.

Only 6 teams will get to participate. Be sure yours is one of them.

How does this work?

- Your team needs to be registered for the Safeway Father’s Day Walk / Run. Have you done that yet? Visit FATHERSDAYRUN.CA and “click” on the Victoria tab to get started.
- Create your message and post it or link it (if video) to The Prostate Centre Facebook page
- While we encourage creativity, the message should be impactful. Messages with no direct link to the event or prostate cancer or deemed inappropriate will not be included.
- Spread the word – get friends, family (don’t forget your aunt in Calgary), coworkers, your crazy neighbour, your whole social network to visit The Prostate Centre’s Facebook page and vote for your entry.

- The messages which receive the most votes will then be reviewed by a panel of Prostate Centre volunteers and the top 6 will be chosen.
- Only 6 members of the winning teams will get to run the course so it's up to you to decide who those lucky people will be. Will it be team members who are the fastest, those who jump the highest or how about those who raised the most money? Participating team members must be over 19 years of age.
- **The deadline for submitting your winning message is by midnight Wednesday June 8, 2011.**
- Winning teams will be notified on Friday June 10, 2011.

When will this take place?

The top 6 teams will face off at 10:00 a.m. (after the Opening Ceremonies) at the "Wipeout Prostate Cancer" Obstacle Course which will be set up on the main lawn at Royal Roads.

But what if we still want to complete the Run / Walk you ask? No problem. Once your team has completed the obstacle course, simply make your way to the Start / Finish and you are on your way.

Questions?

Give us a call - 250-388-0214

Drop us a line – doitfordad@theprostatecentre.org

Stop by for a visit – 100-1900 Richmond Road, Victoria

Team Building and Fundraising

The Prostate Centre is pleased to welcome the Six Mile Pub as a new Community Level sponsor for this year's Safeway Father's Day Walk / Run for Prostate Cancer. As a community partner, the Six Mile Pub is committed to helping teams maximize their fundraising efforts through the use of its facilities and staff expertise.

For example:

Your team decides to hold a **Burger & Beer** night at the Six Mile Pub. Simply pick a date and make a reservation at the Six Mile; decide on a ticket price for your "Burger & Beer" (\$20 seems very popular); create your ticket; and sell the tickets to your family, friends, neighbours and coworkers. Everyone gets to enjoy a great night out and your team benefits by receiving \$5 from every Burger & Beer coupon sold. If there are 6 people on your team and each person sells 10 coupons that is an additional \$300 towards your team fundraising goal. *Arrangements must be made with the Six Mile Pub prior to the commencement of any fundraising initiative to confirm the availability of space and all relevant details.*

Other possibilities include:

- **Silent Auction** - Great when paired with the Burger & Beer.
- **Poker Night** – License required.
- **50/50 Draw** – License required.
- **Car Wash** – the Six Mile Pub will supply all the parking spaces, hoses and water; you supply the buckets, sponges, detergent and enthusiasm.

If your team would like more information about using the Six Mile Pub for any of your fundraising efforts, please contact either David or Marisa at (250) 478-3121 or by email david@6milepub.com or Marisa@6milepub.com

The Six Mile is also holding a **\$200 Team Spirit Draw on June 15** to give your fundraising efforts a boost. Every time anyone from your team (or family and friends) visits the Six Mile Pub between March 15 and June 15 and purchases a Vancouver Island Brewery product, they are eligible to participate in the draw. The winning team will receive a \$200 contribution to their fund raising efforts from Vancouver Island Brewery. To participate, simply sign the back of your receipt (which must include a Vancouver Island Brewery product) with both your name and the team's name and ask your server to enter it into the draw.

Need more fundraising ideas? Raising money through team activities (such as a garage sale, casual day at the office or a raffle) is a great way for people to get involved. Be creative ... the possibilities are endless! Please contact The Prostate Centre at (250) 388-0215 or doitfordad@theprostatecentre.org for more information.

Dates to Remember – Mark your Calendars!

Wednesday, May 18th - *Reminder to Team*

- Send your team members an email or give them a call to remind them to get registered before the Tuesday, May 24th team deadline if they have not already done so.

Tuesday, May 24th - *Team T-Shirt Deadline*

- In order to be eligible for team t-shirts, all minimum fundraising must be completed by this date. **This means that each Team Member must have either raised a minimum of \$150 in donations or paid the \$25 registration fee.**
- Teams must have a **minimum** 6 people registered to get team t-shirts.
- We welcome all team registrations, however after Tuesday May 24th, team names will not be printed on participant t-shirts.

Friday, June 17th - *Submission of Pledges*

- In order to be eligible for the top individual and team fundraising prizes, **all** pledge money (**both online and through the pledge form**) must be collected, totaled and returned to **The Prostate Centre** by **4:00 pm**.
- If you are not in the running for the top fundraising prizes, money can be dropped off at The Prostate Centre or the Running Room on Friday June 17th, at The Prostate Centre on Saturday June 18th between 10:00 am and 2:00 pm, and on Father's Day between 8:00 am and 9:00 am out at Royal Roads University.

Participant Package Pick Up – Teams and Individuals

Teams:

- **Team shirts** will be available for pick up Friday, June 17th at 10:00 am to 4:00 pm or alternatively, on Saturday June 18 from 10:00 am to 2:00 pm at **The Prostate Centre**. They can also be picked up on the day of the event. (Note that Team T-shirts will **NOT** be available at Running Room)

Individuals:

- T-shirts available for pick up at The Running Room, 1008 Douglas Street from 3:00 pm to 6:00 pm on **Friday, June 17th**. (Note that Team T-shirts will **NOT** be available at Running Room)
- Alternatively t-shirts can be picked up on Saturday June 18th at The Prostate Centre between 10:00 am and 2:00 pm and on Father's Day, June 19 between 8:00am and 9:00am in the registration area.

Sunday June 19 – *Event Day!*

- Registration starts at 8:00 am
- Run / Walk starts at 10:00 am

Contact Chris @ 388-0214 to make alternate arrangements for t-shirt pickup between June 17 and 19.

Team Entry

Safeway Father's Day Walk/Run for Prostate Cancer

Father's Day, Sunday June 19, 2011

Team Name: _____

Business Name: _____

Mailing Address: _____

City: _____ Postal Code: _____

Team Captain's Name: _____

Team Captain's Phone (day): _____ Fax: _____

Email: _____

Team Type (please circle): **Family & Friends** or **Corporate** ****New for 2011****

Total # of Team Members _____ (please include your completed team roster!)

TEAM T-SHIRTS

This number should match the total number of team members on your team roster. Indicate the number of T-shirts required for each size):

	S	M	L	XL	XXL	Total
Youth						
Adult						

Optional (if registered by Tuesday, May 24th):

Name you would like to appear on the back of your team T-shirts:

(please print – 3 words maximum, i.e. The Smith Family)

Fax Team Information to (250) 388-0215, drop off at The Prostate Centre or go to www.theprostatecentre.org by Tuesday, May 24 to register and to be eligible to get your team name on your t-shirts.

