Thanks for registering, now it's up to you to recruit and excite your team! Myeloma needs a big punch and we're asking you to set goals and aim high! Go for a big team and big fundraising dollars. 100% of every dollar fund raised will directly support myeloma research. As team captain you have the awesome power to lead your team to great heights and help us win a big victory over myeloma!
YOUR SUPPORT IS IMPACTFUL

Every dollar you raise brings us closer to a cure for multiple myeloma. And when you form a team, you amplify your impact. How much will your team help move the needle in the fight against multiple myeloma?

WHY YOUR SUPPORT MATTERS

- Multiple Myeloma is the 2\textsuperscript{nd} most common blood cancer
- Each year 25,000 people are diagnosed in the United States
- Today there is no cure for multiple myeloma. Current treatments can extend a patient’s life, but does not cure them of the disease
- The five year survival rate is only 46%
- Current standard treatment for patients is grueling—chemotherapy, radiation and stem cell transplantation

CURES START AT FRED HUTCH. CURES START WITH YOU.

At Fred Hutchinson Cancer Research Center, scientists are turning to new therapies for multiple myeloma with immunotherapy, an innovative treatment approach that empowers the human immune system to overcome cancers like multiple myeloma. Immunotherapies have generated stunning results against other blood cancers, and Fred Hutch scientists are bringing their world-leading expertise on myeloma.

The immune system — a complex conglomerate that includes disease-fighting cells and proteins — is well-known for its remarkable ability to locate, recognize and attack invaders like the common cold. However, the immune system is not always able to eliminate cancer cells when they form. And once cancers like multiple myeloma develop, they can use a variety of evasion tactics to outwit the immune system.

Thanks to continually evolving research, scientists have discovered new ways to tap into the immune system’s inherent disease-fighting power and give it the upper hand against cancer.

The most exciting part? Because immunotherapies harness the patient’s own immune system, they are far less likely to produce the side effects common to traditional multiple myeloma treatments.

Bold ideas need big support. Fueled by the power of your team, you can help propel the cure for multiple myeloma.

Thank You!
REGISTER your team today!

Team Captains must register first.

- Go to www.defeatmyeloma.org
- Click on the Registration Tab and the Register Now button
- Select “Team”
  - Select Create a Team
  - Click on SIGNUP (unless you already have an Eventbrite account) and create a user profile
  - Add your Team Name - get creative!
  - Register yourself for the event
  - Set up your Team Fundraising Page
  - Click Next
- Head to your new Team Page
  - Upload a photo
  - Write a description about your team – why you are passionate about fundraising for multiple myeloma research at Fred Hutch? Set a lofty fundraising goal!

- Use the invite function to send emails to potential team members
- Set up your own Personal Fundraising Page. Upload a photo, share your story for joining us on Race Day, set a personal fundraising goal, etc.
- That’s it, you are all set! Now you can focus on growing your roster and starting to fundraise. You are on your way!
SCHEDULE OF EVENTS

8:00 AM  Registration Opens
8:45 AM  Opening Ceremonies
9:00 AM  5k/1 Mile Run & Walk Starts
9:30 AM  Post Race Party Starts
10:00 AM Closing Ceremony

RACE FEES

$30 Adult Regular Registration (expires 6/1)
$35 June Registration
$40 Adult Day of Registration
$30 Sleep in for the Cure
$10 Kids 10 and under with a t-shirt
Free Survivors and myeloma patients
Free kids 10 and under with no t-shirt

SLEEP IN FOR THE CURE

Do you have a team member who can’t join us on Race Day? Encourage them to Sleep In For The Cure! They will be mailed a t-shirt prior to Race Day and have the opportunity to set up a fundraising page to help out in the day’s efforts. Deadline to register for this option is June 18, 2017.
TEAM TIPS & TRICKS
Motivating your team!

Theme Your Team! Come up with a name your entire Team is excited about.
- Name your Team in honor or in memory of someone who has lost his/her battle with multiple myeloma.
- Get clever with wordplay.
- Make your name meaningful so that you can talk passionately about it to donors.
- Pick something easy for your Team members and donors to remember.
- Check the list of existing Team names before choosing one so that your Team name is unique.
- Recruit Teammates.
- Post a “Join My Team” flyer in your workplace.
- Form a Team with your co-workers, friends, place of worship or organization by hosting an on-site meeting. This is a fantastic opportunity to boost Team spirit at your place of work or worship!

Buddy up! Creating a buddy system allows Team members to check up on each other. This also lessens the load on the Team captain.

Connect! Make sure to introduce everyone each time you meet.

Organize! Team captains should keep track of each member’s progress.

Play! Create an activity that brings your Team together. Host a potluck or picnic. Have a bowling competition, wine tasting or bike ride. The possibilities are endless.

Bond! The more cohesive your Team is, the more likely your Team will fundraise, train and stay motivated!

Get your Team name out there! Promote your Team in your company newsletter. Send out via social media. Add your Team or Defeat MM website to your email signature. Sent out reminders with a countdown to the Race.

Fundraise! Now is not the time to be shy. Let everyone know that you are participating in the Defeat MM Race, benefitting multiple myeloma research at Fred Hutch. Advertise, call and e-mail family, friends and co-workers. Let them know your hope and purpose is to eradicate multiple myeloma. Set a goal, ask for donations and tell your friends to spread the word. This is a great opportunity to educate your community and fundraise at the same time. Remember, registering helps raise awareness. Fundraising helps find a cure!

Questions? Email info@runforgoodcompany.com