

# SCHOOLS FOR THE CURE®

## Race for the Cure® School Team Packet





## WE LIVE HERE

While Susan G. Komen® is a national organization, we assure you that Komen Nevada is local. We live here and are pleased to serve and support the community through breast cancer awareness programs and grants.

We know that one out of eight women will have to fight breast cancer in her lifetime. That's why, since 1996, we've been hard at work here in Nevada, raising money to provide breast cancer screening, education and treatment services, as well as financial support and emotional support, to our local communities.

## WE RACE HERE

Our biggest fundraising event each year is the Race for the Cure® and we're looking forward to this year's Race generating even more funds that can help us fight breast cancer in Nevada. This year's Race will take place in downtown Las Vegas on Mother's Day weekend, May 7, 2016.

## WE SAVE LIVES HERE

75 percent of the money we raise each year is put to work right here in Nevada to improve the lives of everyone affected by this deadly disease. The remaining funds go to national research to find a cure for breast cancer once and for all.

Last year we will invest more than \$755,000 in the fight against breast cancer, providing more than \$620,000 to our local community partners and more than \$134,000 to national research. Community grants fund education, screening, diagnosis and treatment programs for breast cancer. These services can literally save our mothers, sisters, friends, and neighbors' lives, and the services are available because of local contributions.

**While we're proud of the great work we've done over the years, we know that the fight is not over. We have much work to do.**



# WAYS YOU CAN EXPERIENCE THE RACE

## FORM A TEAM & FUNDRAISE

Putting together a Race team is a competitive and fun way to get involved with the Komen Nevada Race for the Cure®. Every year we have dozens of teams participate in the fundraising aspect of the event as well as the Race itself. Teams are made up of families, friends, co-workers and students. A great way to kick-off your fundraising is to start a team with your classmates, teachers or students. On Race day, teams with the highest fundraising amounts will be recognized. Race teams can come up with creative team names and t-shirts to set themselves apart from other teams as well. A complete team captain toolkit can be found on the Komen Nevada website.

## VOLUNTEER

Volunteers are a critical component of the Komen Nevada Race for the Cure. Each year, over 400 dedicated and passionate volunteers share their time, talents and stories with us. These great volunteers are what makes our Race such a success. We are always looking for new and eager volunteers and have plenty of jobs to fill for this amazing event to run smoothly. From set-up, to clean up, we would love to have you join us.

Your school can make an impact! These volunteer opportunities are a great way for students to get involved in their community. Volunteer sign up for the Race can be found on our website at

[www.kommenevada.org](http://www.kommenevada.org)



## SUSAN G. KOMEN RACE FOR THE CURE® LAS VEGAS

More than thirty years ago, Nancy G. Brinker promised her sister that she would do everything possible to put an end to breast cancer. Today, thanks to more than 100,000 survivors and volunteers/activists, Komen is the world's largest, most progressive grassroots organization fighting breast cancer. The Komen Race for the Cure is the largest 5k series in the world.

## FORM A RACE TEAM FOR YOUR SCHOOL

### JOIN THE SCHOOL CHALLENGE!

Take part in this year's Susan G. Komen Race for the Cure® as a school by entering a team for the whole school or encouraging students to create their own teams. Be the top team among local schools and your school will receive an award and special recognition from Komen Nevada.

### WHAT IS A TEAM

A Race for the Cure team is a group of 10 or more registered participants who come together to have fun, raise funds and fight breast cancer. Team members can be male, female, kids, babies and adults. It doesn't matter if they sign up to Sleep In for the Cure, walk the 1-mile or run the 5K because everyone on your team does not need to participate in the same event. Teammates can be teachers, students, friends, family, co-workers, or anyone else who would like to participate. Most importantly, a team consists of people who share one common dream, one common cause, and one common vision: a world without breast cancer.

### RAISE FUNDS FOR YOUR TEAM

There are many ways you can raise funds. Your school can host events or get creative and design a pink fundraiser! Some fun-filled, school-wide fundraising ideas can be found on the following pages.

### TEAM FUNDRAISING IDEAS

- Create a fundraising competition among team members. The highest amount wins bragging rights or a prize!
- Ask each potential donor to ask someone else for a donation.
- Have each team member place a "Spare Change for the Cure" jar by their front door.
- Make pink ribbon pins to give out for a donation.
- Collect empty bottles and cans for the deposit.
- Post your team involvement and fundraising progress on Facebook, Twitter or other social network outlets.
- Turn the page for more ideas!!



## FUNDRAISING CHALLENGE



Pick a day to do a fundraising challenge, set a fundraising goal and spread the word! Start promoting the date a few weeks in advance with a countdown to the day. Provide students with ideas on how they can raise money. Maybe up the stakes by making it a challenge between the grades, classes or clubs! When the day comes, have students turn in their donations at a designated area and tie a pink ribbon around their wrist so they can proudly show their classmates that they have given. You could even sweeten the deal by rewarding the student who makes the largest donation by throwing them and few of their friends a pizza party at lunch.

## SCHOOL GARAGE SALE



Organize a garage sale at your school! Clean out your house and give back to the community at the same time. Publicize the garage sale and invite families to contribute.

You can hold the sale in your parking lot, in your school gymnasium or even at a school sporting event.

## PINK RIBBON DECORATIONS

Wallpaper the halls with pink ribbons in honor of friends and family. Sell students wall space for a donation and they can decorate their space in honor of a loved one.

## FLOWER SALE



Reach out to a local florist and see if they will donate pink carnations to your school. Set up a Race for the Cure table at lunch and sell the flowers or give them to the students for a minimum donation. While they are at the table, encourage them to join your team or sign up to volunteer.

## SPECIAL ASSEMBLY

Honor teachers, moms, friends and family members at a special assembly. Invite your cheerleaders to perform an 'I AM KOMEN' cheer. Ask faculty who are breast cancer survivors to share their journey and the importance of early detection.

## PENNY WARS



Place a penny jar in common areas like classrooms or student lounges. The classroom that raises the most pennies wins. To make things more competitive, students can place coins other than pennies and dollar bills in opposing teams' jars, which will count against that room's pennies.

## IN THE PINK

Host a pink day at your school! Deck your school and yourself out in pink for one day during your spirit week. Donate \$1 to Komen to wear your pink hats, bandanas, shirts, shorts, socks and or course ribbons. Have fun showing off your dedication in the fight against breast cancer!

## RESTAURANT NIGHT



You need to eat, right? Why not raise funds while doing it? Reach out to a restaurant in your area and see if they will hold a fundraising night. 10-20% of the night's proceeds will be donated to Komen Nevada and will go toward your team's fundraising goal. Set a date with the restaurant and spread the word through your school announcements, flyers and signs. Some places that offer restaurant nights are Applebee's, Baja Fresh, Buffalo Wild Wings, Carls Jr, California Pizza Kitchen, Cheesecake Factory, Chevy's, CiCi's Pizza, Chili's, Chipotle, Jersey Mike's, Outback Steakhouse, Panera, Papa Murphy's, Red Robbin, Sweet Tomatoes, T.G.I.Friday's, fast food restaurants and more!



## OTHER WAYS TO GET YOUR SCHOOL INVOLVED!

- Make pink ribbons to be worn throughout your spirit week or breast cancer week. Collect donations for each ribbon your school sells.
- Host a Pink Bake Sale.
- Send cards to survivors through a program like Girls Love Mail ([www.girlslovemail.com](http://www.girlslovemail.com)).
- Have students or teachers who have been touched by breast cancer share their story - use your school newspaper to tell how breast cancer has made an impact of their life.
- Come up with your own fundraising or awareness event! Get creative!

## PINK SPORTING EVENTS

The following is a list of other sporting event ideas for your school team to get involved in with Susan G. Komen® Nevada and join in the fight against breast cancer:



- Volley for the Cure®
- Dig for the Cure®
- Pitch for the Cure®
- Hoops for the Cure®
- Kickoff for the Cure®
- Play for the Cure®
- Shoot for the Cure®

Fundraising for any of these sporting events can come from a portion of the total admission, raffles, half-time competitions, bake sales, concessions, or selling pink t-shirts and other items at the event. Any other fundraising ideas are strongly encouraged so don't be afraid to have fun and get creative!

## HALF-TIME EVENTS & PINK-OUT GAMES

Have a drawing during half-time that encourages fans to donate to Komen Nevada. Invite your football, lacrosse, basketball, or any other sports team to host a Pink-Out game where everyone wears pink to show their support. Sell concessions to raise funds or donate ticket proceeds. Distribute pink boas to cheerleaders and have them perform the special Komen cheer, 'I AM KOMEN'.

## STUDENTS VS. TEACHERS TOURNAMENT

Get a team of students and a team of teachers to play a sport - volleyball, football, basketball, etc. Donate ticket proceeds and challenge the losing team to match the donation.

## TEAM AWARDS

Team awards will be given to the largest team in the following school categories: Elementary School, Middle School, High School and College. There is also a Top Fundraising Team Award given to the team that raises the most funds in their category.

Recruit and register your team members by April 22, 2016 in order to qualify for the Largest Team Award. This means that any team members or teams formed after April 22nd WILL NOT count toward the totals for the Largest Team Award.

Fundraising will continue through May 31st. To qualify for a Top Fundraising Team Award, all fundraising dollars must be turned in by Tuesday, May 31st in order to count toward your team's total.

# CONGRATULATIONS TO OUR 2015 SCHOOL TEAM AWARD WINNERS!

## Top Fundraising Teams

### Elementary School Team

#### Team Ullom

J.M. Ullom Elementary School  
\$1,294.00

### Middle School Team

#### Remedy Advocates

Jerome D. Mack Middle School  
\$1,104.00

### High School Team

#### 702 Attack

School Unknown  
\$2,309.00

### College Team

#### OLLI & Friends

UNLV  
\$793.00

## Largest Teams

### Elementary School Team

#### Whitney Wizards

Whitney Elementary School  
56 Members

### Middle School Team

#### Remedy Advocates

Jerome D. Mack Middle School  
27 Members

### High School Team

#### Adult Education

Adult High School Program  
25 Members

### College Team

#### OLLI & Friends

UNLV  
38 Members