

## **Rally Athlete Training Team**

### **Do I have to be in shape or running before I join?**

Definitely not. Our coaches have designed a training plan to take you from the couch to the finish line whether through walking or running. Our coaches have three levels of training for you to choose from depending on your current fitness level and your personal goals.

### **Are there recruiting incentives, or incentives to form my own sub-team?**

Yes! We will offer you a \$50 fundraising discount for each friend you refer to our *Rally Athlete Training Team*. Be sure to write the referral on the registrations so that we can track it.

### **What if I don't want to participate in an event but still want to help out with the *Rally Athlete Training Team*?**

We can always use volunteers! From cheering our runners onward at practices and on race day, to making posters and the and helping with the pasta dinner, there are many ways for the whole family to get involved. For more information please e-mail [kathi@rallyfoundation.org](mailto:kathi@rallyfoundation.org)

## **Individual Rally Athlete**

### **What if I want to participate on the *Rally Athlete Training Team*, but don't see an event listed in my area?**

You can participate in any existing endurance event ANYWHERE as an Individual Rally Athlete, or start your own team! All you need to do is register directly with the event you wish to participate in and then contact [kathi@rallyfoundation.org](mailto:kathi@rallyfoundation.org) to get set up with your fundraising page.

### **Can I participate in another type of athletic event?**

Absolutely! You can participate in any race event of your choosing, whether it be a half or full marathon, 5K, 10K, triathlon, cycling or adventure race, anything goes. You would register for your event, then register through Rally and choose a Rally Kid that you will run in honor of. We will then set up a fundraising page for you. No minimum fundraising amount, but if you raise \$150 we will provide you with a red Rally Athlete shirt for your event! Email [kathi@rallyfoundation.org](mailto:kathi@rallyfoundation.org) for more information.

## **Fundraising**

### **If I join the *Rally Athlete Training Team*, how much do I have to fundraise to have my hotel covered?**

Most of our events require a fundraising level of \$1,200 to cover a one night stay, and \$1,500 to cover a two night stay at the team hotel. There are a few exceptions to this incentive level, please check individual race information or email [kathi@rallyfoundation.org](mailto:kathi@rallyfoundation.org) with questions.

### **How much time do I have to fundraise for a commitment?**

We require all fundraising commitments to be met one month prior to the event. The actual final fundraising deadline is on your registration form. You will receive reminders from our office as it gets closer.

### **What happens if I don't meet my commitment in time?**

We will provide you with updates throughout the training period, and you will also be able to follow your progress through your personal fundraising page. If not met by the deadline, we can then charge your credit card for the balance needed to meet your fundraising requirement.

### **Will I have help with my fundraising?**

Yes! You will receive a Rally Fundraising Guide upon registering that has letter samples and many fundraising ideas and recommendations. You will receive weekly fundraising tips, and we are available to assist you with your fundraising questions as well.

### **How long does it take for donations to show up on my website?**

We usually ask for a one-two week window between the time we receive the checks and when we have them uploaded onto your website. If after two weeks you still do not see your check on your website, please contact [kathi@rallyfoundation.org](mailto:kathi@rallyfoundation.org)

### **What is a Matching Gift and how can it help my fundraising?**

Many employers sponsor matching gift programs and will match any charitable contributions made by their employees. This is a great way to double your contribution! By participating in these programs, you and your supporters can significantly increase the impact of their donation.

### **Where do I send checks?**

Rally Foundation  
5775 Glenridge Dr.  
Building B, Suite 370  
Atlanta, GA 30328

**IMPORTANT:** On the memo section of each check please include the name of the Rally Athlete and event it is for.

## **Can I get a report of everyone who has donated to my campaign?**

Yes. Please email [kathi@rallyfoundation.org](mailto:kathi@rallyfoundation.org) for a donor report which you can then use to thank donors for their generous contributions.

## **About Rally**

### **What is Rally Foundation's mission?**

Rally empowers volunteers across the country to raise awareness and funds for childhood cancer research to find better treatments with fewer long-term side effects and, ultimately, cures.

### **Where does the money go?**

All funds raised go directly to Rally Foundation for Childhood Cancer Research, a 501(c)(3) non-profit organization. Rally's Medical Advisory Board has a specific and meticulous rating system to distribute grants to the top childhood cancer research projects across the nation—primarily with Children's Oncology Group hospitals. For a list of previously funded projects, click [here](#) to view our funding map.

### **How Much Money Has Rally Foundation Raised?**

We have raised over \$2.2 million for childhood cancer in just 5 years, and we have funded more than 50 research projects at over 30 institutions nation-wide. Additionally, we have important programs to help families faced with childhood cancer, such as our Family Emergency Fund, which helps families struggling financially after their child is diagnosed with cancer to be able to fill that gap. To learn more about our Family Emergency Fund, just [follow this link](#).

### **Can I hold another type of fundraiser to support Rally Foundation?**

We encourage Rally volunteers and supporters to hold any type of fundraiser they would like to. We have had supporters host 5Ks, Bike Rides, Walk-a-thons, Galas, Festivals, but can be as simple as a car wash, garage sale, selling doughnuts at work/school, or bake sale! See [here](#) for more information and for a list of fundraising ideas.