



# Team Leader Packet

**Who can form a team?** Anyone may create a team with 2 or more individuals who are interested in running or walking together. A team can be made up of friends, family, coworkers, social club members, youth or other church groups... be creative! Teams can include a combination of runners and walkers.

**Why a team?** Teams make participation at the event more fun and qualify you to win some great prizes. Awards will be given to the largest team, fastest team and to the team that raises the most sponsorship money.

## **Ideas and tips for forming a team:**

1. Set a team goal for the number of walkers/runners you want on your team.
2. Set a team goal for the amount of money you want to raise.
3. Educate your team about Hope Cancer Resources, and colon cancer. (Our staff are happy to help with this!)
4. Make sure all of your team members are registered individually and have a donation form – make copies as necessary.
5. Setting up some smaller competitions amongst the team members will help build enthusiasm and participation.

## **Steps to Creating a Team**

1. Recruit your team's members by advertising with emails or printed flyers anywhere your team meets on a day to day basis. Bulletin boards at your church, office break room, or school are great locations to find team members.
2. As individuals commit, record them on your **Team Registration Form**.
3. Individual team members must also complete an **Individual Registration Form**.
4. Encourage team members to solicit extra funds using the **Donation Log** found on their registration form by having people sponsor them to run or walk.
5. Team Captain collects team money and sponsorship forms and fills out the **Team Donation Summary Form** – all of these items will be turned in at check-in on race day.

**All registration forms must be turned in by April 19, 2010!!**

*Remember, if each runner/walker raised just \$100 each and we have 400 or more participants, then we will have raised \$40,000 from individual sponsorship alone!*





## The Heather Ridley Fleeman Battle For Hope 2010 Team Donation Summary Form

Team Member Name	Total \$ Collected
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
<b>Team Total</b>	
Team Captain:	
Team Name:	

**Form and money must be submitted by race day to qualify for prizes.**



Providing compassionate, professional cancer support and education in the Northwest Arkansas region today and tomorrow.

## FACT SHEET

### “Win the Battle — Crush Colon Cancer”

The Heather Ridley Fleeman Battle for Hope is an event that was created by the family and friends of Heather as a way to remember a great lady and to raise awareness of colon cancer. Heather died of colon cancer at only 28.

In her life, she worked to help other cancer patients who couldn't afford cancer drugs or participate in clinical trials. Her family and friends want to make sure that all cancer patients have access to the resources they need during cancer treatment and want to educate individuals that early detection does save lives.



For more on Heather's story and about the Battle for Hope visit our website at [www.heathersraceforhope.com](http://www.heathersraceforhope.com) or call (479) 361-5847.

For more information about Hope Cancer Resources' services, please visit [www.hopcancerresources.org](http://www.hopcancerresources.org) or call 479.361.5847. Someone from our staff would be happy to meet with your or your group to share our mission and ways you can become involved.

### Colon Cancer Facts

- Colon Cancer, also known as Colorectal Cancer or CRC, is the #2 cancer killer of men and women in the U.S., second only to lung cancer.
- There are approximately 150,000 new cases and over 50,000 deaths from CRC each year.
- The lifetime risk for an American to get CRC is 1 in 19 for both men and women.
- Annual screening with a proven Fecal Occult Blood Test (FOBT) can lead to the detection and removal of polyps and reduce the risk of getting CRC by 20%.
- Annual screening by FOBT can reduce the number of deaths from CRC by 15-33%.
- The five-year survival rate from CRC is about 90% when the disease is detected early, compared to only 11% when it is detected in a later stage.
- Annual screening with a proven FOBT can detect 90% of CRC cases in average risk individuals; i.e., those who are age 50 and older and have no symptoms.

***Many people are embarrassed to talk about this disease and there are many myths about colorectal cancer that need to be discussed openly. Please visit the National Cancer Institute's Web Site for more information at <http://www.nci.nih.gov/>***