

-SUPPORTING BRAIN MATTERS-
TO BEAT THE #1 CANCER KILLER OF YOUNG AUSTRALIANS

CONNOR'S

SEPT **RUN** 2023

More FUN 



More than RUN

FUN RUN and PARTY
SUNDAY 10 SEPTEMBER

YOUR WAY any DAY
ALL OF SEPTEMBER

TEAM LEADER HANDBOOK

PROUDLY
SUPPORTED BY

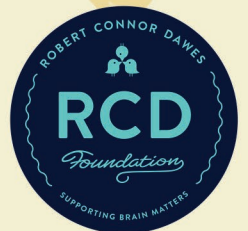


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WELCOME TO THE 2023 CORPORATE TEAM CHALLENGE!

Welcome to the 2023 corporate team challenge! A guide to assisting you and your team to get engaged and start fundraising for paediatric brain cancer in 2023.

LET'S RALLY THE TEAM!

10 easy steps to corporate team challenge success!

- 1 SELECT/NOMINATE TEAM CAPTAIN**
- 2 REGISTER YOUR TEAM** YWAD or Our Way on Sept 10, engage with your P&C/HR Leader to help fund all or partial registration fees for staff, help source 5-10 volunteers
- 3 RALLY THE TROOPS**
- 4 SET A FUNDRAISING GOAL** starting at \$5,000, plan, and set expectations
- 5 CONNECT THE TEAM BY CREATING A TEAM CHAT**
- 6 GET STARTED AND TRAIN TOGETHER** to build excitement and engagement
- 7 KEEP YOUR EYE ON THE CORPORATE CHALLENGE LEADERBOARD**
- 8 UTILISE OUR EMAIL TEMPLATE AND RESOURCES** to keep your team up-to-date and engaged
- 9 SPREAD THE WORD** within the company and externally to everyone's wider communities
- 10 HAVE *fun!***

1

TEAM CAPTAINS

ARE YOU UP FOR THE CHALLENGE?

Our team captains are the champion leaders that will be the main person that Han will be in contact with for Connor's Run.

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

To view this years registered teams click [here](#)

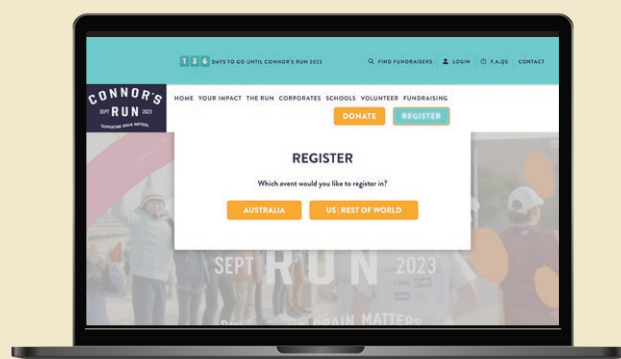


We also encourage you to join our Whatsapp group to receive instant messages. Please email han@rcdfoundation.org to be added.

2 REGISTER YOUR TEAM

TIME TO REGISTER YOUR TEAM!

You will have the very important task of you giving your team a fun and creative name. Be sure to make it as creative and meaningful as you like! Please see below on how to create a team for your organisation.



connorsrun.com

TEAM *perks!*

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YOUR OWN TEAM BIB



YOUR COMPANY LOGO ON
CONNORSRUN.COM



GREAT TEAM BONDING
EXPERIENCE WHILE
IMPROVING YOUR FITNESS
AND MAKING AN IMPACT
ALL AT THE SAME TIME!

3

RALLY THE TROOPS

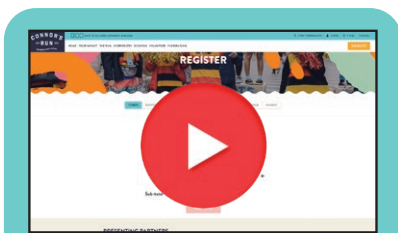
TIME TO RALLY THE TROOPS AND GET THEM REGISTERED!

Now that you have registered a team, start inviting your colleagues to join you on the team to help change the odds for kids with brain cancer.

Here's an email template to help you invite others to join you.

Remember that your team can choose to participate in Connor's Run Our Way on September 10 in their chosen distance OR they can participate in Your Way Any Day throughout the month of September if they are unable to attend on the day.

REGISTERING YOUR TEAM MEMBER IS AS EASY AS 1-2-3 WHEN THEY FOLLOW THESE STEPS.



[How to create or join a corporate team](#)

- 1 Visit connorsrun.com and select 'joining with a team'.
- 2 Select your organisation from the menu.
- 3 Join your team from the drop down menu OR chose to create a new team within your organisation to create a bit of internal rivalry!

RUNNING/WALKING NOT YOUR THING?



Why not volunteer your time to help before, on the day or post event? We have a very dedicated and amazing group of volunteers that help make Connor's Run fun, interactive, safe, and successful. We couldn't do it without them! Register as a team or individually to get involved. As we always say, "the more the merrier!". Email han@rcdfoundation.org to see how you can volunteer.

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SET A *FUN*DRAISING GOAL, PLAN & EXPECTATIONS

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.

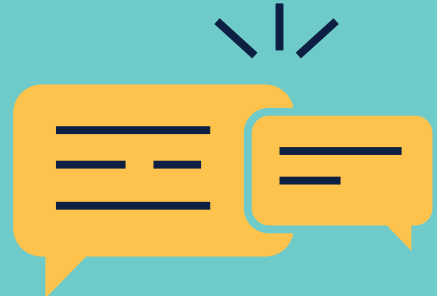
Here are some quick ideas to get you started!



FUN *d*raising ideas



BAKE *Sale*



TRIVIA *Night*



GIRLS *Night In*



CASUAL CLOTHES
DAY AT *Work*



ASK YOUR ~~~~~
ORGANISATION
TO DOLLAR MATCH
Amount Raised

5

CONNECT YOUR TEAM

TEAM CHAT

Keep your team up-to-date and engaged by creating a team chat. Here you can build momentum and excitement leading up to event day and throughout September. With one goal in mind, this is the perfect place to create an engaging, fun and interactive space for everyone to get involved by exchanging ideas and organise team training and catch ups.



6

TRAIN TOGETHER

TIME TO GET PHYSICAL!

An opportunity to get the team together to connect and bond in person while getting your fitness up to scratch for the big in-person event day! Here are some ideas...



Team training during lunch breaks or before work

A dedicated training morning with a Connor's Run ambassador followed by a team bbq lunch

Set a team step challenge – can your team of 10 do 1m steps by the end of September? The person that does the most steps at the end will win a Connor's Run merchandise prize

7

KEEP YOUR EYE ON THE LEADERBOARD

Keep your eye on the leaderboard to see how your team is progressing. Make sure your team is up there on our Top 10's!



8

UTILISE OUR EMAIL TEMPLATE AND RESOURCES

KEEP YOUR TEAM UP-TO-DATE AND ENGAGED

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



EMAIL TEMPLATES AND SCHEDULING

1. Join our team
2. Reminder to sign up
3. Spread the word
4. Early bird
5. Match funding week
6. Last chance to register before last postage!

9

SPREAD THE WORD

SHARE, SHARE, SHARE!

Spread the word with your organisation and externally to everyone's wider communities.

The best way to share your participation with your community is through social media. We have a range of social tiles here on our Resources page which you can use.



You can also invite your community to donate directly to your team's or each individual team member's page via email by sending them a quick template we have created. Please visit [our resources page](#).

Don't forget to share your experiences of the lead up, on the day of the event and your achievements post event.

Tag us using the following hashtags...

@rcdfoundation

#connorsrun2023

#morefunthanrun



10 HAVE *fun!*

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

**#MOREFUN
#THANRUN**

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



CONNORSRUN.COM