

# Swedish SummeRun

Sunday, July 26, 2009

## Information for Team Captains

### What is included in the Team Packet?

- Team Roster
- Sample Letter for Recruiting Team Members
- Registration Form & Pledge Forms
- Set-the-Pace Form

*The team packet can also be found electronically at [www.summerun.org](http://www.summerun.org)*

### What is a Team?

A team is any group of 5 or more friends, family members or co-workers. Team members can include all ages and levels of fitness, and can be any combination of runners, walkers or wheelchair participants.

### How do I register my Team?

**Online:** Team Captains and team members can register online at [www.summerun.org](http://www.summerun.org) after May 1. Team Captains must register first in order to set up a team online. Be sure to check the box indicating you are the Team Captain. Team members will then have the option to join the team online and set up a personal fundraising page.

**By Mail:** Using the brochure registration form, simply fill in your name under “Team Captain” and team name under “Team Name.” Ask team members to return their registration form to you. You can do this by writing your address on the registration forms or including a self-addressed envelope. **Please be aware that Team Captains must register online if they wish to have an online team fundraising page and have the team name appear as a sign-up option for other team members.**

Team registration forms may be dropped off or mailed to the following address:

*Swedish Medical Center Foundation, Attn: SummeRun  
600 Broadway, Suite 300, Seattle, WA 98122*

### What am I responsible for as a Team Captain?

Team Captains are responsible for registering their teams online and/or collecting all completed entry forms and fees and submitting them together. Team Captains should also encourage their team members to raise donations.

### Donations & Fundraising

We suggest that teams set a fundraising goal. Our recommendation is \$150 per team member. When you register online at [www.summerun.org](http://www.summerun.org), you will receive a personalized online fundraising page. Paper pledge forms are also included in the team packet. Fill in your team name and your mailing address for pledges to be sent back to you. Remind everyone you ask that 100% of funds raised by the Swedish SummeRun benefit the Marsha Rivkin Center for Ovarian Cancer Research.

### What is the Team Deadline?

The deadline for team members to sign up is **July 10, 2009**. This deadline is important to ensure that team captains can pick up t-shirts and bib numbers for team members prior to the event.

### Team T-Shirts & Race Bibs

Team captains will be able to pick up their team’s t-shirts, bib numbers and timing chips (for runners) for their team members on July 17 & 18. More information will be sent to team captains after they register their teams.

*Questions? Call the Swedish SummeRun at (206) 215-6700.*



## HELP SET THE PACE!

Honor a friend or loved one by recognizing them on the Official T-Shirt for the 2009 Swedish SummeRun!

For an individual donation of \$1,000 or team donation of \$2,500 to the 2009 Swedish SummeRun, you can become a "Set the Pace" member and have a friend or loved one's name listed on the official 2009 Swedish SummeRun T-shirt.

To honor a friend or loved one, please return your donation(s) using the form below.

**DEADLINE:** June 10, 2009

**QUESTIONS?** Please call the Marsha Rivkin Center at (206) 215-6200.



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### I want to help "Set The Pace!"

*Please check the appropriate box and return with donation(s) to the address below.*

**Individual - \$1,000 (Personal Donation)**

Individual's Name to Honor (will be listed on T-Shirt): \_\_\_\_\_

**Team - \$2,500 (Minimum Team Fundraising of \$2,500, multiple donations OK)**

Team Name (will be listed on T-Shirt): \_\_\_\_\_

**Donation & Contact Information:**

Check Enclosed (*Please make payable to: Swedish SummeRun*)

Visa       MasterCard       American Express       Discover

Credit Card Number	Exp Date	Signature
Name	Phone	
Address		
City	State	Zip
Email	Fax	

**Please return by June 10, 2009 to:**

Marsha Rivkin Center ♦ 801 Broadway, Ste 701 ♦ Seattle, WA 98122





## SAMPLE LETTER FOR TEAM RECRUITMENT

Dear Friends,

It's time again for the Swedish SummeRun! I am organizing a team, [TEAM NAME], for this year's Swedish SummeRun which benefits the Marsha Rivkin Center for Ovarian Cancer Research. Our team will participate in honor of \_\_\_\_\_, and I would love to have you join us to help raise funds and make a difference in ovarian cancer research!

It is very easy to join [TEAM NAME]. The Swedish SummeRun will be held on Sunday, July 26, 2009 and team members can sign up to run the 10K or 5K run or to walk the 5K route. I have attached a registration form for you, or you can register online after May 1<sup>st</sup> at [www.swedish.org/summerun](http://www.swedish.org/summerun)! The registration fee is \$25 and includes a great T-shirt as well as food and festivities following the race. Please return any paper registrations to me by July 8<sup>th</sup> so that I can return them in time to make the team deadline.

This year, [TEAM NAME] has set a fundraising goal of \$\_\_\_\_\_. If you are not able to participate in this year's race, please consider making a pledge to help support our team with the attached pledge form. As the team captain, I will be responsible for collecting all completed team entry forms, fees and pledges.

Because of generous sponsorship from Swedish Medical Center, 100% of funds raised, including registration fees and all donations, benefit the Marsha Rivkin Center! The mission of the Marsha Rivkin Center is to save lives and reduce suffering through improved treatment, early detection, and prevention of ovarian cancer. You can learn more at their website: [www.marsharivkin.org](http://www.marsharivkin.org).

No one can beat ovarian cancer alone, but, with your support, we can help save women's lives. Please feel free to contact me [YOUR CONTACT INFO] if you have any questions. I can't wait to see you there!

Sincerely,

[NAME]  
Team Captain

# Swedish SummeRun

Sunday, July 26, 2009

## Team Registration Information

Bring your family, friends and co-workers to the 2009 Swedish SummeRun! All funds raised support the life-saving work of the Marsha Rivkin Center for Ovarian Cancer Research.

There are three easy ways to register for the Swedish SummeRun:

- 1. Online registration** is the recommended sign-up method! Online registration is available at [www.summerun.org](http://www.summerun.org) starting on Friday, May 1. When you sign up online, you will receive a personalized online fundraising page.
  - 2. Mail-in registration** is possible through the registration form below. Submit your completed form and registration fee to the address provided. Registration materials must be received by Friday, July 10. Please note, if you do not register online, you will not receive a personalized online fundraising page.
- If you are part of a team that is registering by mail, you must return your completed registration form and fees to your Team Captain. The Team Captain is responsible for collecting all completed forms and fees, and submitting them together by mail or in-person to: Swedish Medical Center Foundation, Attn: Swedish SummeRun, 600 Broadway, Ste 300, Seattle, WA 98122.
- 3. Day-of-event registration** begins at 6:30 am on Sunday, July 26, 2009 at the corner of Marion St. & Minor Ave. Please note that day-of-event registration is \$30.

Questions? Please visit [www.summerun.org](http://www.summerun.org) or call (206) 215-6700.

SWEDISH SUMMERUN / JULY 26, 2009		<input type="checkbox"/> 10K RUN	<input type="checkbox"/> 5K RUN	<input type="checkbox"/> 5K WALK	<input type="checkbox"/> OVARIAN CANCER SURVIVOR	<input type="checkbox"/> SWEDISH EMPLOYEE
Fill out entry form completely. Print clearly. Copies okay. One entrant per form.						
FIRST NAME	LAST NAME			CIRCLE ONE		
STREET ADDRESS			Age on 7/26/09 <b>M F</b> Official use only			
CITY			STATE/PROV.	ZIP/POSTAL CODE		
DAY PHONE	EVENING PHONE	DATE OF BIRTH				
E-MAIL ADDRESS						
TEAM NAME				T-SHIRT SIZE: <input type="checkbox"/> YOUTH LARGE		
TEAM CAPTAIN				ADULT <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		
				<input type="checkbox"/> NO SHIRT PLEASE		
I would like to make a donation to the Marsha Rivkin Center in addition to my entry fee. \$ _____						
<input type="checkbox"/> Make my donation in honor of _____ <input type="checkbox"/> Employer matching form attached						
I have read the waiver to the right and agree to its terms.						
SIGNATURE / DATE			SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS OLD / DATE			

**Deadline for Teams:** Mail-in or online: July 10, 2009

**Deadline for Individuals:** Mail-in: July 17 • Online: July 23, 11:59 pm • In-Store: July 20, Noon

**Fees:** Check Applicable Boxes  \$25 through July 25  \$30 day of race

**Mail to:** Swedish Medical Center Foundation, 600 Broadway, Ste. 300, Seattle, WA 98122

**Pay by:**  Check (Payable to: Swedish SummeRun)  Credit Card (MC, Visa, Discover, Amex)

**Entry Fee is nonrefundable**

CARD NUMBER \_\_\_\_\_

EXPIRATION DATE MM/YY \_\_\_\_\_ TOTAL: \$ \_\_\_\_\_

READ THIS! I acknowledge that participating in a race/walk (the "Event") is hazardous. I hereby assume all risks associated with the Event including, but not limited to, injury, illness and/or death as a result of exertion, stress, exhaustion, weather, collisions, falls, traffic, course conditions, and all other risks of the Event, known or unknown, inherent or otherwise. I acknowledge that I am solely responsible for my safety and that of any minor accompanying me. In consideration of acceptance of entry into the Event, I, for myself, and any minor participant for whom I am legally entitled to act, hereby waive and release Swedish Health Services, Swedish Medical Center Foundation, Marsha Rivkin Center for Ovarian Cancer Research, Hamilton Events, Inc., Accustat Sports Timing, Inc., City of Seattle, and all sponsors, their representatives and successors ("Released Parties") from all claims or liabilities of any kind resulting from, arising out of, or incident to participation in the Event, even if said liabilities arise out of negligence on the part of the Released Parties. I understand that the Event may be photographed, videotaped, audiotaped, or otherwise recorded, and I hereby grant to the Released Parties all rights and license to use the name and likeness (in any form) of myself and any minor participant for whom I am legally entitled to act, without any additional consideration. I have carefully read this RELEASE, WAIVER, and ASSUMPTION OF RISK and understand that I am relinquishing substantial rights. I freely and voluntarily agree to the terms and conditions herein. ENTRIES CANNOT BE ACCEPTED WITHOUT A VALID SIGNATURE



Sunday, July 26, 2009

### 2009 Team Pre-Registration Roster

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

	Participant Name	\$25 Entry Fee Received	Event	T-Shirt Size	Phone Number	E-mail Address
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Please use this sheet to track your team registrations. Team registration forms are due on July 10, 2009.  
*This is a pre-registration tool for team captains to record team members only. The SummeRun does not need this form.*

**For more information** visit [www.swedish.org/summerun](http://www.swedish.org/summerun) or call 206-215-6700.