

HELPING KIDS WITH BRAIN CANCER
THE #1 CANCER KILLER OF YOUNG AUSTRALIANS

CONNOR'S

SEPT **RUN** 2024

MORE
fun
THAN
run

SUNDAY 15 SEPTEMBER | FUN RUN *and* PARTY
ALL OF SEPTEMBER | YOUR WAY *any* DAY

CONNORSRUN.COM



coles

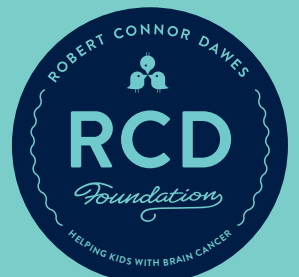


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WELCOME TO THE 2024 CORPORATE TEAM CHALLENGE!

ARE YOU UP FOR THE CHALLENGE?

We're so excited to have you on board as Team Captain for your workplace. Our team captains are the champion leaders that will be the main person that Han will be in contact with for your Connor's Run campaign.

You will receive up-to-date event information via emails that will include FUNdraising ideas, training tips, match fundraising days, and leaderboard updates.

We also encourage you to join our Whatsapp group to receive instant messages.
Please email han@rcdfoundation.org to be added.

STEP BY STEP GUIDE

1

REGISTER YOUR TEAM

Register and create a fun or meaningful team name.

2

RALLY THE TROOPS

If your organization is paying for staff registrations speak to Han to obtain a code for an invoice to be created OR invite your colleagues to join by registering and paying themselves.

3

SET A FUNDRAISING GOAL

Starting at \$5,000, plan, set and set expectations. Personalise your team fundraising page by adding a photo and compose a team bio to share why your workplace is involved in fundraising for Connor's Run.

4

CONNECT YOUR TEAM

Start a team chat via your workplace choice of instant messaging (i.e Slack, Teams, Whatsapp etc.) for direct and easy communications.

5

GET TRAINING

Create a fitness-focussed training team on Strava to share your training progress.

6

SPREAD THE WORD

Share your team's URL page within your workplace. Post the link to donate/join your team on your workplace's intranet, internal newsletter, run and social clubs.

7

HAVE *fun!*

WHY IS *FUN*DRAISING SO IMPORTANT?

Brain cancer is the #1 disease killer of young Australians.

When you register your team, you would have been asked to set a FUNdraising goal of a minimum of \$5000, however, you can increase this amount to any higher amount. The more funds raised, the more research we can support!

If your organisation has generously offered to pay for staff registration either partially or in full, try encouraging the team members to set their individual FUNdraising targets to a minimum of \$1000 to not only achieve the team goal quicker but also give them access to the VIF tent at the finish!

Why not officially launch your teams Connor's Run FUNdraising by starting with a morning tea, lunch, or Friday night drinks. This will bring the team together to brainstorm ideas and build excitement to FUNdraise for a worthy cause.

Head to [our resource page](#) for more resources, ideas and on how to successfully FUNdraise.

Here are some quick ideas to get you started!

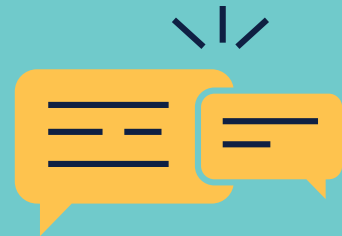


*Fun*DRAISING IDEAS



BAKE *Sale*

Encourage your team to bring baked goods to sell in the office for a great cause



TRIVIA *Night*

Host a Trivia - host a Friday afternoon Trivia game with a \$10 donation to attend with the winners presented with a donated prize from a local business or from your workplace



POTLUCK *Event*

Host a Potluck Brunch/Lunch/After work drinks - encourage your team to bring a plate/bottle to share and ask for a donation on what they would spend on a bought coffee/lunch/drinks



SELL RCD *Merch*



We have a range of merchandise for sale such as beanies, socks, caps, water bottles

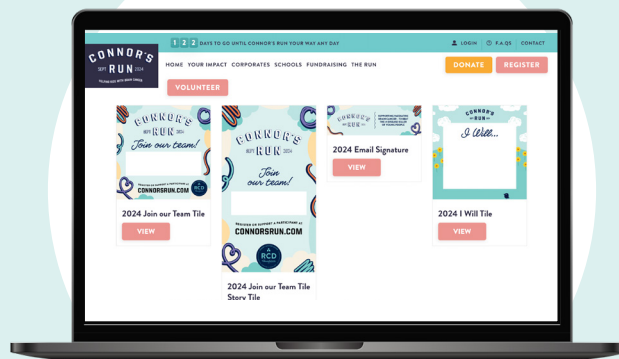
ASK YOUR *Organisation*

Simply ask your colleagues network to make a donation and remind them that every donation over \$2 is tax deductible!
Ask your workplace to match every dollar you and your team raise to double your impact. If you would like assistance with requesting this in writing please reach out to Han.

RESOURCES

KEEP YOUR TEAM UP-TO-DATE AND ENGAGED BY STREAMLINING YOUR COMMUNICATION

To make this as easy as possible for you, our awesome team captains, we have a wide range of resources for you to spread the word. Please go to our [resources page](#). Please reach out if you would like us to create a bespoke resource to suit your organisation.



Tag us using the following hashtags...

@rcdfoundation

#connorsrun2023

#morefunthanrun

EMAIL TEMPLATES AND SCHEDULING

1. Join our team
2. Reminder to sign up
3. Spread the word
4. Early bird ending soon
5. Match funding week
6. Last chance to register
7. Don't forget to donate
8. Match funding request to senior leaders



HAVE *fun!*

THE MOST
important PART
IS TO **HAVE FUN!**

~~~~~

# **MOREFUN**  
**THANRUN**

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You have already made an impact by registering for Connor's Run
and being a team captain for your organisation.

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