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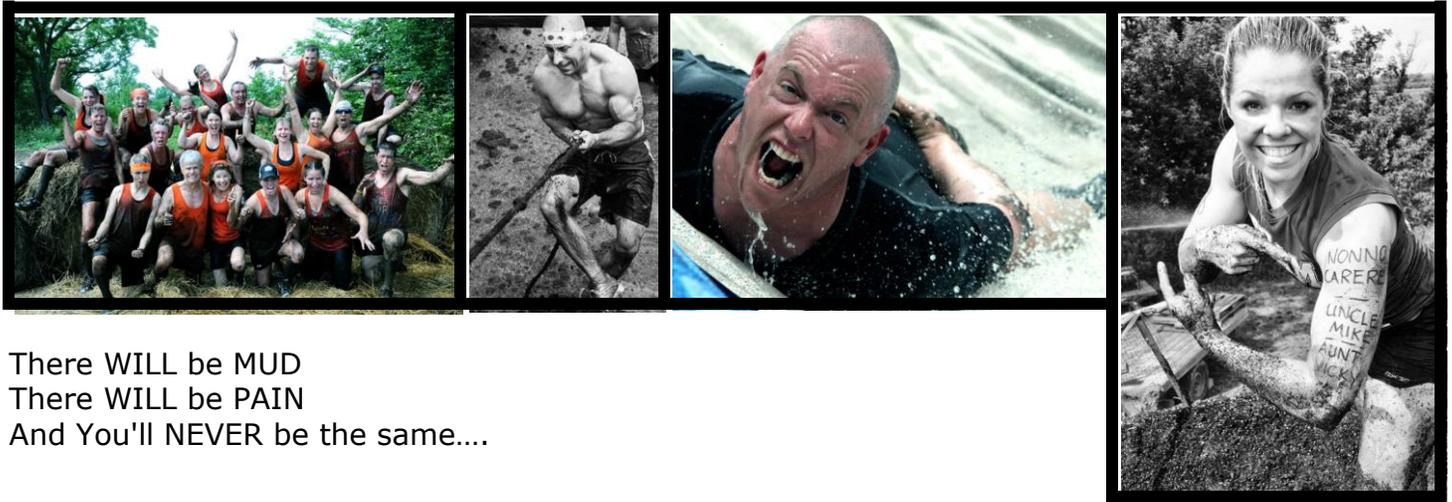
GRAPES OF WRATH



Canadian Cancer Society
Société canadienne du cancer



Team Captain Handbook



There WILL be MUD
There WILL be PAIN
And You'll NEVER be the same....

Congratulations on entering a team and taking the first step in being part of the inaugural Grapes of Wrath PEC. We appreciate your support and look forward to working with you to make your experience the best it can be.

Enclosed in this package you will find information to help you organize your team, what you can expect on event day and tips to achieve your team's fundraising goal.

If you have any questions or need additional pledge forms, GOW promotional posters and/or postcards, please contact your closest event coordinator at the contact information in this package.

We look forward to seeing you at the race!

The Grapes of Wrath Team



Canadian Cancer Society
Société canadienne du cancer



Can you handle it?

Event Profile

The Canadian Cancer Society, Prince Edward County Memorial Hospital Foundation and Trenton Memorial Hospital Foundation proudly presents Grapes of Wrath (GOW). This exciting new fundraising event is about survival of the fittest and puts all those other run-of-the-mill, cookie-cutter marathon runs to shame!

GOW ain't your average charity run. This 5K obstacle and mud run demands endurance to trek through hills and valleys and splash through winding streams, courage to overcome uncompromising obstacles and a complete lack of shame to sludge through dirt and mud all in the name of a good cause.

Designed by ex-military professionals and hard-core runners, the race challenges and tests your resilience, strength, stamina, camaraderie, mental toughness and your ability to have fun in the face of hardship and what feels like insurmountable obstacles. Participants may choose to run solo or as part of a team.

GOW is a perfect complement to the County. It is a roller coaster ride of fun, excitement, camaraderie and physical and mental toughness that is anything but ordinary. Supporting this exciting and inspiring event strengthens a strong community of people striving to improve cancer care.

Event Goal

The goal of the event is to provide Prince Edward County with a new and exciting yet challenging event that promotes health, wellness and physical activity in a casual and fun atmosphere, all in the name of a good cause. All proceeds from this event will go to support the three charities as they work together to cover all aspects of cancer care.



Mission

Prince Edward County Memorial Hospital Foundation raises money to advance health care for our patients.

Our Vision

The Prince Edward County Memorial Hospital Foundation is the voice and champion of exceptional health care for the people of PEC.



Canadian Cancer Society
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Mission

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

Vision

Creating a world where no Canadian fears cancer.



Mission

We inspire our community to help us achieve sustainable healthcare excellence for our community.

Company Overview

To be a trusted leader in funding healthcare priorities for our hospital and our community inspiring others to give.

Event Details

What: Grapes of Wrath – Prince Edward County’s Extreme Romp N’ Stomp

Where: Hillier Creek Estates – 46 Stapleton Road, Prince Edward County, Ontario

When: August 29th, 2015

Time: Registration opens at 8:00 a.m. (further confirmation will be emailed to you closer to event day)

Heats: Heats take place between 9:00 a.m.—3:00 p.m. Racers/Teams will be set off every 15 minutes. Heat times will be randomly assigned and further details and confirmation of times will be communicated to participants in late August.

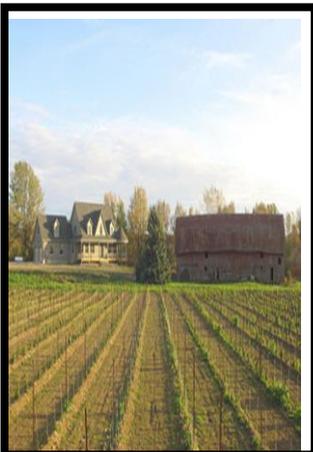
What You Get

Every participant will receive the following;

- A GOW technical t-shirt (retail value \$40)
- A GOW (dog tags) upon completion of the race
- Bragging rights

Don’t forget to stick around afterwards for a post-event celebration including more food vendors, wine/beer vendors and live entertainment on the main stage. Spectators are welcome to come out and watch and support participants!

Families and children are always welcome!



GLEE IMAGES

Team Captain Information

Team participation is strongly encouraged! Part of what makes Grapes of Wrath so unique is the camaraderie. It's not necessarily how fast you finish but that you finish. For so many cancer patients, it's the support of their family and friends that makes the difference in their battle with cancer. Creating a team and participating together to motivate, encourage and help each other along the way is what team spirit is all about.

As a Team Captain, you can make a difference to the millions of people whose lives are touched by cancer. Some of the Team Captain's responsibilities include the following:

Step 1: Recruit

A team consists of two or more participants. There is no limit to how many participants can be on a team and anyone can be a member of your team – friends, family, co-workers, neighbours, even strangers!

Step 2: Come up with a Team Name/Theme

The fun part! Be creative...or not. The most important thing is to remember to have FUN!

Step 3: Register

As the Team Captain, you should be the first to register. Just follow the registration links to create a team on www.cancer.ca/grapesofwrathPEC. Make sure everyone on your team knows your team name and registers either online or visit/call your closest office to obtain a hardcopy registration form.

In the middle of August a representative from the GOW team will contact all team members to let them know what time their heat will be starting.

Step 4: Set a Goal

Grapes of Wrath is more than just about finishing the race, it's about raising awareness and much needed funds to better cancer care in our community.

Make sure every member of your team knows the team fundraising goal. The easiest and fastest way to raise funds is to create your own personal page online when you register at www.cancer.ca/grapesofwrathPEC and let people know why you're racing or who you're racing for. Statistics show that online donations raise 3X more money than in person and 5X more if you create a personal page. Anyone who donated \$10 or more online will automatically be sent a tax-receipt via email.

So go ahead...tell your story and take the challenge by helping to raise money through pledging.



Step 5: RACE!

It all boils down to this one moment! Arrange a time to meet at the event to ensure everyone is present and accounted for. Please be sure that all registration forms are filled out in full, including your team name before checking-in. Proof of age may be required for participants. A Participant Permission and Release Agreement **MUST** be signed by ALL team members prior to participating in GOW. **NO EXCEPTIONS!**

And finally...don't forget to **HAVE FUN!**

FAQ

Is GOW Safe?

We're not going to lie. Competing in Grapes of Wrath may be hazardous to your health. As with any race, there is always a risk of injury. By competing in Grapes of Wrath, risk of injury for some is highly probable. Having said that, we take every precaution possible to ensure you get to the finish line in one piece. There will be numerous volunteer paramedics and EMS personnel onsite during the entire event. If you get injured or need medical assistance, we'll have back-up.

*Disclaimer – Participants enter the run at their own risk

Is there an age limit to participate?

Yes. You **MUST** be 18 years old on event day to participate in Grapes of Wrath for legal and insurance reasons.

Can I get a course map?

Grapes of Wrath is ultimately all about the element of surprise. However, for safety reasons, some general information about what kinds of obstacles you might encounter will be provided to you in the coming months and will be announced on our GOW Facebook Fan Page <https://www.facebook.com/GrapesofWrathCountyRace>

Please **LIKE** us if you haven't already. We want to challenge you, engage you and ultimately, test your limits, so expect the unexpected!

What time should I arrive on race day?

We recommend that you arrive at least one hour before your heat time. Remember that you will have to park, pick up your packet, register and make your way to the starting line. Registration wait time may be long so please give yourself plenty of time and remember to bring your completed waiver with you.

*More detailed information regarding this will be sent to you closer to event day. Handbooks will be out to team captains very soon!

Is there a time limit to finishing the race?

No.

What about the weather?

Grapes of Wrath is a rain or shine event. The more inclement the weather, the better! Come prepared to get down and dirty regardless of the weather.



Can I skip an obstacle or not complete it?

We strongly encourage you to give all obstacles your best try. Half the challenge of this race is conquering your fears and challenging both your body and mind. If you give it your best shot and still feel you cannot conquer an obstacle, you may choose to opt out, however, depending on the difficulty of the obstacle, racers will be required to perform burpees or use a **Burpee Buy-Out** in order to move on to the next obstacle.

Burpee Buy-Outs

Participants may purchase Burpee Buy-Outs! Similar to a Mulligan in golf, if you're nervous about not being able to complete an obstacle and/or you come across an obstacle that is much more challenging than you thought, you may purchase up to a maximum of 2 buy-outs which will give you a FREE pass without penalty at whatever obstacle(s) you choose to pass. BUT BEWARE - use them wisely otherwise you'll have to get through it or get your burpee on!

Opportunity to purchase the Burpee Buy-Outs will available for purchase at event day. Burpee Buy-Outs are \$25 each/max 2 per person.

How fit do you have to be to compete?

Grapes of Wrath – Prince Edward County's Extreme Romp N' Stomp is hardcore, there is no question about that, however, it is more about mental toughness than anything else. If you think you can do it, you can!

Again, GOW is more about conquering your fears and challenging both your body and mind than it is about speed. First and foremost, it's important to remember that this is a fundraising event! Participate...do your best...and most importantly...have fun!

Any registration questions can be sent to Brad Warner at the Canadian Cancer Society
(613)962-0686

bwarner@ontario.cancer.ca



Pick up additional team kit materials at your most convenient location.

Prince Edward County Memorial
Hospital Foundation
403 Picton Main St
Prince Edward, Ontario
K0K 2T0
613-476-1008 ext. 4503

Canadian Cancer Society
97 Hanna Court South
Belleville, Ontario
K8P 5H2
613-962-0686

Trenton Memorial Hospital Foundation
242 King Street
Trenton, Ontario
K8V 5S6
(613) 392-1294 ext 5867



