



# Team Purple: Runner's Info 10k and under Race(s) 2011



## Registration

Participants can register and run for any 10k or under race and run for Team Purple. The important step, is to once you are registered to run the race, contact Renee at 303-688-1094 ext 24 or e-mail at [rforsythe@twcfoc.org](mailto:rforsythe@twcfoc.org) to reserve your place on Team Purple.

## Registration Fees

Registration fees vary by race. For more info, please contact Renee at the info listed above.

### The Challenge

Team Purple helps to increase awareness of domestic violence and to raise money for the Women's Crisis & Family Outreach Center. Each Team Purple runner's goal is to raise \$100 dollars for their participation .

### The Perks of Team Purple Participation

- Getting fit!
- Free Team Purple technical shirt
- Helping WCFOC with mission of: "ending violence in the lives of all people."
- Prize to the person raising the most money
- Official Race goodie bag (varies by race)

### About WCFOC

#### Vision

It is the ultimate vision of the Women's Crisis & Family Outreach Center (WCFOC) to assist in ending violence in the lives of all people.

#### Mission

The WCFOC is dedicated to reducing domestic violence and family conflict through advocacy, empowerment, violence prevention and intervention, services and education.

#### Values

The Women's Crisis & Family Outreach Center (WCFOC) values the individual diversity of all employees, volunteers, clients, and supporters of our violence prevention programs. Differences and distinguishing factors provide experiences, viewpoints, and ideas that can strengthen and enrich our work. Our goal is to create an evolving environment that is inclusive, respectful, and equitable, and to welcome and be accessible to all populations of clients in order to accomplish the mission of the WCFOC.

## Questions?

e-mail Renee @ [rforsythe@twcfoc.org](mailto:rforsythe@twcfoc.org)

Website <http://www.twcfoc.org/teampurple.html>



# Team Purple: Fundraising FAQ

## 10k and Under Race(s) 2011



### What exactly is WCFOC, and why should I raise money for you?

#### Mission

The Women's Crisis & Family Outreach Center (WCFOC) is dedicated to reducing domestic violence and family conflict through advocacy, empowerment, violence prevention and intervention, services and education.

The WCFOC offers essential support and shelter to victims of domestic violence. We provide victims with safe shelter, legal advocacy, therapy, career and educational resources, food, housing and clothing assistance, and many other support services. We strive to empower and educate so that the choices a victim makes moving forward are positive, self-affirming and non-violent.

Although WCFOC does work in all these areas, all funds raised by the Team Purple will go directly to our Operations budget. That means your money can provide a safe night in shelter for a parent and one child, provide master's level therapy for a group of struggling teenagers, provide legal advocacy to a victim in need, and much more!

But let us put it another way for runners and potential runners: You'll be training and sweating and fundraising and laughing and cheering for the group that is the Colorado Front Range's most powerful voice for victims of Domestic Violence.

Most people don't think about victims of domestic violence very much. That means they don't think about the individual suffering and pain that some lifestyle choices support. WCFOC is changing that. We make people think about the human side to the all-too-real statistic of domestic violence affecting 1 in 4, and that leads to their empathy and caring about victims. Caring about victims, who could easily be you or your neighbor, inspires people to change their viewpoint, so that they no longer ignore abuse. These are the most powerful changes that we can make!

Nearly 86 percent of WCFOC's expenses go directly to our programs that fight domestic violence, leaving right at 14 percent for fundraising and administration expenses. By the standards of all charitable rating agencies, those are excellent marks.

So when you raise money for WCFOC, you directly help make the world a better place.

### I see the need and want to help, but how am I going to raise at least \$100?

We'll be there with you for the entire time, giving you tips to help you meet the minimum. Here are a few ideas to set your mind at rest:

1. If you're reading this on a computer, then you can raise the money! E-mail everyone you know and ask them to sponsor you. Your friends, colleagues, and family members want to see you succeed. They may not be willing to speak out for domestic violence victims (yet!), but we'll bet they want to support you. If you get 4 people to donate \$25 each, you've met your goal! It's that easy!
2. If you love to cook, throw a party mid-training. Give your guests an awesome buffet ... and charge them a \$25 donation to attend!
3. Do you have a favorite aunt or uncle who loves supporting local youth? Write them a sweet old-fashioned letter about your efforts and why you're in training. You won't simply have raised money for local teens, you'll have given them an important way to feel involved, help families in need, and support someone they love.

**Where do my fundraising dollars go?**

Your sponsors will donate online or through the mail, but the money goes directly to WCFOC to help adult and children victims of domestic violence. All race donations are tax-deductible as long as they are made online or the check is made payable to WCFOC. Checks that are made payable to you and not to WCFOC are not tax-deductible.

**How exactly does the fundraising work?**

Each member of the WCFOC Team Purple needs to register for the race they intend to run. Once you register, we will set up your own fundraising packet. Send that info- that you are running for Team Purple- to everyone you know. Your sponsors should go to [www.twcfo.org](http://www.twcfo.org) to donate online. Their gift goes to WCFOC, but we will carefully track it so that you get the credit.

People can write checks as well. Mail them to WCFOC, C/O Team Purple, PO Box 367, Castle Rock, CO 80104 and have them put your name in the memo. Please do not hold the checks until the race, though, because that makes it difficult to properly track the donations.

When your supporters make donations to sponsor you in the race, they'll be given the option to receive our monthly e-blast with information about our award-winning programs, services and events. Of course, if your supporters want to make this a one-time donation and not be put on our e-blast list, they'll have that option as well.

**When is my fundraising minimum due?**

All Team Purple participants should have their funds raised by December 22nd, 2011. We'll be encouraging you to raise the funds earlier, though, so that you can focus on yourself during the last couple weeks of the year! Donors can still donate online at [www.twcfo.org](http://www.twcfo.org), anytime, so that we can accept any late gifts that your sponsors may want to make to help DV victims.

So what do I have to pay for?

Weeks of professional ADVISE is our gift to you to make sure that you have fun and meet your goals. We're also providing a goodie bag, runner's shirt, and water bottle.

You will have to pay for any travel and accommodations that you may need in order to run the race itself in Denver, on October 9, 2011. You will also need to register and pay to enter the race, which is open to anyone and requires an entry fee of approximately \$100. (The actual cost for the event depends on how early you register

**What else do I have to do in order to run?**

In order to run, you must register on your own to get an official race number, and that's a must-have! Simply chose the race you wish to run, and get registered. It's very important to register early in order to stay motivated and also because the event can sell out. So please register as soon as possible.

I can't ask people for money. I'm too shy! What can I do?

We're here to help. We know you can do it! For an immediate dose of inspiration, watch this: <http://www.twcfo.org/aboutus.html>

Victims, especially child victims, depend on us for help. They cannot speak for themselves. We know you want to stop their suffering. You're not asking for yourself. You're asking for the voiceless victims.

On top of that, you're giving a gift to the people you ask. By asking them to support your training efforts and WCFOC's vital work, they'll know that you've included them in something meaningful. They'll get to hear about your training, find out how it's going, and listen to you talk about your feelings of achievement and happiness ... and they'll feel a part of this effort too.

It's good to ask for help. Victims are counting on us, and our friends and families want to be involved in our challenges and achievements.

**We'll talk about this more during the training. You won't be left alone to handle this important part!**