



Mount St. Marythoners

MAKING STRIDES FOR QUALITY CARE

Team Members Pack

Thank you to our sponsor
MEDChair - Victoria



the home medical equipment specialists



A note from your Captain, Sister Lucy DuMont.

Welcome to the Mount St. Marythoners and the 2009 Royal Victoria Marathon. Whether you are new to the team or have been with us before, it is good to have you aboard. We wouldn't be a team without you.

This year is the 30th anniversary of the Royal Victoria Marathon and the Mount St. Marythoners are aiming to raise over \$30,000 to purchase special mattresses and beds for the residents at Mount St. Mary Hospital. Having the right mattress or bed is so important to relieving pain and providing comfort not to mention a good night's sleep. Did you know that a mattress can cost between \$600 and \$17,000 and a bed is \$3,000?

Join us in the challenge! Collect pledges for your walk or run, or just collect pledges. You can also volunteer along the marathon route to cheer us on or pass out water. However you participate your contribution is important.

In return you can expect companionship, fun and pride in knowing that you have contributed to the care of those who make their home at Mount St. Mary.

We have wonderful incentive prizes on offer. In addition we will also be handing out awards for top individual and team pledge collectors, the team spirit award and a volunteer award.

Watch for your regular e-newsletter that will keep you up to date with events, training tips, mystery prizes and our progress towards reaching our goal.

Together we will make a difference.

Good luck and thank you for your commitment.

Lucy DuMont, SSA



A little bit of history.

2006: Mount St. Mary Foundation was one of eighteen charities to be involved in the Royal Victoria Marathon Charity Pledge Program (RVM CPP). Mount St. Mary Foundation reached out to staff and donors asking for people to come forward to become pledge collectors – 16 people signed up. The goal was to raise \$4,000 to purchase two mattresses; over \$17,000 was raised.

2007: the goal was to raise \$20,000 to purchase commodes and a personal trainer; 19 pledge collectors raised \$25,000 enabling the Hospital to purchase more commodes.

2008: 20 pledge collectors surpassed the \$25,000 goal and raised over \$29,000. Nine Mount St. Mary volunteers helped out at one of the water stations and cheered the Mount St. Marythoners on.

We have been fortunate to partner with BMO Bank of Montreal since 2007. They promote the program to their employees encouraging them to participate on behalf of Mount St. Mary. MEDiChair has generously sponsored the Mount St. Marythoners since 2007, contributing towards the purchase of technical shirts, bags and this year jackets for the pledge collectors.

The RVM CPP was launched in 2005, enabling charities to market their cause to participants and their constituents. The charities' role is to work with the individual pledge collectors and provide them with the tools needed to raise funds.

The RVM has been held in Victoria, British Columbia on the Thanksgiving weekend for the past 30 years. Runners from all over the country come to participate in the 42 km Marathon, the 21 km Half Marathon or the 8 km Road Race. Other events include the Kids Run and the Kids Marathon. The RVM is open to runners, walkers, wheelchair participants and kids; over 10,000 people participate.

Marythoners goals for 2009

This year we're aiming higher than ever. To celebrate the Royal Victoria Marathon's 30th anniversary the Mount St. Marythoners want to:



Raise \$30,000!



Recruit 30 volunteers and pledge collectors!



Buy 30 mattresses and/or beds with the money raised!



Incentive prizes.

Commit to raising \$100 and as a reward for your fundraising efforts, you can earn fabulous incentive prizes. The more you raise the more prizes you collect!

As a Mount St. Marythoners team member we ask that you commit to raising \$100 or more for Mount St. Mary Foundation. In return for your efforts you'll receive:

- Incentive prizes based on the level of pledges raised
- A personal webpage to help you raise funds and awareness
- Training tips tailored for your needs
- Fundraising coach
- Invitation to events

Incentive Prizes Include:

Refer a friend	Entry into a draw for a gift
\$100	Mount St. Marythoners backpack
\$250	Mount St. Marythoners Jacket
	And entry into the prize draw. For every extra \$100 you raise you will get another entry into the draw
*\$500	Free registration to participate in the event (to a maximum of \$100)
*\$1,000	Frontrunners gift certificate \$100
Top pledge collector	First place – Flight on Harbour Air Second place – Spinnakers gift certificate to Sips Third place – Golf green fees

To be eligible for incentive prizes please drop off you pledges and pledge forms by October 9, 2009.

You or your team could also be awarded a Mount St. Marythoners Trophy for:

Top pledge collector
Team spirit award
Volunteer spirit award

**You will be eligible for one of these gifts, these gifts are not cumulative.*

Contact: Paula Greene – Mount St. Mary Foundation – 861 Fairfield Road – V8V 5A9
250.480.3140 or pgreene@msmfoundation.ca

Recruit a friend Page.



Why not encourage your friends, family or colleagues to join you – or even better form your own team, they don't have to run or walk they can just collect pledges.



We always need Volunteers – you can join hundreds of volunteers who support the runners and walkers on the roadside. Volunteers cheer us on, hand out water and lift our spirits as we walk. Volunteers are registered with RVM and receive a free volunteer shirt and orientation.



Becoming a Mount St. Marythoner is easy, just fill in the registration form and register as a pledge collector or volunteer. You can email or mail the form or register online @ www.msmfoundation.ca – just click on the Marythoner logo.



Don't forget if you are running or walking you need to register with the RVM @ www.royalvictoriamarathon.com/events/regi

Setting up your individual or team giving page.

1. Go to www.msmfoundation.ca
2. Click on the Marythoners Logo
3. Read the event description page
4. Click on the register now button
5. Choose Start a team, Join a team or Join as an individual



Start a team

1. Team leaders must register their team before team members can join the team
2. Choose a team name
3. Indicate a team fundraising goal and minimum team recruitment goal.
4. Confirm team name
5. Input personal information and team recruitment goal
6. Select personal donation (optional)
7. Date, time and location of event is set
8. Review and confirm information
9. Submit
10. Click on Marythoners logo to download pledge collectors pack

Join a team

1. Select a team from the list or search for a team leaders name and click on Join a team
2. Confirm Team Name
3. Input personal information and personal fundraising goal
4. Select a personal donation (optional)
5. Date, time and location of event is set
6. Review and confirm information
7. Submit
8. Click on Marythoners logo to download pledge collectors pack

Join as an individual

1. Click I accept waiver
2. Select a registration option
3. Input personal information and personal fundraising goal
4. Select a personal donation (optional)
5. Input additional information
6. Review and confirm your information
7. Submit
8. Click on Marythoners logo to download pledge collectors pack

Once registered team leaders can login:

- Edit the team webpage
- Change leaders
- Change team fundraising goals

As a team member you can:

- Send emails to collect pledges
- Send emails to say thank you
- Record pledges
- View reports
- Post messages to your team

As an individual you can:

- Send emails to collect pledges
- Send emails to say thank you
- Post your progress
- Post messages to your supporters

Congratulations! You have successfully created your own GivingPage.
You can now start pledge collecting. We can provide fundraising tips for you so don't
hesitate to contact us for help.
Good Luck!

Contact: Paula Greene – Mount St. Mary Foundation – 861 Fairfield Road – V8V 5A9
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Mount St. Mary Foundation Charity Pledge Program Registration Form.

RUN, WALK OR VOLUNTEER. ANYONE CAN COLLECT PLEDGES. EVERY DOLLAR COUNT!

Yes, I want to participate on behalf of Mount St. Mary Foundation.

Please register me as a: Pledge Collector Volunteer: Cheering station
Water Station

Name _____

Address _____

City _____ Prov/Postal _____

Phone (evening) _____ (day) _____

Email Address _____

T-shirt/Jacket size _____ Running shoe size _____

Will you be participating in one of the RVM events? Yes No

Marathon Half Marathon 8K Road Race Kids Fun Run (12 & under)

Team Name: Mount St. Marythoners other _____

I am raising money for Mount St. Mary because: _____

My Fundraising goal is: _____

Would you like to receive information from Mount St. Mary Foundation?

Yes No

Newsletter Annual appeal Event notices

Thank you for choosing Mount St. Mary Foundation as your charity of choice. Good luck in your fundraising (and training) and thank you for helping to make a difference

Mount St. Mary Foundation is committed to supporting the Hospital through fundraising efforts. We keep your name, address, giving information and notes regarding your giving interest on file to acknowledge your fit, provide you with a charitable tax receipt, communicate information about the Hospital or Foundation and to invite support. A copy of the Foundation's Privacy Policy is available from the Foundation. Charitable registration no. 88361 5809 RR0001

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Release and Waiver Form.

I hereby grant permission to the Mount St. Mary Foundation to use photographs taken by me or a photographer hired by the Foundation for use in all of its publications including but not limited to:

- Mount St. Mary Foundation Website
- Facebook
- Brochures produced by the Foundation
- Newsletters produced by the Foundation
- Media generated by the Foundation

The photographs will only be used for advertising, trade, promotion or in any other lawful purpose for the benefit of the Mount St. Mary Foundation.

I hereby waive any right to inspect or approve the finished product, including but not limited to, written copy and /or an image in print or on a web site that may be created in connection therewith.

I will make no monetary or other claim against Mount St. Mary Foundation for the use of the photograph(s).

I am 18 years of age or older. I have read this release before signing below, and fully understand the meaning of this release. I voluntarily and irrevocably give my consent and agree to this Release and Waiver.

Date: _____

Name (print full name): _____

Signature: _____

Address: _____

City, Prov, Postal code: _____

Telephone: _____

**Support the
Mount St. Marythoners**



**Help us raise money for
mattresses and beds
for Mount St. Mary Hospital**

Contact: www.msmfoundation.ca - Email: pgreene@msmfoundation.ca - Phone: 250.480.3140



Support your team
in the
Royal Victoria Marathon
Charity Pledge Program

October 11, 2009



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Mount St. Marythoners**



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Mount St. Marythoners
MAKING STRIDES FOR QUALITY CARE

SUPPORTING A MOUNT ST. MARYTHONER
IS AS EASY AS 1·2·3

- 1 · Visit www.msmfoundation.ca and click on the marythoners' logo
- 2 · Click sponsor a participant & enter the participant's name
- 3 · Make your pledge and receive an instant tax receipt

You can also make a donation with cash · cheque · credit card in person
or mail to the address below

Thank You

You just made a difference to someone's life

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needs your
support

I am taking part in the
Royal Victoria Marathon
Charity Pledge Program
On October 11, 2009

Help me raise money
for mattresses and
beds for
Mount St. Mary Hospital

To find out more contact me:
Name:
Email:
Phone:

Insert picture

My Goal Is:
\$



Mount St. Marythoner
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Visit my giving page at

or you can donate to me
directly with cash,
cheque and credit card



Official Charity Pledge Program

30th ANNUAL
Royal Victoria Marathon
 Sunday, October 11th, 2009
 Marathon • Half Marathon • 8K Road Race
THRIFTY FOODS - Kids Marathon - Kids Run



Mount St. Marythoners
 MAKING STRIDES FOR QUALITY CARE

Help the Mount St. Marythoners reach this years' goal of \$30,000 for 30 mattresses and beds. You can donate offline with cheques, cash and credit cards, or at my giving page www.msmfoundation.ca – click on the Marythoners' logo – click sponsor a participant – enter the persons name you are sponsoring.

Name: _____ Team Name: _____
 Address _____ Postal Code: _____
 Phone Number: _____ Cell: _____ Email: _____

Number of pledge sheets: _____
Total donations: \$ _____

Donor Name	Address	Post Code	Email:	Phone:	\$ amount:	CC	Cash
						Chq	Web
						CC	Cash
						Chq	Web
						CC	Cash
						Chq	Web
						CC	Cash
						Chq	Web
						CC	Cash
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						CC	Cash
						Chq	Web
PLEASE RETURN PLEDGES TO THE FOUNDATION OFFICE BY <u>October 9, 2009.</u>						Total:	

Credit Card Details: Card Number: _____ Expiry: mm _____ /yr _____
 Card Holder Name: _____

Mount St. Mary Foundation | P: 250.480.3140 | E: pgreene@msmfoundation.ca | W: www.msmfoundation.ca
 Mount St. Mary Foundation is committed to supporting the hospital through fundraising. We keep your name, address, giving information and notes regarding your giving interest on file to acknowledge your gift, provide you with a charitable tax receipt and communicate information about the Hospital or Foundation. A copy of our Privacy Policy is available from the Foundation. Charitable registration # 88361 5809 RR0001