

Tena's Legacy Run 2020 Virtual Fundraising Race Instructions

HOW IT WORKS: A virtual race is a race that can be run (or walked) from any location you choose. You can run, jog, or walk on the road, on the trail, on the treadmill, at the gym, or on the track. You get to run your own race, at your own pace, and time it yourself.

1. Choose your race distance and date: 2 miles, 5k, 10k, Half Marathon etc.
2. Create a profile for our donation page on the Camp Hands of Hope website that explains:
 - your connection to this event e.g., are you running to remember a specific person or feel connected to the goals of the program to support bereaved kids and families etc.
 - the amount you hope to raise
 - provide a picture we can use along with your profile, (please no advertising of products) on the donation page on our website. (See following page for examples)
3. We will post your profile on our fundraising page to allow donors to select you as the runner whose goal their donation will support. (Or they can choose to donate without designating a runner.) We will update the donation count each day to reflect current totals and how you are doing.
4. Use the email templates provided or create your own note to send to friends and family or share in posts to enlist support and donations.
5. When you have completed your run, send us a picture of you holding your **Tena's Legacy Run Certificate** with your distance and time. We encourage you to post a picture on your own Facebook page and we will post on our website and Facebook pages using #griefsupport (*Pictures shared with us from this event may be used in future Hospice & Palliative Care Foundation marketing.)

Friends and families are encouraged to run together, and to maintain appropriate social distancing with others. Participants can share encouragement and their fun photos or "action" shots during their race on social media using a designated #tag #griefsupport

Spread the word and encourage your friends and loved ones to join you. Be sure to like & follow our Facebook page at <https://www.facebook.com/Camphandsofhope>

All Donations made to this event will go directly to fund Camp Hands of Hope.

After registering you will receive instructions on where and how you can post your race photos. **Below are examples** of Runner Profiles and photos as they will be displayed on the event/donation page on the Camp Hands of Hope website.

Select your favorite runner and support Camp Hands of Hope by making your donation to help them reach their fundraising goal. You can enter their name when you make your donation.



Devon: I am a lifelong running enthusiast and this event is an opportunity for me to remember my sister, Shalin, who we lost in 2018. She loved to write poetry and I will be running a 5k and need 30 donors to give \$10 so I can raise \$300 to support Camp and pay for 20 teen journals.



Lisa: I lost my dad in 2015. He loved gathering around the dinner table and telling stories about his siblings and our family. I am running in his memory. Help me raise \$75 to cover the cost of a Family Memory Plate activity for all the families gathered at a Camp Hands of Hope.



Smiths: We are running as a family in memory of Pa Pa who made beautiful music and shared his life and laughter with our children. We know how much it means to have the support of others. Help us raise \$150 to cover the cost of a drum therapy session at a camp.



Jason and Kim: We are running 15 miles together in memory of Kim's brother, Jonathan. We know the heartache of losing a loved one and want to support Camp Hands of Hope. We are asking you to make a \$15 donation in his honor and help purchase mason jars for the memory lanterns activity at Camp Hands of Hope.



Rick: I am a member of XYZ race club and am challenging my fellow club members to donate \$10 to help me raise \$200 to cover the registration fee for 4 families to attend camp. My employer has a matching gift program and will match donations up to \$500 for this event. I am running a 10-mile race.



Sherry: I am run/walking 5 miles in memory of my niece who lost her battle with Leukemia 2 years ago. I hope to raise \$150 to help cover the cost of memory making materials for children attending Camp Hands of Hope.

Tena's Legacy Run Profile Form



Runners Name(s) to appear on fundraising Page _____

Fundraising goal: _____

Email address _____
(only used for communications regarding race)

Phone: _____
(only used for communications regarding race)

Profile:

Runners Signature: _____

Please submit your profile and photo (pdf) or design for use on our donation page to:
info@hpcfoundation.org

Camp Hands of Hope is a program of the Hospice & Palliative Care Foundation



Tena's Legacy Run Email Templates:

You can use these examples to help you create messages to friends and family to engage their support.

To:

Subject: Help for a Grieving Child

Dear Friends,

Grief is a journey none of us want to take, but one all of us are faced with during our lives.

The Sad News Is: One in 11 kids in South Carolina lose a parent or sibling by age 18.

The Good News Is: There is a place that can make a difference to a grieving child and family.

Camp Hands of Hope is a weekend long camp where kids ages 5-18 and their families can participate in activities that support them as they are dealing with loss and grief. This all-expense paid camp program provides a safe, caring environment where they can express their feelings and connect with others going through similar experiences. There has been a waitlist for each camp since 2007, and although camps are held two to three times a year, each time some families have had to be turned away.

I am participating in the first annual **Tena's Legacy Run** to raise fund for Camp Hands of Hope and help grow this program so any child who needs this resource can attend.

There are two things you can do to help.

1. Share about Tena's Legacy Run on social media.
2. Support my fundraising goal by making a tax deductible donation to Tena's Legacy Run between August 29th and September 13 at: www.camphandsofhope and listing me as your runner of choice.

(you can add distance and date you plan to run and your fundraising goal.)

Here is a short video of a recent camp where you can learn more about this wonderful resource. (insert link <https://www.camphandsofhope.org/camp-recaps.html>)

Running for a reason,

Your signature

Subject: Running for A Reason

Dear Friends,

I am participating in Tena's Legacy Run, a virtual fundraising event Celebrating Life and Remembering Loved Ones. All donations to this event are tax deductible and go directly to support Camp Hands of Hope, a bereavement camp program for kids and families who have experienced the loss of a loved one.

These expenses paid weekend camps offer a way for kids age 5-18 and their families to express their feelings and connect with others going through similar experiences. The need is real as research shows that 1 in 11 children in South Carolina will lose a parent or a sibling by age 18.

I am doing my part to help this program reach more kids by running ___ miles on _____ and I have set my fundraising goal at _____. Part of my reason for running is to honor the memory of _____ who we lost in

Here's how you can help. Go to www.handsofhope.org to make a donation to Tena's Legacy Run and list me as your favorite runner to help me reach my goal. Just look at what your donations can provide:

\$10	\$20	\$50
<ul style="list-style-type: none">• 5 Art Canvases for Tween Memory Collages• 10 Ceramic Plates for a Family Memory Activity• Adult Grief Journal• Package of Foam Brushes for paint activities	<ul style="list-style-type: none">• A Children's Grief Activity Journal & colored markers• 15 Poster Boards for Family Mandala Activity• Washable Markers & Sponges for the Young Group Emotions Activity	<ul style="list-style-type: none">• 10 Masks for Teen Inside/Outside Emotions Project• 15 Wide Mouth Mason Jars for Memory Lanterns• 5 32oz Jugs of Acrylic Paint used for multiple activities across age groups

The experiences and coping skills these camps offer can last a lifetime. Here is what race founder Billy Simons had to say about the importance of grief support; *"I lost my mom, Tena Simons, to cancer when I was 12 years old. After her death, my dad, sister, and I were able to participate in a grief program through the Hospice Foundation. I remember the comfort it gave me during that time, and that is why for my birthday I will be running 43 miles to raise funds for Camp Hands of Hope."*

Please consider contributing to Tena's Legacy Run to support Camp Hands of Hope.

Sincerely,



Costs of Various Items for Camps

Camp Hands of Hope has 3 distinct camp curriculums that have been created by Child Life Specialists and other Health Care Professionals skilled in Bereavement Support. The curriculums are designed with a mix of family activities and specific age group activities. The small group sessions are divided into Young, Tween, Teen and Adult. Each camp requires some basic supplies such as paper products, hand sanitizers, pens, colored pencils, scissors, construction paper and various kinds of markers. In the chart below you can see some of the costs associated with our camps which may help you to create specific fundraising goals.

Cost	ITEM	Additional Information
\$10	Grief Journal for a Child, Tween or Adult	
\$10	5 Art Canvases	Used in a family and children's activity
\$15	Teen Grief Journal	
\$25	Materials for a Basic Activity	Self-Care Tags, Wild/Calm Self Portraits, I-Cope
\$25	Grief Support Handouts	Printed Materials Provided to Adults
\$50	Materials for an Advanced Activity	Message in a Bottle, Feelings Masks, Photo Frames, Drumsticks for Music Therapy
\$50	Registration Fee for One Family	Covers the cost of processing applications
\$75	Small Individual Flashlights	Provided for Spring and Fall Camp Sessions
\$75	6 (32oz) Acrylic Paints & brushes	Used for multiple activities
\$100	Nutritious Snacks for the weekend	Provided during small group sessions
\$100	Drawstring Sport Bags for Youth	Carry supplies and some finished projects
\$150	Pizza for a Camp Dinner	Meals vary based on camp location
\$500	Sponsorship for family of 4	Includes lodging, food, and materials



All donations for **TENA's Legacy Run** will go directly to support Camp Hands of Hope, a program of the Hospice & Palliative Care Foundation a 501(c)3 non-profit organization.

TAX ID 57-1107253



I participated in
Tena's Legacy Run 2020
A Virtual Race



Celebrating Life and Remembering Loved Ones

Distance: _____

Time: _____

Date: _____



All Donations Supporting Camp Hands of Hope
a program of the Hospice & Palliative Care Foundation

